

## **Aquatic Courses 2012**

Jane Styer-Acevedo, PT, NDTA Coordinator Instructor

### **NDT Based Therapeutic Aquatics for Pediatrics**

(or through the Life Span)

#### ***Course Description:***

This workshop is designed for the health care professional (physical therapist, occupational therapist, and speech and language pathologist) and paraprofessional currently working in the aquatic environment or desiring to begin work in aquatics. A problem based approach is used to determine the aquatic treatment strategies best suited to the client; based on their identified functional outcome, the task analysis of that outcome, and the impact of water on their movement. A variety of treatment techniques will be taught to emphasize the strengthening and symmetry of the trunk while activating and strengthening the extremities towards the functional outcome. Safety and swim skills will be reviewed as they can be applied to "land" function. A treatment demonstration will be used to assist in planning and integrating aquatic and land-based interventions. Strong emphasis is placed on the pool lab to practice the techniques under supervision.

#### ***Objectives:***

At the completion of this workshop, participants will be able to:

- 1) Identify the properties of water that most significantly impact the gross, fine, and oral motor deficits, including sensory/perceptual and vestibular impairments, typically seen in the pediatric population
  - 2) Demonstrate aquatic treatment techniques that directly impact the motor and adaptive functions in patients with various levels of tone and sensory/vestibular impairments
  - 3) Organize a variety of aquatic treatment techniques into an appropriate sequential treatment program
  - 4) Describe various ways to incorporate therapeutic aquatic equipment into a pediatric aquatic session
  - 5) Integrate land and aquatic approaches with an emphasis on functional outcomes
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## **Making Therapy Fun! Using Water for Functional Gains in Pediatrics**

*Description:* This workshop is an introductory to intermediate level course that is designed for the health care professional (physical therapist, occupational therapist, and speech and language pathologist) and paraprofessional currently working in the aquatic environment or desiring to begin work in aquatics. A problem-based approach is used to determine the aquatic treatment strategies best suited to the pediatric client; based on their identified functional outcome, the task analysis of that outcome, and the impact of water on their movement. A variety of treatment techniques will be taught to emphasize the strengthening and symmetry of the trunk while activating and strengthening the extremities towards the functional outcome. Safety skills will be reviewed as they can be applied to "land" function. A treatment demonstration will be used to assist in planning and integrating aquatic and land-based interventions. Strong emphasis is placed on the pool lab to practice the techniques under supervision.

### *Objectives*

At the completion of this workshop, participants will be able to:

1. Identify the properties of water that most significantly impact the gross, fine, sensory/perceptual, vestibular impairments and oral motor deficits typically seen in pediatric clients.
2. Choose the treatment strategies particular to water that directly impact the motor, adaptive or communicative functions in pediatric clients.
3. List pool activities for a child that can be used to address the impairments identified via task analysis towards their functional outcome; land based or water based outcomes.
4. Describe water safety and swimming skills that can contribute towards a client's lifetime pursuit of health and fitness.
5. Organize treatment strategies into an effective sequence to achieve a client's identified functional outcome.
6. Demonstrate understanding and basic skill level in at least 15 aquatic treatment strategies as discussed in the mornings and demonstrated in the afternoon pool sessions.

### *Schedule*

#### *Day One*

- 8:00 Registration
- 8:30 Morning Content (with a 15 minute break)
  - Physical Properties of Water and How They Impact Human Movement
  - Water Safety Skills and Their Impact on "Land Function"

- The Use of Water to Improve Core Strength
- 12:30 Lunch
- 1:30 Afternoon Content  
Therapeutic Handling I (pool lab)
- 4:30 End of Day One

*Day Two*

- 8:00 Morning Content (with a 15 minute break)  
Using Water for the Child With "Sensory" Concerns  
Introduction to Halliwick, Bad Ragaz  
Videotape Analysis of a Treatment Session
  - 12:00 Lunch
  - 1:00 Afternoon Content  
Client Demonstration  
Therapeutic Handling II (pool lab)
  - 4:00 End of Workshop *Total Contact Hours =13 hours*
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**Fun for Life!**  
**Using the Pool for Health, Fitness, and Recreation**

This one-day course is designed for parents, caregivers, and family members of children who wish to have fun in the pool! The morning will be devoted to understanding how water supports and challenges movement through it and understanding movement and sensory challenges that can be addressed through play in the water. Ideas to promote safety and swimming skills will be shared through slides and videotape. Function on "land" will be addressed as it can be encouraged through play in the pool. Experiential learning will be key to the afternoon as we will practice techniques with other adults and your children in the pool. Come prepared for a day of information and fun in and around the pool!

*Schedule*

*Day One*

- 8:00 Registration
- 8:30 Morning Content (with a 15 minute break)  
How water supports and challenges movement  
Increasing core strength through play  
Swimming and Safety Skills
- 12:30 Lunch
- 1:30 Afternoon Content (with a 15 minute break)  
Handling practice with adults (pool lab)  
Play practice with the children (pool lab)
- 5:00 End of Course