LHAP Lymden Hydrotherapy and Physiotherapy

aquaepps

Day 1

9.00	Registration/Welcome/Learning Objectives/Change
9.30 – 11.00	POOL session – Hydrostatic and hydrodynamic principles alongside Aquaepps® techniques applied to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence
11.00 – 11.45	Physical properties of water and application of Aquaepps® techniques and theory behind approach as applied to handling the child with disabilities in water and combining with approaches to communication, sensory dysfunction and motor impairment
11.45 – 12.30	LUNCH
12.30 – 2.00	POOL Aquaepps® techniques applied to handling the child with disabilities in water
2.00 – 3.00	Effects of immersion, posture and movement on the child in water. Update on working in hydrotherapy pools in relation to COVID-19
3.00 – 3.45	Basic principles of teaching the child with disabilities to swim (role of Halliwick)
3.45 – 4.00	Reflection

Day 2

9.00 – 11.00	POOL session – Use of floats and basic techniques to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence
11.00- 11.15	Break
11.15 – 11.45	Swimming aids versus manual assistance
11.45 - 12.30	Promoting communication, cognitive, social, motor and life skills during hydrotherapy
12.30 - 1.30	LUNCH
1.30 – 2.00	Interactive discussion including safety issues and strategies for working with children with complex needs in hydrotherapy.
2.00 – 3.30	POOL session – Use of floats and basic techniques to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence – Contd.
3.30 – 4.00	Reflection and Evaluation