

## AQUATIC THERAPY

### FAST FACTS

Milestones staff address these therapeutic needs:

- neuromuscular disorders
- limited range of motion
- moderate/severe spasticity
- severe weakness/deconditioning
- balance dysfunction
- trunk instability
- gait pattern abnormalities
- sensory dysfunction
- weight-bearing difficulties
- history of falls
- generalized hypotonicity
- acute/chronic pain
- speech/language disorders
- limited thoracic expansion
- poor postural activation
- poor diaphragm activation/use

Our **Aquatic Therapy Program** was developed just this year and spearheaded by a creative, focused and knowledgeable Occupational Therapist, Lupita Ramirez. Although it is still in its early stages, our program has been widely accepted by our patients and community while obtaining excellent results. Our aquatics program has undoubtedly become an extension Milestones by continuation of our strict clinical treatment standards utilized to bring our patients the best patient care available.

In addition to skilled land-based intervention, Aquatic Therapy plays a significant role in a patient's rehabilitation progress. The purpose of skilled individualized aquatic therapy programs for patients with acute and chronic musculoskeletal dysfunctions is to integrate with and enhance land-based rehabilitation programs. Our goal is to help patients progress to greater functional abilities through an intensive evaluation and treatment progression.

All of our physical, occupational, and speech pathologists have had aquatic therapy training; thus, every patient participating in this intense program will be treated by knowledgeable and efficient professionals. We utilize an **multi-disciplinary team approach** to bring each individual patient the most appropriate care available for achieving his/her individual rehabilitation goals using the latest aquatic therapy techniques / basic principles including:

- Ai Chi
- Aquatic Proprioceptive Neuromuscular Facilitation (PNF)
- Bad Ragaz Ring Method
- Aquatic Feldenkrais
- Halliwick Method
- Swim Stroke Training Modification
- Task-Type Training Approach
- Watsu-type movements
- NDT-based aquatic techniques

The benefits to functional independence in an aquatic therapy program include strength, flexibility, balance, postural / body awareness, pain reduction, sensory integration, range of motion, movement patterns, language stimulation, respiration, phonation, and cardiopulmonary / cardiovascular endurance. ■

## MILESTONES THERAPEUTIC ASSOCIATES

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