

Aquatic Therapy Modular Course Package in Valens, Switzerland

Dates	Sunday May 18 – Friday May 30, 2008
Language	English
Endorsement	International Halliwick Association / Therapy Network Bad Ragaz Ring Method Foundation The Aquatic Physical Therapy Foundation
Location	Postgraduate Study Centre Valens, Rehabilitation clinic, CH-7317 Valens, affiliated to the Bad Ragaz medical centre. Info: Mrs. Gabriela Wyttenbach Email: info@study-valens.ch Telephone: +41 81 303 1408, Fax: +41 81 303 1410
Detailed information about contents	Johan Lambeck. Email: info@halliwick.net or for a .pdf flyer: www.halliwick.net at the opening page. Full course information: www.study-valens.ch (click: courses)
Contents and aim of the course	This intensive postgraduate modular aquatic therapy course (135 teaching hours, of which 122.2 contact hours) is unique in the world. Two well known physiotherapists - and a guest lecturers - share their knowledge and skills. Five aquatic treatment concepts form the practical implementation of an evidence based approach to therapy. Participants will experience a variety of patients during demonstrations and hands-on therapy in the pool, supervised by the lecturers. Included are a detailed handout , plus beverages during coffee/tea breaks and access to the pool. Concepts: <ul style="list-style-type: none">- Halliwick: Ten-Point-Program and Water Specific Therapy- The Bad Ragaz Ring Method + CD of the BRRM.- Aqua-T-Relax, passive relaxation including e.g. neurodynamics mobilisation- Ai Chi + DVD/CD of Ai Chi- Aquatic Fitness The Halliwick and Bad Ragaz modules will be examined (optional)
Target group	The target audience for these modules are physiotherapists with aquatic therapy experience. Other professionals with extensive hands-on patient experience in aquatic therapy may also apply.
Lecturers	<p>Johan Lambeck PT, owns The Halliwick-Hydrotherapy Institute in Malden NL. From 1979-1998 he was in charge of the Dept. of Aquatic Therapy at the St. Maartenskliniek, Nijmegen NL He is a Senior Halliwick Lecturer, co-founder of the International Halliwick Foundation and author of 4 books and 20 articles on AT. In 1998 he was named USA Aquatic Therapy Professional of the year. Since 1983 he has taught over 500 Aquatic Therapy seminars in 27 countries throughout the world</p> <p>Urs Gamper PT, Head of the Physical Therapy Dept. at the internationally known Rehabilitation Centre in Valens, Switzerland. He has some 30more then twenty years of experience in Aquatic Therapy for adult patients with neurological, orthopaedic or rheumatologic diseases. He is an author of 2 books and a CDrom. Urs is co-founder of the International Bad Ragaz Ring Method Foundation and has a wide international teaching experience..</p> <p>Jun Konno Creator of Ai Chi, is one of Japan's a foremost swimming coaches and fitness consultants and the President of Aqua Dynamics Institute (Japanese chapter of AEA/ATRI). Since 1986, he has worked to promote aquatics in Japan and is Chairman of the Executive Committee for Japan's National Aquatic Conference and Japan Aquatic Therapy Symposium. <u>Jun will also present an 8 hour Ai Chi workshop at May 31 which can be attended separately</u></p> <p>Anne Bommer Watsu practitioner and Swimming teacher from Geneva. She will introduce the Aquatic Therapy Relaxation and will co-teach the Ai Chi, together with Jun Konno</p>
Maximum amount of Participants	18
Tuition	CHF 2300 for the entire package

Halliwick: Motor Learning and Water Specific Therapy Module I

Dates May , 18 – 23

**Contents/Aim of the
Module**

Increase your knowledge and skills in aquatic therapy by learning how to use the Halliwick Concept in aquatic motor learning and Water Specific Therapy. Apply this to the normalization of tone, facilitation of righting and equilibrium reactions, stabilization of joints, improvement of coordination and strengthening of muscles. Include these goals in task-oriented, functional activities (reaching, using stumble-strategies, practising in an obstacle course). Learn how to set goals according to the ICF.

This certification module will focus on both the “10-point-program as a motor learning sequence” and the Water Specific Therapy system as a problem solving approach. This system focuses especially on postural control as the basis for functional activities. About 50% of the module will be devoted to pool work. Videos and working in small groups by participants treating a variety of patients will highlight the clinical applications of the “10-point-program” and the Water Specific Therapy. Mr. Gamper and Mr. Lambeck will provide guidance and (video)feedback during these treatment sessions. The practical work will be related to other topics in evidence based aquatic therapy, as using databases (e.g. Pedro, Cochrane), interpreting aquatic therapy (related) research and constraint induced movement therapy.

