

Aquatic Therapy

“The use of water and specifically designed activity by qualified personnel to aid in the restoration, extension, maintenance and quality of function for persons with acute, transient, or chronic disabilities, syndromes or diseases.”

Aqua therapy, physical therapy is performed in a warm-water pool, allowing for earlier intervention, greater tolerance of activity, and easier gains in range of motion with less pain. Aqua therapy can benefit any type of rehabilitation, especially for individuals who are not yet ready to perform exercises affected by gravity and weight-bearing tolerance. Adapted aquatics are techniques that emphasize swimming skills modified or adapted to accommodate individual abilities. Usually used with people with disabilities, adapted aquatics focuses on skills including pool entry and exit and swimming skill development.

Some Indications for Aquatic Therapy:

- Sensory Disorders
- Weakness
- Pain
- Perceptual/Spatial Problems
- Respiratory Problems
- Depression/Poor Self-Esteem
- Joint Replacement
- Orthopedic Injuries/Trauma
- Prenatal
- Osteoporosis
- Limited Range of Motion
- Poor Motor Coordination
- Spasticity
- Balance Deficits
- Circulatory Problems
- Cardiac Diseases
- Motor Learning
- Obesity
- Neurological (MS)
- Rheumatology (Arthritis/Fibromyalgia)

- Northwest School Division provides funding for: transportation and costs of therapy sessions for children with intense needs.
- School staff must send the request for services providing parental/guardian permission to the Superintendent of Student Services for approval.