

ACTIVITY WRITE-UP #2

Name of Activity: Watsu

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|---------------------------------|---|
| Type of modality | Aquatic Therapy |
| Type of play | Parallel |
| Interaction pattern | Intra group |
| # of participants required | 2 |
| Equipment/supplies | Pool, appropriate swim attire |
| Facilities required/environment | Supervised swimming pool |
| Precautions | Be cognizant of the participant's swimming capabilities and diagnosis. Do not use warm water for those with MS. |

Directions

1. Request pool time
2. Set the pool temperature to approximately 95 degrees Fahrenheit
3. Dress in appropriate swimming attire
4. Enter the pool with the aquatics therapist
5. Lay on your back
6. Allow yourself to float in the arms of the therapist
7. Relax and allow your body to be moved by the therapist
8. Do not hold your breath throughout the session
9. Keep your movements passive as therapist, cradles, moves, and stretches your body
10. at the end of the session take a few minute to regain your orientation

Activity Analysis

| Category | Skills |
|---------------------------|---|
| Primary body position | Floating in water in supine position with assistance from therapist |
| Part of the body required | Whole body |
| Movement | Bending, reaching, releasing, swimming |
| Physical | Crossing midline, flexibility, active range of motion: upper and lower extremities (movements manipulated by therapist) |

| | |
|------------------------------------|---|
| Cognitive | Arousal, alertness, insight, orientation, thought: concrete, |
| Social | Conversation, heterogeneity, maintaining social space, physical contact, relating with persons in authority, regulating behavior, relationships: forming, terminating, social cues, showing respect and warmth, showing tolerance |
| Perception | Tactile |
| Communication/language | Reception of body language, producing body language, |
| Self-care | Washing/drying oneself, toileting |
| Psychological/emotional (possible) | Joy, Guilt, pain, anger, frustration being released during the exercise |

How to Simplify the Activity

This activity can be simplified by shortening the movements.

How to Make the Activity More Complex

This activity can be made more complex by elongating the movements and making the session longer.

Other Comments

If patient has difficulty staying afloat, flotation devices may be used.