Objectives

At the completion of this module participants will be able to:

- Understand the fluidmechanical principles of Aquatic Therapy
- Relate aquatic therapy to the concept of evidence based medicine and to ICF
- Recognize equilibrium problems of able-bodied and disabled persons
- Handle people in water effectively
- Apply the 10-Point-Program in therapeutic activities for orthopedic, neurologic and rheumatic patient populations
- Use the appropriate rules of motor learning and feedback in water to design a treatment program
- Use the treatment techniques of the Water Specific Therapy system
- Apply these techniques in strengthening, stabilization of the axial joints, facilitation of balance and posture reactions, and their use in functional activities including walking, transfers, etc.
- Design treatments programs for neurologic, orthopedic and rheumatic patients
- Use proper modes for assessment in water and on land
- This course will be a certification course** (included in the tuition)

Amount of contact hours 54,3

Tuition CHF 1100

The Bad Ragaz Ring Method

Module II

Dates May 23 – 25

Contents/Aim of the Module

The Bad Ragaz Ring Method was re-developed by a team of physiotherapists in the late seventies. This great opportunity to learn from one of the members of that team is offered as an innovation to your practice. In theory and practice, principles from muscle strengthening, joint stabilization and increasing range of motion will be related to PNF, functional kinetics and fluidmechanics, and applied to working with neurologic, orthopedic and rheumatic populations. Bernd Anderseck (PNF instructor, Valens) will lead the land introduction of PNF. As in all the modules, the emphasis will be on learning the practical skills involved.

Objectives:

At the completion of this module participants will be able to

- Use the arm, trunk and leg patterns
- Relate the patterns to principles from PNF, functional kinetics, physiology and fluidmechanics (e.g. hold/contract relax, combination of isotonic)
- Apply the patterns to orthopedic, neurologic and rheumatic patient populations
- Demonstrate an understanding of both indications and precautions for the Bad Ragaz Ring Method
- This course will be a certification course** (included in the tuition)

Amount of contact hours 25

Tuition CHF 550

Aerobic Conditioning for Neurologic, Orthopedic and Rheumatic Patients Module III

Date	May 27
Contents/Aim of the Module	<p>Many patients in the neurologic, orthopedic and rheumatic population have a decreased endurance, which is a barrier for developing their functional activities. This module will highlight the ways how to work on the cardio-vascular system in deconditioned patients. Tanja van der Spijk (Aquatic Training Coordinator , NL) shall present the use of music.</p> <p><u>Objectives</u></p> <p>At the completion of this module participants will be able to The objectives are:</p> <ul style="list-style-type: none">- to present the principles of exercise physiology involved- to asses work intensity, using the Borg RPE scale- to present possibilities on how to use music- shallow set up a shallow water circuit training- teach simple deep water walking / aquajogging- use of games for endurance purposesand games
Amount of contact hours	10,6
Tuition	CHF 220

Passive and active Aquatic Therapy Relaxation Module IV

Dates May 28 and 29

Contents/Aim of the Module Learn how to incorporate relaxation into your treatment programs to help decrease your client's pain, muscle guarding and hypertonicity.

This module will provide in-depth instruction in the use of Aqua-T-Relax (deep passive relaxation) and Ai-Chi techniques in a clinical setting. These techniques will include the use of stretches for tonic muscles, (spinal) mobilisations and neurodynamics mobilisation. The emphasis will be on extensive instruction and practise time in the pool. Videos will be shown of these techniques in use with a variety of orthopaedic, neurologic and rheumatic patient populations.

Objectives

At the completion of this module participants will be able to:

- Understand the physiological immersion effects on relaxation and their therapeutic applications
- Apply and adapt Aqua-T-Relax (passive deep relaxation) in a clinical setting for patients with orthopedic, neurologic and/or neurologic impairments
- Follow the Ai Chi progression and be introduced to the concepts of moving with nature, using meridian stretch.
- Experience the trunk stability movements with guidelines on proper pelvic mechanics during Ai Chi
- Demonstrate and understanding of both the indications and precautions for passive and active relaxation techniques

Amount of contact hours 22

Tuition CHF 440

Aquatic Therapy: Problem Solving with Patients
Prerequisite: Halliwick/Bad Ragaz Ring Method/Relaxation
Module V

Date May 30

Contents/Aim of the Module This workshop will integrate the five concepts. Participants work in small groups, treating patients in at least 6 sessions. The lecturers will provide guidance and feedback during the treatment sessions. Following these sessions, participants will present their treatment plan, techniques used, patient response and progression. Video will be used to enhance learning effects of participants.

Objectives

At the completion of this module participants will be able to:

- Integrate the three concepts in the treatment of patients with orthopedic, neurologic and rheumatologic conditions

Only participants modules I – III

Number of contact hours 10,3

Tuition CHF 220