



AQUACENTRIC

THErapy

Redefining Physiotherapy

Evidence for Practise

Case Study



Client Profile

Name	[REDACTED] /10 Years/ Male
Diagnosis	Downs Syndrome
Chief complaints	Frequent falls while running Difficulty jumping, unable to hop Difficulty with eye hand coordination, inter limb and intra limb coordination Easy fatigability
Date of joining	18th March 2019
No. of sessions completed	46/50



Comprehensive Examination

Assessment	Finding
Tone	Generalized Hypotonia
Muscle strength	Weakness in scapular, core and hip musculature
Posture	Increased lumbar lordosis, anterior pelvic tilt, medial weight bearing on ankles
Gait	Increased BOS, reduced arm swing and pelvic rotation, waddling



Physiotherapy Goals

- **Goals**

- Provide opportunity to build muscle strength and motor control to facilitate acquisition of motor skills through play based intervention
- Increase cardiopulmonary endurance
- Promote social and communication skills via sensory motor play

- **Recommendation**

- Combination of land and aquatic therapy for 2-3x/week for 50 sessions



Treatment Strategies - Aqua



Tipsy Waiter



Pool Cricket



Pool is lava

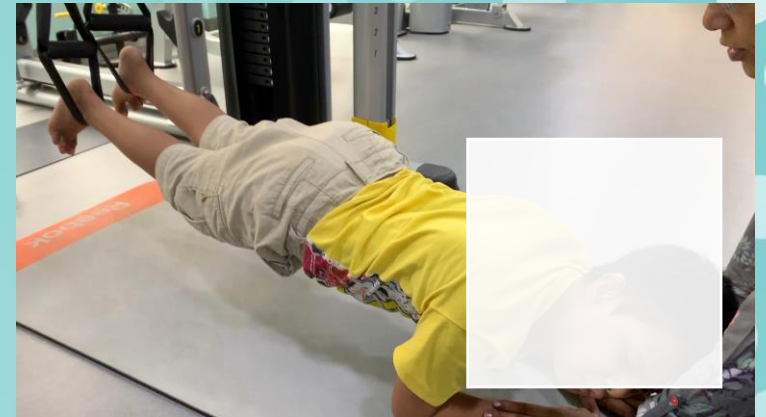
Treatment Strategies - Land



Wheelbarrow



Fine motor skills



TRX - Plank

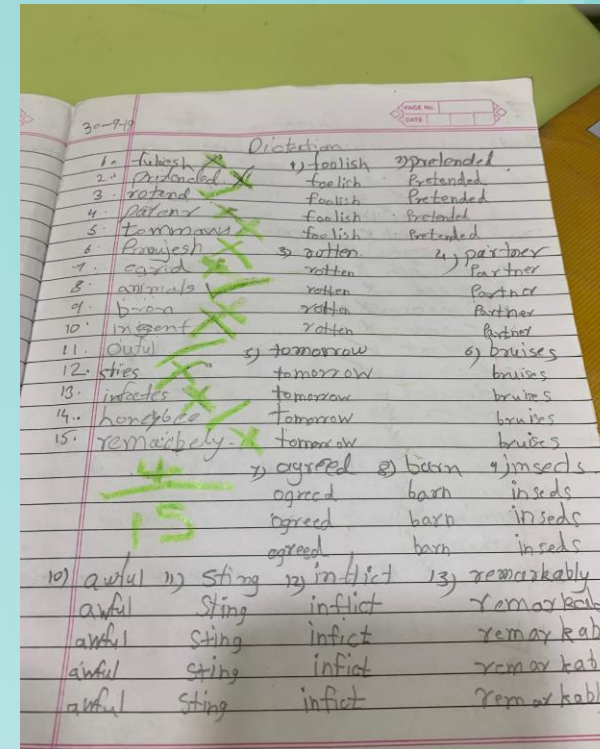
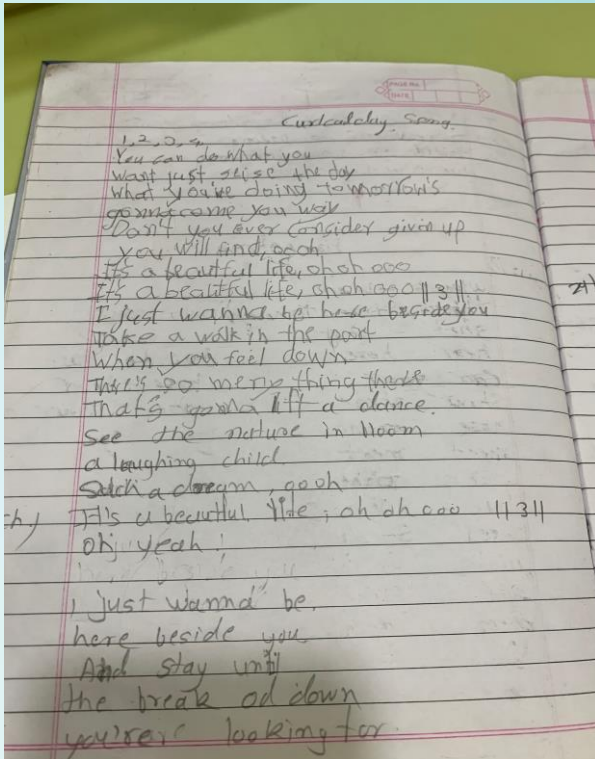
Progress Report

Test/Function	Baseline	1 st review	Current
10m shuttle run test	NT, unable to perform due to difficulty following instructions	32.8 secs	28 secs
One leg stance time	1.8 secs R 0.9 secs L	2.8 secs R 2.5 secs L	3.5 secs R 3.3 secs L
Jumping	Hand held assist needed for foot clearance	3" foot clearance	4.5" foot clearance
Hopping	Unable to perform	Unable to perform	Single hand held assist



Testimonial

_____ is more **confident** in participating in sports and other extra curricular activities in school. He is now more **social** and willingly **explores** different games and activities while **interacting** with peers and teachers at school.”



Thank You

