

## Aquatic Therapy Course Package in Switzerland (5 modules together)

<b>Dates</b>	Monday May 23, 2005 – Friday June 3, 2005
<b>Endorsement</b>	International Halliwick Association Aquatic Section APTA (American Physical Therapy Association) Bad Ragaz Ring Method Foundation
<b>Location</b>	Postgraduate Study Centre Valens, Rehabilitation clinic, CH-7317 Valens, affiliated to the Bad Ragaz medical centre. Info: Mrs. Gabriela Wyttenbach Email: <a href="mailto:info@study-valens.ch">info@study-valens.ch</a> Telephone: +41 81 303 1408, Fax: +41 81 303 1410 Full course information: <a href="http://www.study-valens.ch">www.study-valens.ch</a> (click: courses)
<b>Information about Contents</b>	Johan Lambeck. Email: <a href="mailto:info@halliwick.net">info@halliwick.net</a> or for a .pdf flyer: <a href="http://www.halliwick.net">www.halliwick.net</a> at the opening page
<b>Contents/Aim of the course</b>	This intensive postgraduate modular aquatic therapy course (99 contact-hours) is unique in the world. Two well known physiotherapists - and a guest lecturer - 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. Included are a detailed handout + <b>CDrom BRRM</b> , beverages during coffee/tea breaks and access to the pool. Concepts: <ul style="list-style-type: none"><li>- Halliwick: Ten-Point-Program and Water Specific Therapy</li><li>- The Bad Ragaz Ring Method</li><li>- Passive relaxation techniques including e.g. neurodynamics</li><li>- Ai Chi</li><li>- Aquatic Fitness</li></ul>
<b>Target group</b>	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.
<b>Lecturers</b>	<p>Urs Gamper PT, Head of the Physical Therapy Dept. at the internationally known Rehabilitation Centre in Valens, Switzerland. He has more 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.</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. <b><u>Jun will also present an 8 hour Ai Chi workshop at June 4<sup>th</sup>, which can be attended seperately</u></b></p> <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 600 Aquatic Therapy seminars in 27 countries throughout the world</p>

**Maximum amount of  
Participants** 18

**Tuition** CHF 2200 for the entire package

## Halliwick: Motor Learning and Water Specific Therapy Module I

**Dates** May 23 – May 27, 2005

**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)

This accelerated seminar 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) and interpreting aquatic therapy (related) research. (presented by Jan Kool, PT/MSc, research physical therapist in Valens).

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
- 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

**Amount of teaching hours** 45

**Tuition** CHF 1100.00

## The Bad Ragaz Ring Method Module II

**Dates** May 28 – 29, 2005

**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. 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

**Amount of teaching hours** 17.5

**Tuition** CHF 440.00

## Passive and active relaxation techniques Module III

<b>Dates</b>	May 31 and June 1, 2005
<b>Contents/Aim of the Module</b>	<p>Learn how to incorporate relaxation into your treatment programs to help decrease your client's pain, muscle guarding and hypertonicity.</p> <p>This module will provide in-depth instruction in the use of Watsu, and Basic Ai-Chi techniques in a clinical setting for orthopedic, neurologic and rheumatic conditions. 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"> <li><input checked="" type="checkbox"/> Understand the physiological immersion effects on relaxation and their therapeutic applications</li> <li><input checked="" type="checkbox"/> Apply and adapt Watsu and Ai Chi Basic techniques in a clinical setting for patients with orthopedic, neurologic and/or neurologic impairments</li> <li><input checked="" type="checkbox"/> Follow the Ai Chi progression and be introduced to the concepts of moving with nature, using meridian stretch</li> <li><input checked="" type="checkbox"/> Experience the trunk stability movements with guidelines on proper pelvic mechanics during Ai Chi Basic</li> <li><input checked="" type="checkbox"/> Demonstrate and understanding of both the indications and precautions for passive and active relaxation techniques</li> </ul>
<b>Amount of teaching hours</b>	18
<b>Tuition</b>	CHF 440.00

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

**Date** June 2, 2005

**Contents/Aim of the Module** This workshop will integrate the three concepts. Participants work in small groups, treating at least 6 patients. 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 teaching hours** 9

**Tuition** CHF 220.00

### **Aerobic Conditioning for Neurologic, Orthopedic and Rheumatic Patients Module V**

**Date** June 3, 2005

**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 cardiovascular system in deconditioned patients.

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 ideas for conditioning
- set up a shallow water circuit training
- teach simple deep water walking / aquajogging
- use games for endurance purposes

**Amount of teaching hours** 9.5

**Tuition** CHF 220.00