

## **ATACP Aquatic Therapy Accredited Foundation Course**

**Friday, 18<sup>th</sup> January 2020 & Saturday, 19<sup>th</sup> January 2020**

### **DRAFT PROGRAMME**

#### **Day 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  |
| 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 2**

|               |  |
|---------------|--|
| 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  |
| 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. |
| 16.45         | CLOSE  |

