16th Post-Bachelor Aquatic Therapy Modular Course Package in Valens (Bad Ragaz), Switzerland

What do we give
- Patient centered approach based on clinical reasoning
- Skillful hands-on treatments
- Self experience: average pool time per module is 65%
- Learning-by-reasoning-and-doing
- 5 Established concepts
- Faculty with great clinical and scientific expertise
- Embedded in a European aquatic network
- Every year a distinguished guest-lecturer


When will it be
- Sunday May 01 – Friday May 13, 2016

What will it cost
- CHF 2450.00 for the entire package
- Detailed information at “tuition”

Whom to contact
- Organization: Mrs. Gabriela Wyttenbach: study@kliniken-valens.ch
- Contents: Mr Johan Lambeck: lambeck@freeler.nl

Testimonials of participants of the 2015 course

The best course ever! The whole course provided useful information to me both as a physical therapist and a researcher. Different techniques with strong scientific background ensured evidence for daily practice and further research. Also, it was a privilege meeting colleagues from all around the world, sharing ideas and discussing how aquatic therapy/therapists work in the other parts of the world. And the great nature of Valens played an important role for relaxing after long educative hours I strongly recommend for all physical therapists who are interested in aquatic therapy to attend this marvelous course and have a chance to enhance their approaches to the patients. Thanks for all the efforts of Johan Lambeck and Urs Gamper about improving aquatherapy and sharing their unique experience with us.

By:
Deniz Bayraktar
Katip Celebi University, Izmir, Turkey

The Aquatic Therapy Course at the Kliniken Valens is embedded in evidence based practice and the teachers Johan and Urs know their stuff in every detail. The opportunity to treat patients and being introduced to loads of options in aquatic rehabilitation was invaluable. The course was well organized and meeting people from all over the world in a stunning surroundings in Valens. That was great. First Class!!

By:
B.H.Bergsson, A.M.Jonsson
Reykjalandur Rehabilitation Centre, Reykjavik, Iceland
Language: English

Level: Higher educational Certificate of Advanced Studies (CAS): through a credit contract with SUPSI University of Applied Sciences, Landquart/Manno (providing ECTS for citizens of Erasmus participating countries)

Partnerships:
- Association IATF: Internal Aquatic Physical Therapy Faculty, Valens (CH)
- Faculty of Kinesiology & Rehabilitation Sciences, KU Leuven, (B)
- Dutch Institute of Allied Health Care NPI, (NL)
- Aquatic Therapy Section of the ACP (UK)
- Australian Physiotherapy Association Aquatic Physiotherapy Group
- RETacua: the Spanish aquatic physical therapy network
- IATA-Korea: the Korean aquatic therapy association
- Red Mexicana Terapia Acuatica: the Mexican aquatic network

Location: Kliniken Valens, CH-7317 Valens. Info: Mrs. Gabriela Wyttenbach Email: study@kliniken-valens.ch. Phone: +41 81 303 1408

Subscription: www.study-valens.ch

Target group: The target audience for these modules are allied health professionals (with aquatic therapy experience). Other professionals with extensive hands-on patient experience in aquatic therapy may also apply.

Tuition: CHF 2450.00 for the entire package including SUPSI registration fees. Partner members have a reduction of CHF 250.00. No additional costs for the examinations, websites or E-learning modules.

Tuition for a CAS with ECTS is CHF 3450. Detailed information can be provided by Mrs Wyttenbach.

Number: Maximum 18
This 16th edition continues to present the state-of-science in aquatic therapy.

Skillful Aquatic Therapy depends on a proper clinical reasoning process that finally ends in an intervention strategy with adequate tactics. Tactics include the specific concepts that are used in the pool. Pool practice focuses on an evidence based **patient treatment**. This is what the Swiss Association IATF offers their students in the course in Valens (Bad Ragaz). Continuing a long tradition of e.g. Water Specific Therapy and the Bad Ragaz Ring Method (BRRM), additional concepts have been added in order to comply with treatment goals that can be derived from the international classification of functioning, disability and health (ICF). The course is embedded in a European network (Aquaevidence/outcome) and has recognition for the EU educational credit system (ECTS). Expertise of - invited - lecturers is the basis for teaching up-to-date knowledge, and superb handling skills are the foundation of every course.

