

Aquatic Goal Oriented Documentation

Goals should also include a measurable outcome, therefore, include specific information to each goal to make it pertain to the patient. If you can link an aquatic goal with a land based goal, or a functional outcome, it is even better.

- Hydrostatic pressure to decrease edema
- Buoyancy to assist range of motion
- Buoyancy to progress gait skills in a reduced weight bearing environment
- Buoyancy, warm water, and turbulence to decrease pain and muscle spasm for progression of weight bearing activities and functional skills
- Hydrostatic pressure to improve lung capacity
- Buoyancy for support, turbulence for resistance to trunk stabilization, balance, gait and transfer activities
- Warm water and aquatic techniques to decrease rigidity (or hypertonicity) and therefore increase ROM
- Buoyancy for increased response time for equilibrium reactions which will enable patient to learn higher level gait and balance activities in a safe environment
- Buoyancy to increase reaction time and decrease fear of falling
- Improve balance control through use of buoyancy and metacentric forces
- Viscosity to improve proprioceptive feedback and body awareness
- 60% increase in central blood volume for increased cardiovascular fitness and increased metabolic burn
- Decreased blood pressure as result of changes in cardiovascular and renal system and increase in parasympathetic nervous system
- Improved muscle balance as result of uniform resistance provided by viscosity of water
- Drag force for increased resistance and improved strength
- Buoyancy provides decreased joint stress while performing sport specific activity for earlier and safer retraining
- Movements are slowed allowing for skills analysis and correction
- Increased sensory input from internal friction of the water increases proprioception

- Increased body awareness (spatial awareness) through increased tactile input (water molecules moving around the touch receptors) for improved balance
- Decreased muscle soreness due to increased removal of toxic waste as result of improved circulation and effects of hydrostatic pressure
- Improved healing as result of increased circulation and decreased edema
- Decreased risk of impingement as result of buoyancy and decreased compressive forces
- Hydrostatic pressure to decrease inflammation improving function and decreasing pain
- Decreased tone and muscle spasm from increase in PNS and decrease in SNS activity
- Increased pain tolerance as result of change in catecholamines and sensory overload from receptors
- Buoyancy for distraction to create negative pressure in inter-vertebral discs for facilitation of healing and improved tolerance to exercise