

Supplementary Material.

Table S1. Intervention Program.

Aquatic Therapy Goals	Treatment Phase	Content	Health Domain	Duration
Mental adjustment + Development of water skills and swimming patterns	Initial phase	<p>Activities that are part of the entrance ritual, are carried out, adjustment to the physical and psychological aquatic environment.</p> <p>Autonomous movement in the environment is encouraged, in dorsal and/or ventral flotation.</p> <p>Free movement</p> <ul style="list-style-type: none"> ▪ With variations in assistance; ▪ Flotation aids ▪ Control or handling by the therapist 	<p>Functions and Structure</p> <p>Activity Participation</p>	10'
Rotational axis WST- Halliwick	Central phase	<p>Rotational axis control is worked on; transversal, sagittal, longitudinal:</p> <ul style="list-style-type: none"> ▪ Flotation aids ▪ Handling or assistance provided by therapist ▪ Total patient autonomy <p>Loading exercises are performed, according to the motor skills and specific goals;</p> <ul style="list-style-type: none"> ▪ sitting ▪ standing ▪ all fours ▪ kneeling 	<p>Functions and Structure</p> <p>Activity</p>	10'
Loading activities + specific mobility and motor skills work	Central phase	<p>Body weight (%) at different levels of immersion.</p> <p>- Xiphoid Appendix (30%)</p> <p>- Pelvis (60%)</p> <p>Activity that involves balance control and proprioception, with increased difficulty (using obstacles, different heights, materials that make activity difficult and single leg standing)</p> <p>This includes activities involving;</p> <p>Double tasking</p> <ul style="list-style-type: none"> ▪ Coordination UL-LL ▪ Cognitive-motor ▪ Dissociation of shoulder and pelvic girdles <ul style="list-style-type: none"> ▪ Flexibility <p>Specific activity for maintenance of ROM</p>	<p>Functions and structure</p> <p>Activity</p>	15'

Mental inversion + Improvement of apneas	Final phase	Immersion activities are carried out. Variations in the level of immersion depending on the capabilities and control of the therapist Group play, putting things away.	Functions and structure Activity Participation	10'
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ROM: Range of motion; UL: upper limbs; LL: lower limbs; WST: Water Specific Therapy.