Swimming Progression as Therapy

Basic definition: independent and safe mobility through the water in a given position

Don’t have to be proficient, but it’s nice to know the basics

1. Safe entry and exit from the pool
2. Water adjustment and breath control!
   a. Bobs, rhythmic breathing, splashing, etc.
   b. Blow ping pong balls, flip eggs
3. Body position in the water
4. Back float and recovery from supine
5. Rolling from prone to supine and vice versa
6. Going under the water
7. Jumping in and going under the water
8. Then begin movement, work on motor planning
   a. Symmetrical before asymmetrical
   b. Supine before prone
   c. Don’t overuse floats!
9. Breathing comes last

Elementary Backstroke
   Easy to breathe!
   Symmetrical, less energy used
   Will sink at first
   Keep all extremities under the surface

Breaststroke
   Flip over to prone
   Head above water
   Frog legs
   Scoop in front with arms

Backstroke
   Reciprocal alternating arms and legs
   Great shoulder stretching and ROM

Freestyle
   Reciprocal alternating arms and legs
   Pull down and out
   Keep head flexed
   Use lats to help with trunk rotation

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