



## **CSP/ATACP ENDORSED FOUNDATION COURSE IN AQUATIC PHYSIOTHERAPY**

As you will see from the aims and timetable, the course is based around the ATACP publication 'Guidance on Good Practice in Aquatic Physiotherapy 2015', (available from the ATACP website, free to ATACP members or cost of £20 to non-members) and forms the **taught** element of the Foundation Programme in Aquatic Therapy.

Attendance certificates for CPD folders and a comprehensive hand-out are provided. The course is split into theory and practical pool sessions

To gain accreditation, there is an assessment process. The assessment process can only be undertaken by participants who are HCPC registered and member of the CSP.

I look forward to seeing you on the course

Yours sincerely

Jacqueline Pattman  
MCSP ATACP approved tutor

## **CSP/ATACP ENDORSED FOUNDATION COURSE IN AQUATIC PHYSIOTHERAPY**

### **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*

## FOUNDATION PROGRAMME IN AQUATIC PHYSIOTHERAPY –TIMETABLE

### DAY ONE SESSION ONE

8.45– 9.00	Registration
9.00 – 10.30	Welcome & Introduction Theory of hydrostatic and hydrodynamic principles
10.30 – 10.45	Tea/Coffee
10.45– 12.30	Practical session – Hydrostatic and hydrodynamic principles - Application to muscle strengthening
12.30 – 1.15	LUNCH FOLLOWED BY SESSION 2
1.15 – 2.45	Value and uses of aquatic physiotherapy, theory of physiological effects, contraindications
2.45 – 3.00	Tea/Coffee
3.00 – 4.45	Practical session – Handling skills, joint mobility, stretching techniques.

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### DAY TWO

### SESSION 3

9.00 – 10.45	Theory of pool management – infection control, safety precautions, emergency procedures
10.45 – 11.00	Tea/Coffee
11.00 – 12.30	Practical session – Patient handling skills, rhythmic stabilisations
12.30 – 1.15	LUNCH FOLLOWED BY SESSION 4
1.15 – 2.30	Preparation of treatment programmes Presentation of prepared programmes
2.30 – 2.45	Tea/Coffee
2.45 – 4.45	Presentation of practical techniques in the pool, with discussion around alternative techniques, and devising treatment plans. Relaxation techniques.