



Pool-Based Physical Therapy (Aquatic Medium)

Objectives

Child & Family Development provides therapy in an aquatic medium as a supplemental service to therapy provided in a clinical setting. This supplemental service is provided for a short-term and intensive duration to take advantage of treatment strategies that are exclusive to water. These include, but are not limited to, AquaStretch, ambulation training, partial weight bearing activities, buoyancy supported manual techniques, breath control, pain relief and sensory integration. To comply with professional practice standards, clinic based sessions are required periodically to determine baseline status and measure progress towards functional goals. This also allows therapy providers to determine the ongoing benefit of therapy in the aquatic medium. Short term intensive sessions are shown to maximize therapeutic benefit and facilitate a return to land based activities/services.

Children with a variety of diagnoses, including cerebral palsy, cerebellar injury, Down syndrome, mitochondrial disorder, neurological pain disorders, Prader-Willi, spina bifida and orthopedic concerns, may benefit from aquatic therapy. Most patients, without contraindications, can benefit from and participate in the aquatic medium as a supplement to land-based therapy.

Pool-based appointments occur at the **James J. Harris Family Branch YMCA**. The pool has many great features that are accessible during treatment sessions, such as heated water, a variety of entry methods (stairs, ladder, graduated or zero tide entry), a vortex/whirlpool to allow movement with the flow of water for assistance and against the flow of water for resistance and a water wheelchair for transitions in and out of the water.

Prior to scheduling pool-based appointments, a guardian must sign a **Pool Waiver and Consent Form**, accepting all associated parameters and registration fees for this service, as well as the rules for the YMCA space.

Scheduling

Clients are scheduled into seasonal schedule blocks, typically including Spring, Summer and Fall. We maintain a rotating waitlist, as needed, for clients interested in therapy in the aquatic medium.

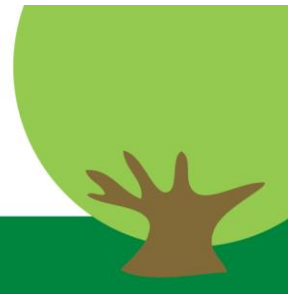
While most of aquatic sessions occur in the pool, an office visit may be required, at the therapist's discretion. These land-based sessions are needed to assess progress, perform a standardized assessment and/or determine ongoing eligibility for aquatic-based services.

Cost

Families may use available insurance benefits for some services or pay privately.

Contact

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(turn over to read testimonials)

Pool-Based Physical Therapy Parent Testimonials

Aquatic therapy has been one of my favorite therapies for my son. He has been able to do things in the water that on land he cannot do. I have seen significant improvement in his ability to stand and weight bearing after being in the water each week.

We have been thrilled having our son in aquatic therapy! He loves being in the water and our therapist makes it so much fun that he doesn't even realize how hard he is working. As he has gotten older, typical physical therapy can be a challenge. By being in the water, we can have him work on core stability, strength, jumping and various other things, that are more difficult and that he's less motivated to work on out of the pool. We know he is putting in a lot of work because he usually sleeps great that night, if he hasn't already fallen asleep on the way home. He truly enjoys going and whenever he sees his swimsuit he gets excited and asks "Pool?!"

Our son has benefitted from aquatic therapy in many different ways. His trunk stability has drastically seen improvement as a result of this specialized therapy. In addition, his body awareness and balance have also shown major leaps since he has been enrolled in this unique program. Thank you for all your support in helping our son!