

# USING WATER FOR FUNCTIONAL GAINS IN CHILDREN WITH NEUROLOGIC CHALLENGES

- WST-Halliwick offers integral goals from all domains of the ICF for a diplegic child in GMFCS II
- Pragmatic research reveals that quadriplegic children in the higher GMFCS classes need WSTH to increase trunk stability and head balance
- Hands-on WSTH shows good results for functional gains in the upper extremities, classical aquatic therapy focuses more on leg function during swimming

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- Children in GMFCS I- III can and should do endurance training as part of AT.
- Strengthening needs low speed and added weight: a pool is not suitable for this.
- The pool is ideal for power training in postural control (at 20% 1RM) in GMFCS III.

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