



Certification Course

Water Specific Therapy Halliwick (WSTH)

June 10-14, 2016

ORGANISED BY

Mae Ping Physical Therapy Clinic, Chiang Mai, Thailand



Course venue will be at Mae Ping Physical Therapy Clinic

225/182 Moo 13, Chiang Mai – Hot Road, T. Baan Wan, A. Hang Dong, Chiang Mai, 50230 Thailand



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COURSE DESCRIPTION

Water Specific Therapy Halliwick (WSTH)

It is an aquatic motor relearning and neuroprotective exercise concept as sustained distributed practice in an enriched environment. This is combined with e.g. regulation of tone, facilitation of righting reactions and balance strategies, core stabilization, and fine tuning of muscle activity. Individual constraints will be combined with the environmental ones when designing task-oriented, functional activities (reaching, using stumble-strategies, practicing in an obstacle course). The basis for these are the International Classification of Functioning (ICF), Evidence Based Clinical Practice and the Dynamic Systems Model.

WSTH includes the 10-Point-Program and is a task directed problem solving approach, focused on security in water. WSTH is applied especially on postural control as the basis for functional activities. About 50% of the learning class will be pool work. Cooperative peer learning, problem oriented case studying, video observations and working in small groups by participants treating a variety of patients will highlight the clinical applications of WSTH.

Johan Lambeck will provide guidance and (video) feedback during these treatment sessions. The main theme will be related to other topics in evidence based aquatic therapy as validation of the intervention tactics and web-based evidence finding, clinical reasoning, goal setting, and interpreting aquatic therapy (related) research.

Johan Lambeck PT is Senior Lecturer of the Swiss Association International Aquatic Therapy Faculty (IATF). IATF is able to provide educational credits in the European higher-education system. The examination at the end of the course is accredited by IATF.

This course provides

- Patient centered approach based on clinical reasoning
- Skillful handling and treatments
- More self experience in the pool than in the class: approximately 50 - 65% of time
- Learning-by-reasoning-and-doing

Objectives

After this course termination, participants can:

- Describe the principles of fluid mechanics and apply to aquatic therapy
- Relate aquatic therapy to the concept of evidence based-practice and to ICF
- Recognize equilibrium problems of able-bodied and disabled persons
- Handle clients effectively during aquatic therapy
- Apply the Halliwick Water Specific-Therapy exercises and activities for orthopedic, neurologic and rheumatic clients at all levels of ICF
- Use the appropriate rules of motor learning and feedback during session to design a treatment program
- Design treatments programs for neurologic, orthopedic and rheumatic clients
- Use the Halliwick®-ICF assessment in water
- Intro to clinimetrics and use of balance assessment on land

PROGRAM DETAILS

June 10,2016 / Friday

- 09.00–10.30 Evidence Based WST and ICF: a case
- 10.30–11.00 Morning break
- 11.00–13.00 The Halliwick 10 point program (10PP)
- 13.00–14.00 Lunch break
- 14.00–15.15 10 PP: pre-training
- 15.15–15.45 Afternoon break
- 15.45–18.00 Pool work

June 11,2016 / Saturday

- 08.30–10.30 Water Specific Therapy (WST)
- 10.30-11.00 Morning break
- 11.00–13.00 Pool work including patient demonstration
- 13.00 –14.00 Lunch break
- 14.00–15.15 WST: the trunk
- 15.15–15.45 Afternoon break
- 15.45–18.00 Pool work

June 12, 2016 / Sunday

- 08.30–10.30 Patient assessment
- 10.30–10.45 Morning break
- 10.45–12.45 Pool work: assessment and patient treatment
- 12.45–14.15 Lunch break
- 14.15–15.30 Treatments: feedback and prep
- 15.30–15.45 Afternoon break
- 15.45–18.00 Pool work

June 13, 2016 / Monday

- 08.30–11.00 WST_Halliwick in fall prevention
- 11.00–11.30 Morning break
- 11.30–13.00 Pool work: Patient treatment
- 13.00–14.00 Lunch break
- 14.00–15.15 Analyses of treatments
- 15.15–15.45 Afternoon break
- 15.45–18.00 Pool work

June 14, 2016 / Tuesday

- 08.30–09.30 WST_ Halliwick video case histories
- 09.30–10.00 Morning break
- 10.00–12.00 Pool work: examination
- 12.00–13.00 Feedback
- 13.00–14.00 Lunch break
- 14.00–16.00 Research in musculoskeletal
- 16.00–16.30 Afternoon break
- 16.30–18.00 Specific topics: Evaluation & Certification



SPEAKER : JOHAN LAMBECK



Johan Lambeck is an Aquatic Therapy Specialist – Halliwick Water Specific Therapy, Cert. Hydro UK and the Director of Aquatic Rehab Consultants. He is a Cochrane member and the primary contact person for WCPT aquatic physical therapy network and a senior lecturer of Association International Aquatic Therapy Faculty (IATF).

He graduated with Bachelor of Health Science (BHS), University of Applied Sciences (Physiotherapy) Nijmegen, NL, completing Master of Science (M.Sc.) in Neurological Rehabilitation Sciences & Physiotherapy. He had been appointed as free research associate, University Leuven Belgium, co-organizing the European Aquaoutcome / Evidence Network (www.aquaoutcome.net).

His present teaching topics are various concepts of aquatictherapy & adapted swimming: (Halliwick concepts, Bad Ragaz Ring Method, Clinical Ai Chi, passive relaxation, aqua fitness) or application of aquatic therapy in neurology, pediatrics, geriatrics, rheumatology, orthopedics etc.

<http://facebook.com/johan.lambeck>

REGISTRATION

Only 24 physical therapists will be accepted on first come first basis. Active licensed/registered status with clinical experience is required. The ones who have concerned with aquatic therapy are priority considered. Leaflet & registration form can be downloaded via www.maepingpt.com.

Payment Details

- Local participant : Baht 63,000 / US\$ 1,800
- International participant : Baht 70,000 / US\$ 2,000

The course fee include : Pool facility, handouts, 5 lunches and 10 breaks and lifetime membership fee of Water Specific Therapy Network (WSTN)

MODE OF PAYMENT

Bank transfer:

- a. Account Payee: Mr. Prapas Pothongsunun
- b. Current Account Number: 9680014397
- c. Bank Name: Bangkok Bank Public Company Limited.
968 Faculty of Associated Medical Sciences
- d. Bank Branch: CMU Branch
- e. Swift Code Number: BKKBTHBK
- f. Routing Number: ABA 0869,Chip uid 006475
- g. Bank Address: 110 Intawaroros Rd., T.Sripoom, A.Muang, Chiang Mai, 50200, THAILAND

Applicant pays for all foreign bank charges for this transfer.

Kindly scan the registration form and telegraphic transfer form or bank payment slip to

maeping-chonlapas@hotmail.com latest by before **May 15th, 2016**.

Or you can register online at this site: **www.maepingpt.com**

We will inform you for the complete registration and payment by mailing you a confirmed letter within 7 days after receiving all evidence.

For information, please contact

Ms. Raphiphat Khansuwan

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WHAT TO BRING

Advance digital handouts will be sent prior date of workshop by e-mail.

Participant brings your own swimming suit/trunk and cap for practice sessions in a pool and also head & body shampoo/ personal cleansing stuffs.

