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AQUATIC THERAPY

# NEWSLETTER

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## AQUATIC THERAPY

How many kids do you know that don't love jumping in the pool? Pool is fun and relaxing, it's play and it reminds all of us of our vacation time! Imagine if we could combine the benefits of therapeutic intervention along with the splashing playfulness of water. Aquatic therapy is just that!

Aquatic therapy continues to grow in popularity as a safe complement or alternative to traditional land-based therapy that is suitable for children and adults of all ages and fitness levels. It is a therapy that takes place in a pool or other aquatic environment under the supervision of a trained aquatic therapy professional. Aquatic therapy is also known as water therapy, aquatic rehabilitation, aqua therapy, pool therapy, therapeutic aquatic exercise or hydrotherapy. It helps immensely in:

- Improving flexibility, balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

Water's natural properties like buoyancy, hydrostatic pressure, turbulence, viscosity, and temperature provide significant therapeutic benefits. People across all ages enjoy water therapy benefits, including children and senior citizens.

We at REACH, have trained therapist specializing in various forms of Aquatic Therapy. Some of these include:

**Halliwick method:** Originally developed by fluid mechanics engineer James McMillan in the 1940s and 1950s, this aquatic therapy method focuses on helping clients develop balance and core stability and more importantly helped teach swimming skills and general independence to physically disabled young people.

**Ai-Chi:** Ai chi is a form of water therapy that was created



in 1993 by Jun Konno, and it combines elements of Tai chi chuan and qigong to relax and strengthen the body. Exercises use diaphragmatic breathing and active progressive resistance training while integrating mental, physical and spiritual energy. It's a combination of both Eastern and Western beliefs.

**Bad Ragaaz Ring Method:** The "ring" portion of the name of this water therapy technique refers to the ring-shaped flotation devices used to support the client as they move across the water's surface.

**Watsu aquatic therapy:** Watsu form of aquatic therapy, the therapist supports the client through a series of flowing movements and stretches designed to induce deep relaxation as well as provide various therapeutic benefits.

Aquatic therapy is a favorite therapy for many children. The water is a fun place to learn and is a natural motivator. Children become more mobile and aware of their bodies, movements and even their breathing in the water. You often hear children squeal, laugh and splash with obvious delight in the pool. The water offers them support and the possibility to actually succeed at tasks they find difficult on land.

The water has various properties that assist in making it a functional place for a child to work. Gentle movements allow tight muscles to relax and make movement safe as well as fun. The pressure of the water gives the child continuous awareness of their body. The water also offers resistance to the child's movements, which helps children increase their muscle strength, organize their behavior and produce more coordinated movements. The natural buoyancy of the water allows them the time to respond when balance is threatened and assists in making corrections to their balance. The support of the water and the fun help encourage children to move independently.

It helps them develop "kid power," which helps increase their self-confidence as well as their strength and endurance. Additionally, the water is a great place to socialize, practice sounds and use the imagination. It is a great medium to address all the child's sensory, physical, social and medical needs. Since gravity is reduced in the water, the child now has the opportunity to take risks, learn movements, socialize, and develop self-confidence while addressing therapy goals.

We have utilized aquatic therapy for our kids with sensory processing challenges, autism spectrum disorders, cerebral palsy, Down syndrome and many such neurodevelopmental concerns.

Aquatic therapy is growing in popularity as a complement to land based sessions to achieve physical, sensory, social and other therapeutic goals faster with loads of fun. So let's beat the heat this summer, by splashing into the pool and let the magic of water show us what it can do!



*“Water is a great place to socialize, practice sounds and use imagination. It is great medium to address all the child’s sensory, physical, social and medical needs. ”*



For any question or concerns regarding the newsletter please write to us on: [reachtherapycenterforchildren@gmail.com](mailto:reachtherapycenterforchildren@gmail.com)

- Simoni Parikh  
Occupational therapist  
Reach Therapy Center for Children

**Special Thank you to our guest writer, Hiral Sangoi, Occupational therapist, and a trained Aquatic therapist for writing in this month's edition.**