



Capernaum

Pediatric Therapy, Inc.

Helping families find joy in their journey by serving children where they live, learn, and play!

Aquatic Therapy

Overview

Aquatic therapy encourages physical, sensory, and language development in children with a wide range of disabilities, injuries, and functional levels. The pool setting is a highly motivating and physically supportive environment, so children often engage in tasks they typically would not tolerate.

Capernaum's aquatic therapy allows a child to practice moving their bodies in a calming and less-resistant environment. The water provides an environment for working on therapy goals and allows caretakers to support their children safely.

Aquatic therapy may be beneficial for individuals with:

- ⚓ Musculoskeletal conditions
- ⚓ Cerebral palsy
- ⚓ Hypotonia
- ⚓ Muscular dystrophy
- ⚓ Scoliosis
- ⚓ Spina bifida
- ⚓ Spinal muscular atrophy
- ⚓ Concussions/traumatic brain injuries
- ⚓ Spinal cord injuries
- ⚓ Autism spectrum disorders



Capernaum provides aquatic therapy at Summit Place in Eden Prairie.

Aquatic therapy often helps kids who have plateaued with a skill on land “over the hump” and achieve that goal after working on it in the water.

Benefits

- ⚓ Improved muscle strength
- ⚓ Improved range of motion/flexibility
- ⚓ Decrease in pain
- ⚓ Improved body awareness and motor learning
- ⚓ Joint mobility
- ⚓ Muscle flexibility
- ⚓ Improved coordination and balance
- ⚓ Head and trunk control
- ⚓ Blood supply to muscles
- ⚓ Decrease in abnormal tone and rigid muscles
- ⚓ Improved trunk stability and postural alignment

“ Capernaum's therapists see my child's strengths!”

Contact Us!

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