



## Provisional Programme

### Day 1

9.00	Registration/Welcome
9.10 – 09.20	Aims and Learning Objectives for the day
09.20 – 10.15	Theory – Recap on physical properties of water and application of Aquaepps® techniques and theory behind approach as applied to influencing muscle tone, strength training, muscle activation, mobilisation and gross motor function, combined with approaches to communication, sensory dysfunction and motor impairment
10.15 – 10.30	Break
10.30 – 12.00	<b>Pool session</b> - Aquaepps® techniques with a focus on influencing muscle tone, mobilising, engagement and facilitated handling
12.00 – 13.00	LUNCH and change
13.00 – 14.00	Advances in Benefits of Aquatic Physiotherapy and Physiology of immersion (the evidence base).
14.00 – 15.30	<b>Pool session</b> - Aquaepps® techniques with a focus on influencing muscle tone, muscle activation, motor control and muscle strengthening, stability and postural control.
15.30 – 16.00	Consolidation and reflection

### Day2

9.00 – 11.00	<b>Pool session</b> Reflection and consolidation of learning from day 1 Aquaepps® techniques with focus on transitions, sequencing of movement and dissociation
11.00 – 11.15	Break and change
11.15 – 12.15	Update on working in hydrotherapy pools in relation to COVID-19
12.15 – 13.15	LUNCH and Change
13.15 – 14.00	Problem Solving and Treatment planning theory
14.00 – 15.30	<b>Pool session</b> Treatments
15.30 – 16.00	Reflection and evaluation