



What Is It?

Aquatic therapy or pool therapy, is a a beneficial form of therapy that utilizes a warm water environment to treat a variety of medical conditions and diagnoses under the care of a trained healthcare professional. The unique properties of the water provide a fun and safe environment that will support your child's therapy goals.

Benefits

- Warm water promotes relaxation
- Improves proprioception and body awareness
- Increases respiratory function
- Decreases pain and reduces stress of joints
- Increases independence of movement
- Improves balance and coordination
- Builds muscle strength and endurance
- Increases range of motion and flexibility
- Supports regulation and sensory processing

