

Aquatic Therapy Frequently Asked Questions

How is aquatic therapy different from regular swimming?

- **Aquatic therapy is *not* a swimming lesson.** It's a goal-directed therapy session focused on improving motor skills, coordination, strength, and sensory regulation through fun, structured activities in the water.

How does the water help my child progress?

- Water's buoyancy reduces stress on joints, resistance helps build strength, and hydrostatic pressure offers calming deep pressure input. All while keeping therapy fun and motivating!

How long is aquatic therapy? When is it offered?

- Each round is 11 weeks long
- Offered on Monday and Wednesday mornings

How long/often are the sessions?

- Sessions are 1x a week
- OT aquatic sessions are 45 minutes (offered at 8 am, 8:45 am, or 9:30 am)
- PT aquatic sessions are 1 hour (offered at 8 am or 9 am)

Will my child still have to do land-based therapy (in clinic)?

- Yes, aquatic therapy is a supplement to land sessions and must be maintained at least 1x/week

Where are sessions held?

- Aquatic sessions are held at a local community center about 15 minutes away from the Beelieve Keller clinic

Can my child participate if they are in diapers/pull-ups?

- Yes, your child can participate in our program. We ask that they wear a swim diaper

What should I bring?

- Bathing suit/swim trunks, towel, change of clothes, swim diaper (if needed)

Do I need to be in the pool with my child?

- No. The therapist works one-on-one with your child. You are asked to remain in the area and are welcome to observe and take pictures/videos.

Does insurance cover aquatic therapy?

- Most insurances cover aquatic sessions. Our billing team will review your insurance benefits and any potential out-of-pocket costs.

What is the difference between OT and PT aquatics?

- **Occupational Therapy** focuses on helping children develop the strength, coordination, and sensory processing skills needed for everyday activities like dressing, feeding, handwriting, and play. In the water, OTs use fun, purposeful activities to improve fine motor skills, body awareness, attention, and self-regulation.
- **Physical Therapy** focuses on improving a child's gross motor abilities, strength, balance, posture, and mobility. PTs use the water's buoyancy and resistance to help children walk, jump, climb, and move more efficiently on land.
- Both therapies use the supportive, low-impact nature of water to help children gain confidence and independence while working toward their individual goals.