

Overview of the Aquatic Course



Course members on the terrace



Halliwick Ten Point Programme: Transversal Rotation Control



Water Specific Therapy: selective rotation and reaching



Water Specific Therapy: lengthening and stabilization



BRRM: preparation with PNF



Bad Ragaz Ring Method (BRRM)



BRRM and it's lumbrical grip



BRRM examination (they passed)



Fitness: tutorial about music and rhythm



Fitness: circuit training based on Borg RPE



But measuring heart rate during relaxation



Aqua-T-Relax: individual corrections



Ai Chi: classical instruction through modelling



Ai Chi: music cued learning



Problem solving: practical session with clinical reasoning



Patient treatment with (alternative) equipment



Presentation of patient treatment results



Swiss cuisine at weekend lunches



Greetings from Valens