

Canadian Aquatic Therapy Conference, Cambridge, Ontario

Session Descriptions – Sunday, October 20

Pool sessions are shaded blue

Alison Bonnyman	Session Description	Connie Jasinskas	Session Description
<p>Foundational Practice Part 2 (FP Pt2) Research: Why and What has been shown to work?</p> <p>Classroom</p> <p>8:30 – 10 AM</p>	<p>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.</p>	<p>AquaBility Certification Course</p> <p>Pool</p> <p>8:30 – 10 AM</p>	<p>The AquaBility training and certification course is designed for aqua fitness leaders, therapists and other movement motivators who work with people in the water. The key focus of AquaBility training is keen observation, appropriate movement modification, and effective cueing strategies. This practical pool session will:</p> <ul style="list-style-type: none"> • Introduce AquaBility class design, goals and guidelines through active participation in a warm water class. • Reinforce exercise selection, modification and progression for a diverse population. • Demonstrate empathetic cueing strategies.
<p>Lifespan/APT Pt 2</p> <p>Pool</p> <p>10:30 – 12 PM</p>	<p>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.</p>	<p>AquaBility Certification Course</p> <p>Classroom</p> <p>10:30 – 12 PM</p>	<p>This course prepares movement motivators to teach 1:1 or group aquatic classes for people with a range of movement abilities and health conditions. Unstable health conditions or profound disabilities are not addressed. This classroom session will:</p> <ul style="list-style-type: none"> • Define target populations and review AquaBility 10 steps to leadership excellence. • List benefits, goals and guidelines of aquatic exercise for a range of AquaBility participants. • Define aquatic exercise considerations and adaptations for 9 specific health conditions.

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<p>Gait & Balance, APT Pt 2</p> <p>Pool</p> <p>1:00 – 2:30 PM</p>	<p>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.</p>	<p>AquaBility Certification Course</p> <p>Classroom</p> <p>1:00 – 2:30 PM</p>	<p>Continuing from the morning classroom activities, this session will:</p> <ul style="list-style-type: none"> • Outline AquaBility class and program design including: adapted components of fitness; warm water versus recreational pool temperatures; scheduling recommendations; consideration of pool characteristics; class template. • Engage in AquaBility class planning emphasizing exercise objectives for this population, including: detailed posture education; pain management, relaxation and breathing strategies; exercise adaptations for common movement limitations; gait training, balance and fall prevention strategies; strategies to maintain range of motion and function.
<p>Case Study Application, APT Part 2.</p> <p>Classroom</p> <p>3:00 – 4:30</p>	<p>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!</p>	<p>AquaBility Certification Course</p> <p>Pool</p> <p>3:00 – 4:30 PM</p>	<p>This practical pool session offers participants the opportunity to practice AquaBility teaching strategies, including:</p> <ul style="list-style-type: none"> • Class design suitable for your facility characteristics. • Movement modifications, cueing strategies and exercise progressions. • Balance, gait and core training progressions. <p>To achieve certification, there will be an opportunity to challenge the AquaBility theory exam at the end of this session (N/C), or it can be done on-line at a later date (\$25 fee).</p>