CONNECTICUT VALLEY HOSPITAL
PHYSICAL THERAPY SERVICES

PROGRAM DESCRIPTION

Title: Aquatic Therapy  
Leader(s): Erin Conneely, MS/PT  
           Susan Dearborn PTS  
           Paul Pelletier RTA2  
Date & Time: Wednesday 1-4 PM  
(One individual must have current lifeguard certification)

Program Capacity: 4-8.  
3 patients: 1 staff ratio maximum  
Length of Session: 2 hours

Modality: Group  
Location: Merritt Hall Pool

Core Needs Addressed:  
Physical Health Management

Behavioral Objectives: (measurable outcomes)  
Patient will follow instructions as given.  
Patient will follow posted pool rules.  
Patient will assist with vehicle and pool transfers.  
Patient will be aware of flotation of water and use it to assist with motion.  
Patient will stand independently in water.

Program Description:  
Transition to and from Merritt pool by handicapped van or appropriate vehicle.  
Change into and out of swimsuit.  
Transfer into and out of pool by lift or stairs.  
Gross motor and range of motion exercises in water.  
Strengthening and stabilization exercises in water.  
Gait training with assistance and resistance of water.  
Patient education for carryover of water based exercise program.  
Endurance/ cardiovascular exercise in the water  
Usage of life vests, water dumb bells, water weights and webbed gloves when appropriate.

Criteria for Participation:  
Referral by Physical Therapists.

Referral Process:  
Physician’s Referral.