
Learning Objectives

MedBridge
Aquatic Therapy for the Pregnant Client
Kim Gordon, MPT

Course Objectives:

Upon completion of this course, learners will be able to:

- Describe why aquatic therapy is the treatment of choice for the pregnant client
- Review precautions and contraindications specific to the pregnant client
- Be able to describe normal pregnancy posture vs. incorrect pregnancy posture
- Identify 11 typical ailments for the pregnant client and be able to perform 2-4 manual or exercise-based techniques in the pool to correct or alleviate pain