

Water rehabilitation in Rett Syndrome.

Romana Costagliola

Water rehabilitation is an important support to the “land” environment and a big psychomotor mediation in patients with Rett Syndrome. Water allows the experience of unique sensations, impossible to perceive in a psychomotory room or in any other rehabilitation setting. The child with Rett Syndrome generally perceives body's sensations and movements in a very confusing and almost scaring way.

When the same movements are carried out in the water, the liquid enhances child body awareness in a comfortable way, due to the continuous sustain of body moves. As a consequence, body functions and movements seem to be easier and wider, and the child experiences water drowning and delimiting the borders of her body, helping herself to strengthen her material perception. Water follows the borders and the gestures of the body and interacts with its movements. The child can be totally immersed, and gaining so a second corporal skin. Within the pool she feels free movements that is also a right way to build strong and healthy body awareness.

In this presentation, a case study on a Rett syndrome baby (followed from the age of 8 months to five years old) will be described, getting to several general conclusions on the use of water treatment amongst the rehabilitation program of Rett girls.