**AQUATIC THERAPY**

**Who is appropriate for aquatic therapy?**

Almost anyone! Kids, adults, and the elderly are all appropriate for aquatic therapy. Appropriate individuals for aquatic therapy include anyone who has decreased balance, control, posture, flexibility, tone, strength, endurance, respiratory or circulatory problems, or anyone who has joint replacements, neurological disorders, and orthopedic injuries/trauma. Aquatic therapy can also be used as a reward with patients to increase participation! Using inflatable balls and equipment that floats can assist with making exercises challenging and fun.

**What are indications and contraindications for aquatic therapy?**

|  |  |
| --- | --- |
| Indications | Contraindications |
| Anyone willing to try aquatic PT, enjoys water, has a high risk of falling, decreased strength or endurance, balance or postural limitations, swelling, or problems with walking. | Anyone who is afraid of water, allergic to pool chemicals, medically unstable, has an open wound or active infection, incontinent or has a indwelling catheter. |

**Stretching Recommendations**

\* Hold each stretch for 30-60 seconds.\*

**Upper Extremity Stretches:**

|  |  |  |  |
| --- | --- | --- | --- |
| Shoulder Flexion | Shoulder Abduction | Shoulder Adduction | Pectoralis Stretch |
| Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.33.14 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.35.12 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.36.05 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.38.32 PM.png |

**Lower Extremity Stretches:**

|  |  |  |  |
| --- | --- | --- | --- |
| Hamstrings | Hip Flexor & Quadriceps | Gastrocs | Hip Abductors |
| Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 5.07.07 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 5.04.55 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-02-11 at 3.55.23 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.04.13 PM.png |

**Strengthening Recommendations**

**Lower Extremity Exercises**

|  |  |  |  |
| --- | --- | --- | --- |
| Hip Flexion & Extension | Hip Abduction & Adduction | Knee Flexion and Extension | Ankle Plantarflexion and Dorsiflexion |
| Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 4.50.55 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 4.51.31 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.43.19 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.43.59 PM.png |
| Kicking | Step Ups | Single Leg Step Ups | Squats |
| Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.48.03 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 5.12.34 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-31 at 11.11.40 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 4.59.28 PM.png |

**Upper Extremity Exercises:**

|  |  |  |  |
| --- | --- | --- | --- |
| Shoulder flexion & Extension | Shoulder Abduction & Adduction | Elbow flexion & Extension | Elbow Supination & Pronation |
| Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-03-01 at 11.48.43 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-31 at 11.30.24 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 5.19.04 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 5.20.39 PM.png |

**Balance Exercises**

|  |  |  |
| --- | --- | --- |
| Walking forwards | Walking backwards | Walking laterally |
| Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 4.05.16 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 4.05.40 PM.png | Macintosh HD:Users:Genevievemonroe:Desktop:Screen Shot 2016-01-28 at 4.06.28 PM.png |

Picture References:

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