Aquatic Therapy Approaches

Bad Ragaz Ring Method
- Client is completely supported in the water with flotation ‘rings’ or other devices.
- Frequently compared to PNF and incorporates muscle and tone
- Resistance is provided through direction and speed of movement
- Usually in prone (with mask and snorkel) or supine
- Need cognition intact to follow directions
- Therapist can vary movements and points of fixation as therapy progresses
- One to one ratio

Halliwick Method
- Method of water safety for independent mobility in the water, most similar to adapted swimming
- No flotation aids
- Swimmers are taught how to maintain a safe breathing position, regain a safe position if lost, control of exhalation in the water.
- Safety, safety, safety!
- Four phases including water adjustment, mastering rotation, control of movement and then movement through the water
- 10 basic points included in the four phases

NDT Principles
- Principles of proper alignment, motor control, symmetrical patterns of movement

Sensory Integration Principles
- Integration of all senses to create behavioral, motor response
- Promotes vestibular, tactile and proprioceptive processing as basic swim skills

WATSU
- Water Shiatsu, created as a massage or wellness technique
- Passive client, therapist moves them through different postures slowly
- Stretch and mobilizations combined with breathing patterns and relaxation

Ai-Chi
- Program based upon breathing and water exercise to promote relaxation
- 16 movement patterns in 4 sections

Traditional Exercises
- Use hydrodynamic principles
- Equipment and water depths varied to grade the exercise

Respiratory Exercises and Control
- Functional place to work on breath control and oral motor control

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From various resources listed in presentation