Case related contents provide students with a comprehensive picture of current research that supports decision making, clinical reasoning, problem-solving and goal-setting in aquatic therapy. This intensive postgraduate aquatic therapy course (134.5 academic contact hours of 45 minutes) is unique in the world. The basis is "learning-by-reasoning-and-doing" or "think-pair-share": pool practice encompasses 86.9 hours. Preparatory and additional studying time needs about 20 hours. Five aquatic treatment concepts form the practical implementation of evidence based, and competence guided approach to therapy. Participants will experience a variety of patients during 5 hands-on sessions in the pool, supervised by the lecturers. Included are a (digital) course book, plus beverages during coffee/tea breaks. The concepts are:

- Water Specific Therapy (WST) + login to [www.halliwicktherapy.org](http://www.halliwicktherapy.org)
- The Bad Ragaz Ring Method® + [www.badragazringmethod.org](http://www.badragazringmethod.org)
- AquaT-Relax, passive relaxation including (spinal) joint mobilisation
- Clinical Ai Chi: addressing postural control and connective tissue (e.g. neurodynamics) + [www.clinicalaichi.org](http://www.clinicalaichi.org)
- Aquatic Fitness (AT-Fit) introduction: focus on music, measuring endurance and falls prevention

**The WST and Bad Ragaz® modules are certification modules (optional)**

Contents are focused on adults with neuro-musculoskeletal impairments. The red line in 2016 will be the individual with a neurological disease.
Water Specific Therapy (WST)
Module I

Dates
May 01 - 06

Contents/Aim of the Module
WST is aquatic motor relearning as massed distributed practice in an enriched environment. This is combined with e.g. regulation of tone, facilitation of righting and equilibrium reactions, core stabilization, and fine tuning of muscle activity. 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 these are the ICF, Evidence Based Clinical Practice and the Dynamic Systems Model.

WST includes elements of the Halliwick 10-Point-Programme and is a task directed problem solving approaches. WST focuses especially on postural control as the basis for functional activities.

About 50% of the module will be devoted to pool work. Cooperative peer learning, problem oriented case studying, video observations and working in small groups by participants treating a variety of patients will highlight the clinical applications of WST.

Urs Gamper and Johan Lambeck will provide guidance and (video) feedback during these treatment sessions. The main theme will be related to other topics in evidence based aquatic therapy as validation of the intervention tactics and (presented by Peter Oesch) 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:

☑ Describe the fluid mechanical principles of Aquatic Therapy
☑ Relate aquatic therapy to the concept of evidence based practice and to ICF
☑ Recognize equilibrium problems of able-bodied and disabled persons
☑ Handle people in water effectively
☑ Apply the WST exercises and activities for orthopedic, neurologic and rheumatic patient populations at all levels of ICF
☑ Use the appropriate rules of motor learning and feedback in water to design a treatment program (related to e.g. Gentile’s taxonomy)
☑ Design treatments programs for neurologic, orthopaedic and rheumatic patients
☑ Use the WST-ICF assessment in water
☑ Intro to clinimetrics and use of balance assessment on land

This course will be a certification course (included in the tuition)

Contact hours
58.4

Tuition
CHF 1250
The Bad Ragaz Ring Method®
Module II

Dates
May 06 (afternoon) - 09 (morning)

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 extension 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, orthopaedic and rheumatic populations. See www.badragazringmethod.org
Bernd Anderseck 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 original arm, trunk and leg patterns
☑ Relate the patterns to principles from PNF, functional kinetics, exercise physiology and fluidmechanics
☑ Use PNF techniques (e.g. hold/contract relax, combination of isotonics, dynamic reversals and fine tuning) in selected patterns
☑ Use principles from clinical reasoning to use BRRM in various patient populations

This course will be a certification course (included in the tuition)

Amount of contact hours
33

Tuition
CHF 600.00
## Aerobic Conditioning: AT-Fit
### Module III

**Date**
May 10

**Contents/Aim of the Module**
Many patients in the neurologic, orthopaedic and rheumatic population have a decreased physical fitness, which is a barrier for developing their functional activities. Jens Bansi will specifically address endurance training in multiple sclerosis. This module will highlight the ways to work on the cardio-vascular system in deconditioned patients. Main themes of this module will be how to choose and use music to facilitate movements for various objectives and how to use a fitness approach in a falls prevention programme by Matthias Brunner. Per 2016 we also will address plyometric muscle training.

