



Angelman syndrome (AS)

Hydro / Aquatic Therapy

Most children with Angelman syndrome have a great love for the water, and this is highly motivating in itself.

Therapists use the unique gravity-lessened properties of water to enhance therapeutic activities; to help children explore and practice movements and skills they are not yet able to perform on land.

Water provides resistance to active movement through all planes of motion, facilitating gains in strength for all major muscle groups. Movement through water provides increased tactile and proprioceptive input that enhances body awareness and motor learning. It is also an effective form of PT for rehab after orthotic operations.

Aquatic therapy is an effective intervention for many children with AS due to their abnormal muscle tone, muscle weakness, poor postural control and balance, decreased endurance and limited mobility.

Children working to develop higher-level motor skills such as breath control, balance, coordination, and gait are very likely to benefit from aquatic therapy.

AUCKLAND: [The Wilson Home Trust, Hydrotherapy](#)

Research paper: [Aquatic Therapy: An Interprofessional Resource Focusing On Children With Developmental And Intellectual Disabilities](#)