

Aquatic Therapy Modular Course Package in Valens, Switzerland

Dates	Sunday May 10 – Friday May 22, 2009
Language	English
Partnerships	Faculty of Rehabilitation Sciences, Katholieke Universiteit Leuven, Belgium Dutch Institute of Allied Health Care NPI, Netherlands Aquatic Therapy Section of the Association of Chartered Physiotherapists (UK) Australian Physiotherapy Association Aquatic Physiotherapy Group International Halliwick Therapy Network and 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. Or: http://www.klinik-valens.ch/de/study_centre/kurse.php?cat=13#
Contents and aim of the course	<p>This 9th edition continues to present the state of knowledge in aquatic therapy. Updated contents provide students with a comprehensive picture of current research that supports decision making, clinical reasoning, problem-solving and goal-setting in aquatic therapy.</p> <p>This intensive postgraduate aquatic therapy course (124.4 contact hours) is unique in the world. Two well known physiotherapists - and 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 hands-on therapy in the pool, supervised by the lecturers. Included are a detailed handout , plus beverages during coffee/tea breaks. Concepts:</p> <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- Ai Chi + DVD/CD of Ai Chi- Aquatic Fitness introduction and measurements <p>The Halliwick and Bad Ragaz modules are certification modules (optional)</p>
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>Urs Gamper PT, Head of the Therapy Dept. at the internationally known Rehabilitation Centre in Valens, Switzerland. He has some 30 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>Johan Lambeck PT, owns The Halliwick-Hydrotherapy Institute. 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 Therapy Network and author of 4 books and 20 articles on AT. He is a Cochrane member and co-organizer of the European aquaevidence network (www.aquaevidence.eu) , Katholieke Universiteit Leuven, Belgium.</p> <p>Anne Bommer Practitioner of Watsu and Halliwick, as well as certified Ai Chi lecturer. She is specialized in working with clients with severe physical and intellectual disabilities and works in the Fondation Clair Bois, Geneva.</p>
Maximum amount of Participants	<p>At Saturday May 23rd , a separate Ai Chi workshop will be taught (CHF 240). This course is not included in the course!</p> <p>18</p>
Tuition	CHF 2300 for the entire package

Halliwick: Motor Learning and Water Specific Therapy

Module I

Dates May , 10 – 15

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. These individual constraints will be combined with the environmental ones when designing task-oriented, functional activities (reaching, using stumble-strategies, practising in an obstacle course). The basis for this are the ICF and the Dynamic Systems Model.

This certification module will focus on both the 10-Point-Programme and the Water Specific Therapy system as problem solving approaches. These systems focus especially on postural control as the basis for functional activities

About 50% of the module will be devoted to pool work. Peer learning, case studying, video observations and working in small groups by participants treating a variety of patients will highlight the clinical applications of the 10-Point-Programme 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 constraint induced movement therapy, Pilates and (presented by Peter Oesch PT/MSc, Valens) web-based evidence finding, clinical reasoning, goal setting, and interpreting aquatic therapy (related) research.

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 55.5

Tuition CHF 1100

The Bad Ragaz Ring Method Module II

Dates May 15 – 17

**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. See www.badragazringmethod.org
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 26

Tuition CHF 550

Aerobic Conditioning for Neurologic, Orthopedic and Rheumatic Patients Module III

Date May 19

Contents/Aim of the Module 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. Matthias Brunner from the Aquademie Switzerland in Bern shall present the use of music and rhythm.

Objectives

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

- present the principles of exercise physiology involved
- asses work intensity, using the Borg RPE scale
- present possibilities on how to use music and rhythm
- set up a shallow water circuit training
- teach simple deep water walking / aquajogging
- use games for endurance purposes

Amount of contact hours 10,6

Tuition CHF 220

Passive and active Aquatic Therapy Relaxation Module IV

Dates	May 20 and 21
Contents/Aim of the Module	<p>Learn how to incorporate relaxation into your treatment programs to help decrease your client's pain, muscle guarding and stiffness. This module is also focused on using active relaxation to enhance postural control and decrease risk of falling.</p> <p>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 . 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.</p> <p><u>Objectives</u></p> <p>At the completion of this module participants will be able to:</p> <ul style="list-style-type: none"><input checked="" type="checkbox"/> Understand the physiological immersion effects on relaxation and their therapeutic applications (influencing connective tissue visco-elasticity)<input checked="" type="checkbox"/> Apply and adapt Aqua-T-Relax (passive deep relaxation) in a clinical setting for patients with orthopedic, neurologic and/or neurologic impairments<input checked="" type="checkbox"/> Follow the Ai Chi progression and be introduced to the concept of balancing with fluency and security.<input checked="" type="checkbox"/> Experience the trunk stability movements with guidelines on proper breathing during Ai Chi<input checked="" type="checkbox"/> Demonstrate an 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 22

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