**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
- Teach simple deep water walking / aquajogging
- Use a plyometric approach
- Use a fitness approach to create a falls prevention exercises

**Amount of contact hours**
10.8

**Tuition**
CHF 220.00
Aqua-T-Relax and Clinical Ai Chi
Module IV

Dates
May 11 - 12

Contents/Aim of the Module
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.

This module will provide in-depth instruction in the use of Aqua-T-Relax (deep passive relaxation) and Clinical Ai Chi techniques. These techniques will include the use of stretches for tonic muscles, (spinal) mobilisations and neurodynamics. The emphasis will be on extensive instruction and practice time in the pool. The theoretical framework will be on addressing connective tissue/ fascia tensegrity through passive and active movements.

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

☑ Understand the physiological immersion effects on relaxation and their therapeutic applications (influencing connective tissue visco-elasticity)
☑ Apply and adapt Aqua-T-Relax in a clinical setting for patients with orthopedic, neurologic and/or neurologic impairments
☑ Follow the Ai Chi progression and be introduced to the concept of balancing with fluency and security.
☑ Apply Clinical Ai Chi in falls prevention e.g. lateral stability problems
☑ Demonstrate an understanding of both the indications and aquatic red flags for passive and active relaxation techniques

Amount of contact hours 22

Tuition CHF 440.00
Aquatic Therapy: Problem Solving with Patients
Prerequisite: Modules I, II, IV
Module V

Date
May 13

Contents/Aim of the Module
This workshop will integrate the five concepts. Participants work in small groups, treating patients in 2 blocks of 3 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 according to the course’s clinical reasoning format. Video will be used to enhance learning effects of participants.

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

☑ Integrate the five concepts in the treatment of patients with orthopedic, neurologic and rheumatologic conditions

Only participants who have participated in all modules I, II and IV

Number of contact hours
10,3

Tuition
CHF 220.00

For updated information, also follow us at www.facebook.com/halliwick and www.facebook.com/badragazringmethod
Lecturers

Urs Gamper
PT and Senior Lecturer IATF. Head of the Therapy Dept. at the internationally known Kliniken Valens, Switzerland. He has some 35 years of experience in Aquatic Therapy for adult patients with neurological, orthopaedic or rheumatologic diseases. He is an author of various books, book chapters and (peer reviewed) articles. Urs has a wide international teaching experience.

Johan Lambeck
PT and Senior Lecturer IATF. He is director of Aquatic Rehab Consultants and is appointed as free research associate at Leuven University (Belgium), co-organizing the European Aquaoutcome/evidence Network (www.aquaoutcome.net). He is author of various books, book chapters and articles on AT in (peer reviewed) journals. He is a Cochrane member and former primary contact person for the WCPT aquatic physical therapy network.

Anne Bommer.
Senior Lecturer IATF. She is certified Ai Chi Lecturer and practitioner of Watsu and WST. Anne is specialized in working with clients with severe physical and intellectual disabilities and works in the Fondation Clair Bois, Geneva (Switzerland)

Bernd Anderseck
PT, MSc in Neurorehabilitation, Kliniken Valens. Bernd is PNF Instructor IPNFA and lectures PNF over 15 years at a Swiss University of Applied Sciences. He has been faculty at various international conferences, e.g. about MS and gait rehabilitation

Jens Bansi
PhD in sport sciences. Sports therapist and scientist at the Kliniken Valens. His research mainly focuses the impacts of (aquatic) training on cardio-respiratory fitness and immune functions in persons with MS and has authored various peer reviewed articles on this topic. He has 10 years of therapeutic experience involving conditioning for adults with orthopedic, rheumatological or neurological diseases in aquatic settings.
Jens is member of RIMS and AQUA OUTCOME

Matthias Brunner
Master of Sports, Aquatic Fitness Professional and owner of the Aquademie für Wasserfitness, Berne (Switzerland). He is specialized in aquatic programmes for golden age people.

Peter Oesch
PhD, MSc in Health Ergonomics and PT. Head of the Research and the Ergonomics Department Kliniken Valens. Peter is author and co-author of peer reviewed articles and various books in Rheumatology and Assessments in Rehabilitation. He has 25 years teaching experience on graduate and postgraduate courses on national and international level.