

## 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 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. A one-time fee for participation is required at the beginning of a schedule block.

### Contact:

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