

FOUNDATION COURSE IN AQUATIC PHYSIOTHERAPY – Draft TIMETABLE

DAY ONE SESSION ONE

8.45 – 9.15 Registration/Welcome

9.15 – 10.45 Theory of hydrostatic and hydrodynamic principles

10.45 – 11.00 Coffee

11.00 – 12.30 Practical session – Hydrostatic and hydrodynamic principles - Application to muscle strength

12.30 – 1.30 LUNCH FOLLOWED BY SESSION 2

1.30 – 3.00 Value and uses of aquatic physiotherapy, theory of physiological effects, contraindications

3.00 – 3.15 Tea

3.15 – 4.45 Practical session – Handling skills, joint mobility, stretching techniques.

DAY TWO SESSION 3

9.15 – 10.45 Theory of pool management – infection control, safety precautions, emergency procedures

10.45 – 11.00 Coffee

11.00 – 12.30 Practical session – Patient handling skills, relaxation techniques, rhythmic stabilisations

12.30 – 1.15 LUNCH FOLLOWED BY SESSION 4

1.15 – 2.15 Preparation of treatment programmes

Presentation of prepared programmes

2.15 – 2.30 Tea

2.30 – 4.30 Presentation of practical techniques in the pool, with discussion around alternative techniques, and devising treatment plans.