

Aquatic Therapy Program

at Kennedy Krieger Institute

Who We Are

Located on the top floor of our new Outpatient Center, the Aquatic Therapy Program features two state-of-the-art pools with a range of warm water temperatures and therapeutic treatment options. The Aquatic Therapy Center offers different aquatic environments depending on patients' needs. Features available include:

- Built-in treadmills for retraining and observing gait patterns
- Video systems for monitoring therapy activities
- Multiple jets used for resistance
- Floors that operate on lifts to allow barrier-free entry and exit for easy access by patients in wheelchairs
- 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 cerebral palsy, multiple sclerosis, muscular dystrophy, spinal cord injuries, and developmental and neurological disorders.

"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



A patient escapes the weight of gravity in the Mr. and Mrs. Arthur B. Modell Aquatic Therapy Center.

Our Team

The Aquatic Therapy Program has an interdisciplinary team that includes:

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

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

Every child is born with great potential.
Shouldn't every child have the chance to achieve it?



Kennedy Krieger Institute

For more information, visit www.kennedykrieger.org or call 888-554-2080

Our Treatment Approach

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

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

Aquatics is used as a treatment modality throughout the rehabilitation process. The water allows patients to escape the limitations of gravity, helps them to become stronger, and provides them the ability to do more in the pool than possible on land, so patients can more quickly achieve their therapeutic goals. Patients can begin aquatics as an inpatient, continue through out-patient therapy, follow home programs in a community environment, or continue at Kennedy Krieger with the Independent Aquatic Program.

Contact Information

For more information or to schedule an appointment, please call 443-923-9400, or toll-free at 888-554-2080.

TTY (for the speech and hearing impaired):
443-923-2645

Professional Referrals

Healthcare professionals wishing to refer a patient should call our Physician Referral Line at 443-923-9403.

Aquatic Therapy Program

Mailing Address:
707 North Broadway
Baltimore, Maryland 21205
www.aquatic.kennedykrieger.org

Clinic Location:
801 North Broadway
Baltimore, Maryland 21205