



## **AQUATIC THERAPY PROGRAM**

Tender Ones Therapy Services is excited to welcome you to our Therapeutic Aquatics Program!

If you have any general questions regarding our Aquatics Program, please contact the office at 770-904-6009 or email at [therapy@tenderones.com](mailto:therapy@tenderones.com).

This program is meant to enhance traditional Physical and Occupational Therapy approaches by providing a different environment in which to ambulate and exercise. The benefits are well documented and include some of the following: water provides buoyancy which allows the patient to have increased balance and therefore the potential to ambulate; it also provides additional motivation for long-term patients.

### **Aquatic Therapy Monthly Fee:**

Each aquatic therapy participant is charged a \$25 monthly access fee. This is a monthly non refundable fee regardless of attendance. This fee is collected on the first of every month. If your child receives both OT and PT in the aquatic setting then there is a \$35 monthly fee.

### **What is Aquatic Therapy?**

The Aquatic Therapy Program offered by Tender Ones Therapy Services is Physical Therapy based. The program utilizes the unique properties of water to help the child achieve tasks that are more difficult on land. The purpose of aquatic therapy is to help children achieve goals that will improve their functional abilities in their daily lives on the land.

### **Who benefits?**

Aquatic therapy can benefit many children. Juvenile Rheumatoid Arthritis, Spina Bifida, Cerebral Palsy, development delay, neurological impairments, spinal cord injury, traumatic brain injury, and orthopedic problems are particularly appropriate for aquatic therapy.

### **Who should not participate?**

Children with uncontrolled seizures or tracheotomies should not participate in aquatic therapy. Those with cardiac conditions need a physician's approval to participate. Children with open wounds or sores should not participate. All g-tubes must be covered. If your child currently has a UTI, he/she should not participate.

## **How does pool therapy help children?**

Water, as a therapeutic medium, provides a buoyant, gravity-decreased environment, which enables children to move more freely in the water than on land. The warm water helps relax tight muscles, improving range of motion and flexibility. The resistance the water provides helps to work on strengthening all of the muscles in the body. The pressure of the water improves your child's respiration, cardiovascular function, and body awareness.

Other benefits include: increased sensory stimulation, improved active range, inhibition of spasticity, improved flexibility through more effective use of stretching, increased relaxation, exercise in three dimensions, decreased stress on joints due to decreased gravity, increased motor planning & coordination, and increased endurance.

### **When you arrive:**

Please arrive 10 -15 minutes before your scheduled session. This will allow you adequate time to change your child into swim attire and ensure that they have used the bathroom facilities before entering the pool. All children not potty trained must wear swim diapers with plastic pants. There is an observation/waiting area outside of the pool room for parents and siblings to wait and observe the session. Only the Siblings should remain in the pool waiting area.

### **Session Time:**

Your child's session will begin at the scheduled appointment time and end 50 minutes after. This is a professional hour that allows for leaving the pool and documentation time. If you arrive later than your child's scheduled time we will not be able to extend your time in the pool. We have children scheduled following your child's session.

### **What to bring:**

You will need to bring a towel from home for your child. Please have your child in their swimsuit prior to the start of their session. Every child must wear a bathing suit or a wet suit. If your child is not potty trained, he or she must wear a swim diaper **and** a plastic covering. There is a changing room and rest room located near the pool area for your convenience. Children should also wear non-skid pool shoes. The bottom of the pool can be slippery and pool shoes help prevent slipping. No cotton shirts or shorts are allowed in the pool. Dry fit clothing is appropriate.

### **During Aquatic Therapy:**

A parent or guardian is required to be present during their child's Aquatic Therapy session. Families will observe but cannot swim with their child unless a specific situation warrants a parent to assist the therapist in the pool. The pool will only be accessible to the therapist and the child for the child's scheduled session. Please keep siblings away from the pool. There is a very spacious and comfortable area to observe your child during their aquatic therapy.

### **Temperature:**

The pool is kept at a steady 95 degrees which is very therapeutic and comfortable. The room also will be kept at a comfortable temperature. This temperature is usually adequate to keep a

child warm but you may want to consider placing your child in a wet suit if they have severe difficulty regulating their body temperature.

Pool Chemicals:

Our pool is a Salt system which utilizes Bromine to sanitize and clarify the water. Therefore you will not notice any offensive strong odor when entering the pool room.

Aquatic Therapy Supplies Links:

If you choose to purchase a wet suit for your child the “Shorty” (shorts and short sleeve style) wetsuits work well and are much easier to put on than the long/full wetsuits. You also may be able to find a suit through Craig’s List, eBay, or at some stores on clearance (as the season just ended).

[www.wetsuitwarehouse.com](http://www.wetsuitwarehouse.com) - has a variety of options for children and teens

[www.warmbelly.com](http://www.warmbelly.com) -suits from 6 months to 12 yrs of age & has a convenient sizing guide

[www.xpmedical.com](http://www.xpmedical.com)-(Discovery Trekking Containment Swim Diaper)-If you have an older, larger child and need swim diaper items

[www.claudiaschoices.ca/store](http://www.claudiaschoices.ca/store)- swim diapers for a variety of ages

[www.mypoolpal.com](http://www.mypoolpal.com) -go to the special needs section on the left, great for adults and children

[www.urincontrol.com/brief.htm](http://www.urincontrol.com/brief.htm).- another link for large swim diapers

Sick Policy:

If your child is feeling ill or has a fever, please do not bring your child to therapy. Also, if your child is having diarrhea, please cancel your appointment. If you must cancel an appointment, please cancel the appointment as soon as possible so that we may offer make up sessions to other children. If your child does not attend his/her scheduled aquatic appointments, he/she will be discharged from aquatic therapy and rescheduled for regular therapy sessions.

**Therapeutic Aquatic Consent & Attendance Policy**

I understand that Tender Ones Therapy Services, Inc. has minimized the risks in which may arise in participation of this program. I have read the consent form, understand its content, and give my permission as the parent/legal guardian for \_\_\_\_\_ to participate in this program.

\_\_\_\_\_  
**Parent/Legal guardian**

\_\_\_\_\_  
**Date**

I agree to make a commitment that my child will attend 100% of the scheduled aquatic therapy sessions. I understand that if my child does not attend the scheduled sessions that he/she will be

discharged from the Aquatic Program, and will be rescheduled for land therapy sessions at Tender Ones Therapy Services main office.

I understand that I will be allowed one (1) cancellation in the event of illness without penalty every three (3) months. If I have to cancel more than one (1) appointment in a three (3) month period, I must reschedule another aquatic appointment or land appointment. If I do not attempt to re-schedule the missed appointment, I will be assessed a \$25 fee for the cost of the unused pool rental.

I understand that the Aquatic Program is a specialized program that has limited therapy slots available. To maximize the results for my child, I understand that consistent attendance and follow-up is needed.

I understand that I am responsible ensuring that my child has used the restroom prior to Aquatic Therapy. If my child is not potty trained I agree to place them in a swim diaper and plastic pants. I understand that if my child was to have a bowel movement in the private pool and I have not utilized a swim diaper and plastic pants I will be assessed a \$50 pool cleansing and re-filling fee.

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of the parent/legal guardian

**Current contact number:** \_\_\_\_\_

**Note: Exceptions will be made on an individual basis and only in the event of a serious illness or death in the family.**