

ATACP Aquatic Therapy Accredited Foundation Course

Friday, 18th January 2020 & Saturday, 19th January 2020

AIM

“To equip a physiotherapist with the knowledge and clinical reasoning skills necessary to work safely and unsupervised in a pool”.

LEARNING OUTCOMES

On completion of the course the participant should be able to:

Session 1

- Discuss the relevant physical properties of water.
- Relate these properties to therapeutic techniques in the water.
- Relate 1 and 2 both to the treatment of patients, and to the changes that specific conditions may cause to a person’s “Physical Properties”.
- Demonstrate an understanding of the physical properties of water to strengthening techniques in the pool.
- Appreciate and experience the effects of buoyancy, turbulence and the metacentre on a body in water.

Session 2

- Demonstrate an understanding of the effects of immersion on the physiology of the human body.
- Relate these changes to the safe screening of patients prior to aquatic therapy.
- Evaluate the effectiveness of aquatic therapy in a variety of clinical settings.
- Demonstrate the ability to confidently use various flotation devices in regard to patient handling.
- Demonstrate the ability to utilise the physical properties of water to improve range of movement for patients with stiff joints or tight soft tissues.
- Demonstrate safe therapeutic handling of a patient in water.

Session 3

- Demonstrate an understanding of the main Health and Safety legislation, and its implications on running an aquatic therapy service.
- Demonstrate an understanding of water disinfection related to the pool environment.
- Relate the above to maintaining a safe environment for staff and users including the ability to risk assess.
- Demonstrate treatment skills including relaxation, stabilisation, and balance work.
- Relate these skills to the management of a variety of patient problems.

Session 4

- Demonstrate clinical reasoning skills in devising a treatment programme for patients with a variety of problems.
- Demonstrate an appropriate selection of treatment techniques for these patients.

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TIMETABLE

Day 1 - Session 1

08.45–09.00	Registration
09.00–10.30	Welcome & Introduction - Theory of hydrostatic and hydrodynamic principles
10.30–10.45	Tea/Coffee
10.45–12.30	Pool Practical session – hydrostatic and hydrodynamic principles - Application to muscle strengthening
12.30–13.15	LUNCH FOLLOWED BY SESSION 2
13.15–14.45	Value and uses of aquatic physiotherapy, theory of physiological effects, contraindications
14.45–15.00	Tea/Coffee
15.00–16.45	Pool Practical session – Handling skills, joint mobility, stretching techniques.

DAY TWO

SESSION 3

09.00–10.45	Theory of pool management – infection control, safety precautions, emergency procedures
10.45–11.00	Tea/Coffee
11.00–12.30	Pool Practical session – Patient handling skills, rhythmic stabilisations
12.30–13.15	LUNCH FOLLOWED BY SESSION 4
13.15–14.30	Preparation of treatment programmes - Presentation of prepared programmes
14.30–14.45	Tea/Coffee
14.45–16.45	Pool Practical session - Presentation of practical techniques in the pool, with discussion around alternative techniques, and devising treatment plans. Relaxation techniques.