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**708.478.1820**



**Playhouse**  
CHILDREN'S THERAPY

# AQUA THERAPY

## MAKE A SPLASH WITH AQUATIC THERAPY

Aquatic Therapy is a fun way to develop your child's motor skills. The unique properties of water enhance therapeutic activities. Water provides a reduced gravity environment to help children explore and practice movements and skills they are not yet able to perform on land. Water provides resistance to active movement through all planes of motion, facilitating gains in strength for all major muscle groups. Movement through water provides increased tactile, vestibular, and proprioceptive input that enhances body awareness and motor learning.

### Where is the Aquatic Therapy program being held?

Rush-Copley Healthplex: 1900 Ogden Avenue Aurora, IL 60504

Life Time Fitness: 16333 S La Grange Rd, Orland Park, IL 60467

### Who are the therapists?

BDI Playhouse Children's Therapy's aquatic therapists are licensed physical, occupational, and speech therapists with experience and training in aquatic pediatric therapy. They utilize aquatic and land-based techniques, including myofascial release, neuro-developmental treatment, sensory motor integration and functional motor skills in their treatment sessions with children who have orthopedic, neurologic, speech and/or sensory motor challenges.

### What do I need to bring?

Towels, a bottle of water, non-skid water shoes, a lock for locker (optional), and water diapers AND rubber pants to wear over the top (optional only if toilet trained at least six months)

### What is the cost?

Aqua therapy may be billable to your insurance, or private pay discounts are available.

### The Benefits of Aquatic Therapy Include:

- 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
- Joint mobility
- Muscle flexibility
- Head & trunk control
- Blood supply to muscles
- Attention span & sensory motor integration
- Respiratory rate
- Circulation
- Symmetry, strength and endurance
- Decrease in pain
- Decrease in muscle spasms
- Decrease in abnormal tone and rigid muscles
- Decrease in joint compression
- Stress and tension release
- The psychological benefits include improved self-esteem, confidence, and motivation!



# SPEECH THERAPY IN THE POOL!



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Speech Therapy in the Pool is now available near our Naperville facility!! We are so excited to offer this great opportunity! Please call for more information: 708-478-1820

Speech therapy in an aquatic setting can:

- Increase attention to a task
- Increase strength of speech related to musculature
- Improve range of motion of chest and shoulder region and improve head and trunk as a precursor for speech
- Assist with performance of lip and mouth closure
- Improve total communication: verbalization, articulation, descriptive language, and sentence formulation
- Encourage play and social interaction
- Decrease oral hypersensitivity which is often a factor for children with feeding and/or developmental apraxia of speech (DAS) issues.
- Increase accuracy of following directions