



Aquatic Therapy

What is Aquatic Therapy?

Aquatic therapy or pool therapy consists of an exercise program that is performed in the water. It uses the physical properties of water to assist in patient healing and exercise performance.

Aquatic therapy decreases the amount of weight bearing for the child, which reduces the force of stress placed on the joints, and provides resistance for muscle strengthening without the use of weights.





What does Aquatic Therapy improve or maintain?

Aquatic therapy intervention is done in conjunction with land-based therapy and is designed to improve or maintain function, aerobic capacity/endurance conditioning, balance, coordination, agility, body mechanics, postural stabilization, flexibility, gait, locomotion, muscle activity, sensory motor processing, and endurance.

In addition children with the following diagnoses can benefit from Aquatic Therapy: Down Syndrome, Duchenne Muscular Dystrophy, Cerebral Palsy, Prader Willi, Sensory Processing Disorder, Brachial Plexus injury, Hypertonia, and Hypotonia.

A Physical Therapy or Occupational Therapy Evaluation is needed to determine if a child would benefit from Aquatic Therapy. A child does not have to be an independent swimmer to participate in Aquatic Therapy.

For more information, contact us at (864) 595-4225 or (864) 627-0009.