

Response to Article Critique 6

Article Critique 6 was written by Michelle Chapman regarding the article *Aquatic Therapy: A Viable Therapeutic Recreation Intervention*. The critique reports many of the benefits of aquatic therapy including “decreased pain, prevented bone loss, increased strength and endurance, improved pulmonary functioning, improved body image, decreased depression, and enhanced mood.” Michelle reports in her critique that she used to lifeguard during specific programs at her workplace that allowed people with multiple sclerosis or arthritis to participate in aquatic therapy. I recently did some research on the benefits of swimming for people with autism. In addition to the benefits listed above, it may increase social skills and self confidence, and helps with sensory functioning. It’s amazing how one activity can help so many different people with vastly different disabilities. A large part of therapeutic recreation is being able to take one program and use it to help many different people to bring about different changes and benefits. I think it’s important to be able to recognize the different problems and be able to apply one activity to help each person individually. This is one reason why recreational therapy is so effective and beneficial.