

Canadian Aquatic Therapy Conference, Cambridge, Ontario

Session Descriptions – Saturday, October 19

Alison Bonnyman	Session Description	Kathleen Aubry	Session Description
<p>Trends in Aquatic Therapy: All Conditions Classroom 8:30 – 10 AM</p>	<p>Whether your practice incorporates HIIT, Yoga, Dance, Snozelean, AquaStretch or other - there are many valuable treatment approaches that allow you to tailor aquatic therapy to the clients needs. What does the research say? What seems to work best and with who? Come find out. Qualifies as FP-Pt2, Research component.</p>	<p>Intro to Therapeutic Aquatic Yoga Pool 8:30 – 10 AM</p>	<p>Using the principles of hydrodynamics for aquatic yoga, clients can achieve goals that may be unattainable on land. The water supports yoga practice, but also adds additional challenges and benefits. This practical pool session will explore the application of yoga principles to the aquatic environment, with a rehabilitation focus, including:</p> <ol style="list-style-type: none"> 1. Experience ≥15 yoga asanas (poses) performed in chest deep warm water. 2. Discuss technique and modifications of postures as required for rehab goals.
<p>Let's Practice BRRM: All Conditions Pool 10:30 – 12 PM</p>	<p>Bad Ragaz Ring Method is a specific technique designed to challenge the client and the therapist. It can be used effectively in our athletic, orthopaedic and neurological population depending on the patterns and application you choose. Come practice this difficult but effective hands-on technique.</p>	<p>Intro to Therapeutic Aquatic Yoga Classroom 10:30 – 12 PM</p>	<p>Yoga is an ancient discipline that integrates physical, mental, and spiritual practice. It is a popular form of exercise that is now being used in conventional physical therapy. This session will explore how the benefits of therapeutic aquatic yoga compliment the goals of Aquatic Physical Therapy, including:</p> <ol style="list-style-type: none"> 1. Pain management, improved muscle response, and ability to treat multiple impairments simultaneously. 2. Rehab applications of aquatic yoga for a variety of patient populations.

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Saturday PM

Alison Bonnyman

Connie Jasinskis

Sold Out

Protocols in Action

Pool

1:00 – 2:30 PM

Let's put those research protocols to the test. This pool session will reason through the practicality of common protocols you will find in research as well as moving those protocols into progressive programs for both our 1:1 client interactions and group sessions.

SAS: Self-AquaStretch

Classroom

1:00 – 2:30 PM

This session will discuss the rationale and practical strategies for self-administered (SAS) soft tissue release based on AquaStretch™ techniques.

SAS is a self-administered manual technique that restores range of motion and decreases pain with movement. These fascial-release strategies are effective for anyone desiring comfortable, effective fascial release and restored range of motion. Therapists, trainers and instructors can use SAS techniques for individuals and groups, empowering clients to resolve fascial restrictions on their own.

Documentation & Delegation Practices

Classroom

3:00 – 4:30

How do you document all that you do in the water? Effective communication to team members - Docs, PTAs, PTs, OTs – is essential to optimal client care. Let's explore what this could and should look like.

SAS: Self-AquaStretch

Pool

3:00 – 4:30 PM

Consider applications of self-directed soft-tissue release techniques in the pool for 1:1 and group exercise.

Practice SAS procedures for the lower extremities, upper extremities, core and neck.

Alison Bonnyman

Session Descriptions – Sunday, October 20

**Foundational Practice
Part 2 (FP Pt2)**

Research: *Why and
What has been shown to
work?*

This session will review the evidence of the effectiveness of aquatic therapy in key conditions and analysis of techniques supported by research and will translate these interventions into the application to practice.

Lifespan/APT Pt 2

This pool session will manipulate the hydrodynamic properties to achieve client goals. We will address progression, handling, equipment and modifications for age, impairment and align our treatment with patient goals. The focus will be through the lifespan - what's so different and what is most useful. This session is both an introduction and a refresher into the expanse of opportunities when working in the water.

Gait & Balance, APT Pt 2

No matter what the disease, surgery, disability or impairment, gait and balance are fundamental in rehabilitation. With such a low falls risk and impact, the water should be a 'must-do' component of gait & balance rehab. This session will broaden your treatment approach to addressing gait and balance in water.

**Case Study Application,
APT Part 2.**

Following contraindications and precautions, immersion offers health benefits - cardiopulmonary, vascular, hormonal, muscular. Client specific physiological responses will be explored and aligned with the research and protocols to illustrate the immersive effects. Have a difficult client and you want to discuss aquatic solutions?... attend this session!