

Aquatic Therapy Program at Kennedy Krieger Institute

Who We Are

Located on the top floor of our outpatient center at 801 North Broadway, our Aquatic Therapy Program features two state-of-the-art pools and an above-ground, underwater treadmill enclosed in a transparent, tempered-glass case, which increases the number of options available to patients for rehabilitation. All three settings offer a range of warm-water temperatures, aquatic environments and therapeutic treatment options, depending on patients' needs. Other features of the two pools include:

- Built-in treadmills for retraining and observing gait patterns
- Video systems for monitoring therapy activities
- Multiple jets for resistance therapy
- Floors that operate on lifts to allow barrier-free entry and exit by patients using wheelchairs for mobility
- Floor-to-ceiling windows that fill the facility with light and offer a great view of Baltimore

Who We Serve

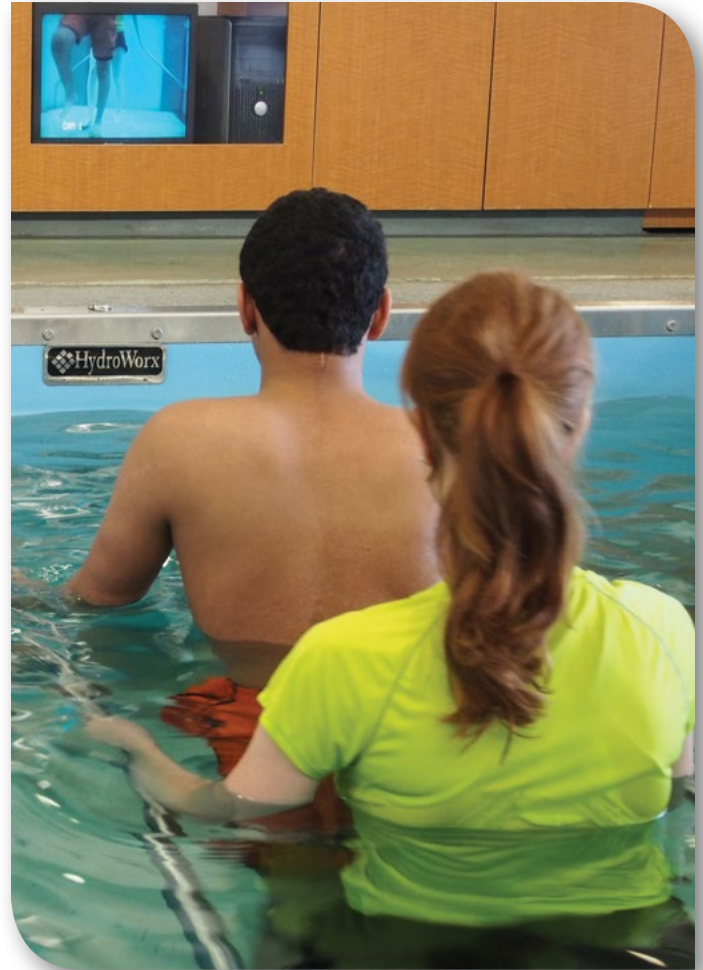
The Aquatic Therapy Center is available to all patients, whether they are staying in our hospital or visiting for outpatient appointments. Although aquatic therapy is used for many diagnoses, it has proven particularly beneficial for patients with cerebral palsy, multiple sclerosis, muscular dystrophy, spinal cord injuries, and developmental and neurological disorders.

Our Team

The Aquatic Therapy Program's interdisciplinary team includes:

- An aquatic medical director
- Occupational therapists
- An aquatic manager
- Physical therapists
- Adapted aquatic specialists certified in lifeguarding, CPR, pool operations and water safety
- Recreational therapists

In addition, the physical, occupational and recreational therapists using the pools are certified in advanced aquatics techniques.



“The pool is amazing! It gives me a sense of freedom and allows me movement that I’d be able to achieve no place else.”

– Peter Exner, aquatic therapy patient

We are all born with great potential.
Shouldn't we all have the chance to achieve it?



Kennedy Krieger Institute
UNLOCKING POTENTIAL

Our Treatment Approach

Aquatic therapy offers many benefits to patients with varying levels of functioning, including—but not limited to—improvements in:

- Balance
- Strength
- Endurance
- Range of motion
- Circulation
- Self-esteem
- Quality of life

Aquatic therapy is used as a treatment modality throughout the rehabilitation process. The water allows patients to escape the limitations of gravity, and it helps them become stronger. Because patients can do more in a pool than on land, aquatic therapy helps patients achieve their therapeutic goals more quickly. Patients may begin aquatic therapy as inpatients and continue through outpatient therapy. Upon discharge, they may follow a home aquatic therapy program, in a community environment or at Kennedy Krieger, with our Independent Aquatics Program.

Contact Information

Aquatic Therapy Program at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-9400**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

[KennedyKrieger.org/AquaticTherapy](https://www.kennedykrieger.org/AquaticTherapy)

Physicians and Healthcare Professionals

To make a referral, call our Physician Referral Line at **443-923-9403**.

Clinic Location

801 North Broadway
Baltimore, MD 21205

Mailing Address

707 North Broadway
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Kennedy Krieger Institute provides care that preserves cultural, psychosocial, spiritual and personal values, beliefs and preferences. Care is free from discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression, including transgender. We encourage patients and families to become active partners in their care by asking questions, seeking resources and advocating for the services and support they need. © 2019 Kennedy Krieger Institute 03/2019



Learn More. Get Involved. Stay Connected. Visit [KennedyKrieger.org/Connect](https://www.kennedykrieger.org/Connect)

