

Aquatic Therapy

Aquatic or Pool Therapy can be a great alternative for children to perform activities that they may not be able to on land.

When the correct combination of land and water therapy is utilized it can be incorporated into all therapy disciplines – **Occupational, Physical, and Speech-Language.**

Benefits from **Aquatic Therapy:**

- o Provides sensory input as the water provides gentle movement and pressure
- o Increases strength and range of motion as children may be able to move in ways that they could not on land
- o Improves endurance and respiratory function due to being able to increase activity level in the pool
- o Provides a great environment for post-surgical rehabilitation
- o Provides a supplement to traditional Occupational and Physical Therapy treatment plans for land-based motor skills
- o Facilitates language skills, social skills, behavior issues, play skills, and cognitive skills

Pediatric Therapy Partners. Always reaching further - to help your child laugh, love, and live life to its fullest.

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Phone: 701.232.2340

