

Advanced Studies in Aquatic Therapy Hôpital de Landeyeux, Switzerland

What do we give

The most comprehensive aquatic therapy course: in Switzerland
Patient centered approach based on clinical reasoning
All treatments based of justification by evidence
Skillful hands-on treatments average pool time per module is 68%
Learning-by-reasoning-and-doing in 4 active, established concepts
Faculty with great clinical and scientific expertise
Embedded in a European aquatic network
A distinguished guest-lecturer, who will be announced later

Participants from 51 countries attended and gave great testimonials see:
<http://www.halliwicktherapy.org/en/valens-course-2015/testimonials-valens-course>

When will it be

Saturday October 8 — Sunday October 16, 2022

What will it cost

Swiss Francs 2500 until July 31st, 2022
Swiss Francs 2750 after July 31st, 2022

Whom to contact

Subscription: Mr. Johan Lambeck, lambeck.hydro@gmail.com

This course is the successor of the Aquatic Therapy course in the Kliniken Valens. After 19 years it was time for the challenge to organize the course in the contemporary therapy department of the hospital in Landeyeux. The photo shows the official name:

CENTRE DE RÉADAPTATION

HÔPITAL NEUCHÂTELOIS - SITE DU VAL-DE-RUZ
LANDEYEUX / FONTAINES - NE





Language	English
Level	Higher educational Advanced Studies, post-bachelor
Organizers	Association IATF: International Aquatic Physical Therapy Faculty, Vilters
Certification	IATF certifies after a practical and theoretical examination
Partnerships	Dutch and Swiss Halliwick Associations 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 Asociación Mexicana Terapia Acuática: Aquatic Therapy Network of India Aquatic Physiotherapy Group, South-African Society of Physiotherapy
Tuition includes	Digital course book, login to 3 websites, E-learning modules, examination costs, beverages during coffee/tea breaks, light meal at evening sessions.
Target group	The target audience for these modules is allied health professionals (with aquatic therapy experience). Other professionals with extensive hands-on patient experience in aquatic therapy may also apply.
Number	Maximum 16



Comprehensive description the course

This 20th revised edition continues to present the state-of-science in aquatic therapy.

Skillful Aquatic Therapy depends on a proper clinical reasoning process: pattern recognition that leads to an intervention strategy with adequate tactics. Tactics include the specific concepts that are used in the pool. Pool practice focuses on **patient treatment** based on various evidence levels.

This is what the Swiss Association IATF offers their students in the course in Landeyeux. Continuing a long tradition of e.g. Water Specific Therapy (WST) and the Bad Ragaz Ring Method (BRRM), additional intervention tactics have been added in order to comply with treatment goals that can be derived from several (inter)national Guidelines. 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 scripts provide students with a comprehensive picture of current research that supports decision making, clinical reasoning, problem-solving and goal-setting in order to validate aquatic therapy.

This intensive postgraduate aquatic therapy course of 93.33 academic hours of 45 minutes (or 70 full hours) is unique in the world. The basis is “learning-by-reasoning-and-doing” or “think-pair-share”: pool practice encompasses 50% of the time. Preparatory and additional studying time needs about 20 hours.

Four aquatic treatment concepts - based on established theoretical constructs - form the practical implementation of (web-based) evidence informed, and competence guided approach to therapy. Participants will be allowed to treat patients during hands-on sessions in the pool, supervised by the lecturers.

The concepts are:

- WST + login to www.waterspecifictherapy.org
- BRRM + login to www.badragazringmethod.org
- Clinical Ai Chi + login to www.clinicalaichi.org
- Aquatic Fitness (AT-Fit)

Contents are focused on adults with neuro-musculoskeletal impairments. The red line in 2022 will be the (elder) individual with a neurological disease.

