

ACTIVITY WRITE-UP #2

Name of Activity: Watsu

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.