

Program Information

When: Thursdays from 1:30 - 5:00 p.m

Location: Rose Bowl Aquatic Center in the heated therapy and teaching pool

Address: 360 N. Arroyo Blvd. Pasadena, CA



- Most health insurance plans are accepted (inquire at our office about your insurance plan's coverage).
- Private pay individual sessions: 100.00/hour session.
- Group sessions: 30.00/half hour session.
 - No more than six children of similar functional level.
 - A caregiver **must** be in the pool with the client.
- To register: Please contact Dynamic Therapies, Inc. for more information: (626) 445-2400

Dynamic Therapies Mission

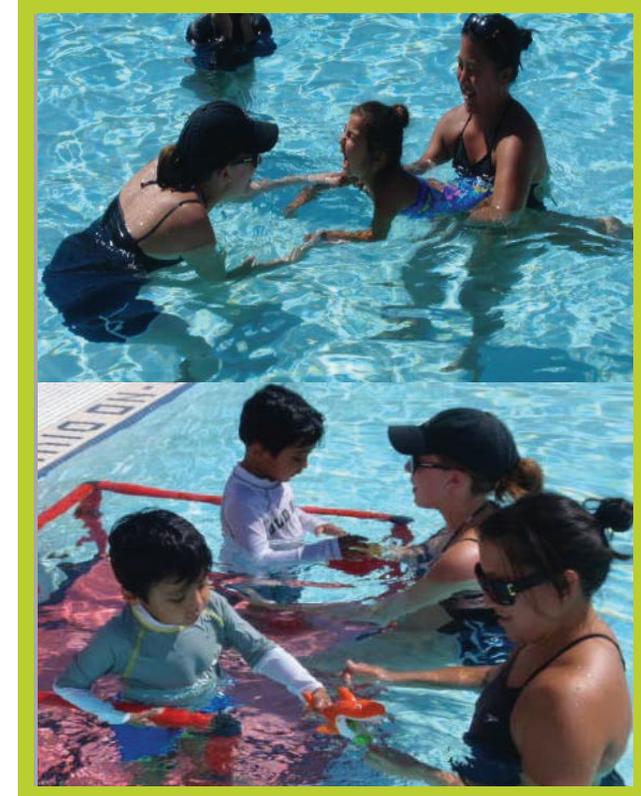
The mission of Dynamic Therapies, Inc. is to provide individuals opportunities to reach their highest functional potential using a collaborative and multi-disciplinary team approach.

We strive to provide the best practice that emphasizes mutual trust and dynamic therapeutic interaction between the professional, the individual, and the family/caregiver.

Our focus is to build respect and personal achievements in an atmosphere of confidentiality, dignity, and compassion



Aquatic Therapy Program Dynamic Therapies, Inc.



"In air you must hold yourself up but in the virtually gravity-free environment of water you are held up.

Let go and you will float free; hold on and you plummet like a stone. In floating with ease, breath is central - the more aware you are of the breath and how it enhances or facilitates movement, the greater will be your sense of freedom." Sara Firman-Pitt



What is Aquatic Therapy?

Aquatic therapy is a specialized treatment modality that takes place in a safe and controlled water environment. The many properties of water such as buoyancy, support, and accommodating resistance can enhance interventions for children with various impairments, limitations, and disabilities.

Aquatic therapy exercises and activities are designed and implemented under the direction of a licensed occupational therapist and physical therapist. Aquatic therapy addresses the needs of the child and goals in a water based environment.

Aquatic Therapy may benefit children with:

- Cerebral Palsy
- Autism
- ADD/ADHD
- Developmental Delays
- Prematurity
- Genetic Disorders (e.g., Down syndrome, Prader Willi syndrome, Angelman syndrome, chromosomal deletion)
- Developmental Coordination Disorder/Dyspraxia
- Respiratory Disorders/ Asthma
- Neurological Disorders
- Auditory Disorders
- Visual Disorders
- Neuropsychological Disorders
- Sensory processing Disorder
- Sensory processing deficits (auditory, visual, proprioceptive, tactile systems)
- Orthopedic Injuries
- Juvenile Arthritis



What are the benefits of Aquatic Therapy?*

- Improved balance, strength, coordination, and agility
- Improved aerobic capacity
- Improved body mechanics and postural stability
- Improved gait and locomotion
- Improved muscle relaxation, elongation, and strength
- Improved body and safety awareness (tactile, vestibular-proprioceptive processing systems)
- Utilizing a combination of hydrodynamic principles including buoyancy, viscosity, surface tension, and hydrostatic pressure in water facilitates discrimination and modulation of sensory information.

*Reference: Aquatic Therapy University