



Stepping Stones In Life  
Therapy Service

“Helping you Grow”

### AQUATIC THERAPY

Aquatic Therapy is water based exercise, which allows children the opportunity to develop their motor skills using the unique properties of water. Water provides buoyancy, resistance in all planes, and a soothing environment. From this, improvements are often noted in circulation, strength and endurance, balance and coordination, range of motion, and muscle tone. Aquatic Therapy can help children of all abilities to explore and practice movements and skills they are not yet able to perform on land. Sessions do not focus only on developing swimming and water safety, but also using the medium of water to help build on communication, language, social/emotional engagement and motor skills.

There are many benefits associated with aquatic therapy. These benefits are things such as decrease in pain, decrease in muscle spasms, decrease in abnormal tone and rigid muscles, decrease in joint compression, an increase in mobility and range of motion, balance and coordination, increase in trunk stability and postural alignment, perceptual and spatial awareness, muscular strength and endurance, improved body image and self esteem, enhanced mood, increased patience, stress and tension release, renewed energy and a positive attitude.



Aquatic Therapy offers components to a therapy session they you do not get when out of the water.

- Buoyancy – this offers assistance and support to the child.
- Heat – the warm water in the pool relaxes muscles and allows improved joint range and movement.
- Resistance – this allows for improvement in balance and strength in all muscle directions.



Aquatic Therapy is stimulating and exciting because the gravity lessened environment of water helps children know where their body is in space. Most children love the difference of doing their therapy in the water. Activities can be adapted to suit all children in a fun and stimulating way for their needs. The water can also be used to calm children with relaxing music, a warmer temperature and attention to the lighting.

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