



Dive in with

AQUATIC THERAPY AT ABC

Interested in Aquatic Therapy through ABC?

Aquatic therapy is combining the therapeutic properties of water with physical therapy/occupational therapy techniques to achieve a greater functional level in gross motor or fine motor skills. Aquatic therapy is a compliment to land-based therapies and is part of a complete therapy program.

Location: Blue Ash YMCA

Therapy in the water has multiple benefits including:

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| improved gross motor skills | increased circulation |
| increased balance and coordination | increased strength |
| increased confidence/self-esteem | decreased stress/emotional state |
| increased sensory input, feedback, and proprioception | decreased effect of gravity = increased freedom of movement |
| decreased tone and relaxation of tight muscles | |

Cost/Insurance: The cost is \$150 due at registration to cover pool rental fees. Aquatic Therapy is covered by most insurance companies and counts towards regular therapy visits. You will need to check if your insurance company covers this therapy. You can also choose to pay out of pocket for visits (\$100 per session).

Frequency: Sessions would meet one time a week for 8 weeks

Dates: Sessions will begin in January 2010.

For more information or to register your child
Please call us at (513)-755-6600 or fax this form to (513)-755-3762

Child's Name: _____ Child's Age: _____
Parent/Guardian(s) Name(s): _____
Diagnosis: _____
Phone Number: _____

I am interested in: (circle one) Individualized sessions Group sessions