

12th Aquatic Therapy Modular Course Package in Valens, Switzerland

Dates	Sunday May 13 – Friday May 25, 2012
Language	English
Level	Higher educational: ECTS status through a credit contract with Leuven University or SUPSI University of Applied Sciences, Landquart (for citizens of Erasmus participating countries)
Partnerships	Faculty of Kinesiology 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 South African Society of Physiotherapy Aquatic Physiotherapy Group IATF: International Aquatic Physical Therapy Foundation, Bad Ragaz (CH) Postgraduate Study Centre, Valens Klinik Rehabilitation Centre, CH-7317 Valens,. Info: Mrs. Gabriela Wyttenbach Email: info@study-valens.ch . Telephone: +41 81 303 1408, Fax: +41 81 303 1410
Location	Johan Lambeck. Email: lambeck@freeler.nl or for a .pdf flyer: www.halliwicktherapy.org at the opening page. Or: http://www.klinik-valens.ch/en/study_centre , check the course information.
Detailed information about contents	This 12 th edition continues to present the state-of-science in aquatic therapy. Case related contents provide students with a comprehensive picture of current research that supports hypothesis-oriented algorithmic decision making, clinical reasoning, problem-solving and goal-setting in aquatic therapy. This intensive postgraduate aquatic therapy course (129.5 academic contact hours of 45 minutes) is unique in the world. The basis is “learning-by-reasoning-and-doing”: pool practice encompasses 86.4 hours. Preparatory and additional studying time needs approximately 20 hours
Contents and aim of the course	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. Concepts: <ul style="list-style-type: none">- Halliwick[®]-Therapy + login to www.halliwicktherapy.org- The Bad Ragaz Ring Method[®] + login to www.badragazringmethod.org- AquaT-Relax, passive relaxation including e.g. neurodynamics and spinal mobilisation- Clinical Ai Chi[®] : postural control and connective tissue + DVD/CD- Aquatic Fitness introduction: focus on music, measurements and falls prevention
Target group	The Halliwick[®] and Bad Ragaz[®] modules are certification modules (optional) 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

Urs Gamper

PT and Senior Lecturer IATF. 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, various chapters and (peer reviewed) articles. Urs has a wide international teaching experience.

Johan Lambeck

PT and Senior Lecturer IATF. He owns The Halliwick-Hydrotherapy Institute and is appointed as free scientific assistant at the Katholieke Universiteit Leuven, co-organizing the European AquaEvidence Network (www.aquaevidence.eu), He is author of 4 books and 20 articles on AT in (peer reviewed) journals.. He is a Cochrane member and 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 Halliwick®. Anne is specialized in working with clients with severe physical and intellectual disabilities and works in the Fondation Clair Bois, Geneva.

Matthias Brunner

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

Maximum amount of Participants

18

Tuition

CHF 2400 for the entire package.
Partner members have an additional 10% reduction

Testimonials of participants of the 2011 course

The 14 days of the course were full of evidence – base theoretical knowledge and well organized practical part with detailed approach in the techniques. It was a great opportunity to meet aquatic therapists from all over the world and exchange our experience and knowledge on hydrotherapy. The course was the initial to change the therapeutic approach in my patients and to be more open minded. I am looking forward to meeting again in Valens next year.

Efthymia Vagena MSc. Coordinator / Supervisor Aquatic Therapy Department.
Filoktitis Rehabilitation Center, Athens – Greece

I am very satisfied to have been a participant in this high level and very intensive postgraduated course in Valens 2010 and 2011. A great amount of evidence knowledge that could be described as the “state of art” in aquatic therapy was offered both in practice and in the theoretical course parts.

Thomas Schick. Sub-Chef Therapy, Rehazentrum Klinik am Park, Wilhelmshaven, Germany

Testimonials of previous courses can be seen at www.halliwicktherapy.org



Halliwick®-Therapy Module I

Dates May 13 – 18

**Contents/Aim of the
Module**

Increase your knowledge and skills in aquatic therapy by learning how to use Halliwick®-Therapy in aquatic motor learning and its specific therapeutic applications: Apply this to the normalization of tone, facilitation of righting and equilibrium reactions, stabilization of joints, improvement of coordination and strengthening of muscles. 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 (International Classification of Functioning, Disability and Health) and the Dynamic Systems Model.

Halliwick®-Therapy includes 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. 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 Halliwick®-Therapy

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 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:

- Describe the fluidmechanical 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 Halliwick®-Therapy 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, orthopedic and rheumatic patients
- Use the Halliwick®-ICF assessment in water
- Use proper modes for 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 18 – 20

**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 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 and dynamic reversals) 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** 28

Tuition CHF 600



Aerobic Conditioning for Neurologic, Orthopedic and Rheumatic Patients Module III

Date May 22

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. 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

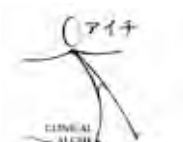
Objectives

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 fitness approach to create a falls prevention exercises

Amount of contact hours 10.8

Tuition CHF 220



Aqua-T-relax and Clinical Ai Chi® Module IV

Dates May 23 and 24

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 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. The theoretical framework will be on addressing connective tissue 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 in 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



Aquatic Therapy: Problem Solving with Patients

Prerequisite: Modules I, II, IV

Module V

Date May 25

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

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

