

CONNECTICUT VALLEY HOSPITAL PHYSICAL THERAPY SERVICES

PROGRAM DESCRIPTION

Title: Aquatic Therapy

Code:

Leader(s): Erin Conneely, MS/PT
Susan Dearborn PTS
Paul Pelletier RTA2

Date & Time: Wednesday 1-4 PM

(One individual must have current lifeguard certification)

Program Capacity: 4-8.
3 patients: 1 staff ratio maximum

Length of Session: 2 hours

Modality: Group

Location: Merritt Hall Pool

Core Needs Addressed:

Physical Health Management

Behavioral Objectives: (measurable outcomes)

- Patient will follow instructions as given.
- Patient will follow posted pool rules.
- Patient will assist with vehicle and pool transfers.
- Patient will be aware of flotation of water and use it to assist with motion.
- Patient will stand independently in water.

Program Description:

- Transition to and from Merritt pool by handicapped van or appropriate vehicle.
- Change into and out of swimsuit.
- Transfer into and out of pool by lift or stairs.
- Gross motor and range of motion exercises in water.
- Strengthening and stabilization exercises in water.
- Gait training with assistance and resistance of water.
- Patient education for carryover of water based exercise program.
- Endurance/ cardiovascular exercise in the water
- Usage of life vests, water dumb bells, water weights and webbed gloves when appropriate.

Criteria for Participation:

Referral by Physical Therapists.

Referral Process:

Physician's Referral.