The blended learning system comprises:

- Questioning of pre-course reading
- Lectures and tutorials
- Collaborative peer learning in small groups
- Case directed problem solving (with actual patients)
- Demonstrations and modelling
- E-based clinical reasoning
- Video observations

The Bad Ragaz Ring Method

Dates

October 8-10

Contents/Aim of the Module

The Bad Ragaz Ring Method has a long history of adaptations to the state of art in aquatic proprioceptive neuromuscular facilitation. Recently, principles of muscular fine tuning, PNF techniques, training physiology, fascial resilience and case related scripts have been included. Also concepts like functional kinetics and core stabilization are a part of contemporary BRRM, and applied to working with neuromusculoskeletal populations. See www.badragazringmethod.org.

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, fascia training, exercise physiology and fluidmechanics
- ☑ Use PNF techniques (e.g. hold/contract relax, combination of isotonic, dynamic reversals) and fine tuning in selected patterns
- ☑ Use principles from clinical reasoning to use BRRM in various patient populations
- ☑ Adapt patterns and techniques to the specific problems of patients
- ☑ Design treatment programs and progressions

Full hours

22.75



Aerobic Conditioning: AT-Fit

Date October 11

Contents/Aim of the Module

Many neuromusculoskeletal patients have a decreased physical fitness (possibly leading to neuroinflammation), which is a barrier for neuroprotection and participation functional daily living
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 program by Matthias Brunner. We also will address plyometrics, High Intensity Interval Training (H.I.I.T.), muscle power and agility.

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 a H.I.I.T. circuit with plyometric elements
- ☑ Use agility and neuroprotective approaches
- ☑ Use a fitness approach to create falls prevention exercises

Full hours **8**

Water Specific Therapy (WST)

October 12 - 15

WST is aquatic motor relearning as sustained 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, agility, practicing 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 approach. WST focuses especially on postural control as the basis for functional activities.

About 50% of the module will be devoted to pool work in small groups by participants treating a variety of patients highlight the clinical applications of WST

Objectives

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

- ☑ Describe the fluid mechanical principles of WST
- ☑ Relate aquatic therapy to the concept of evidence informed 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 the neuromusculoskeletal patient population in all domains of ICF
- ☑ Use the appropriate rules of motor learning and tissue training in water to design a treatment program
- ☑ Include ideas for neuroprotection and executive functions
- ☑ Design treatments programs for neuromusculoskeletal patients
- ☑ Use the WST-ICF assessment in water
- ☑ Use basic clinimetrics and use balance assessment on land

Full hours 31.75



Clinical Ai Chi

Dates October 16

Contents/Aim of the Module

This module is focused on using mindful fine-tuned motor control to enhance postural control and decrease risk of falling.

This module will provide in-depth instruction in the use of the Clinical Ai Chi (CAC) techniques/katas. The emphasis will be on extensive instruction and practice time in the pool. The theoretical frameworks will also be on addressing fascial health, using the principles of tensegrity through active movements, and explicit motor learning.

Objectives

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

- ☑ Understand the physiological immersion effects on fascia and their therapeutic applications (influencing fascial visco-elasticity, resilience)
- ☑ Include explicit and mindful motor control topics
- ☑ Follow the Ai Chi progression and be introduced to the concept of balancing with fluency and security.
- ☑ Apply CAC in falls prevention in e.g. lateral stability problems
- ☑ Apply to patient related problems like e.g. media-lateral instability or lymphedema after breast surgery

Full hours 7.5



Faculty

Urs Gamper

PT and Senior Lecturer IATF. Former head of the Therapy Dept. at the internationally known Kliniken Valens, Switzerland. He has some 40 years of experience in Aquatic Therapy for adult patients with neurological, orthopedic 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. Free research associate at Leuven University (Belgium) from 2006 till 2016, 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. In 2020 he received the Award "Excellence in Aquatic Physical Therapy", issued by the Academy of Aquatic Physical Therapy-APTA, USA

Anne Bommer.

Senior Lecturer IATF. She is certified Ai Chi Lecturer and practitioner of Aqua-T-Relax and WST. Anne is specialized in working with clients with severe physical and intellectual disabilities and works in the Fondation Clair Bois, Geneva (Switzerland), being co-developer of AquaZen. She has teaching experience in over ten countries, varying from the USA to China.

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 and long-time faculty in the Swiss IATF course, co-developer of the unique aerobic fall prevention programme.

