Present 3 days of hand on workshop on
Aquatic Therapy / Hydrotherapy
In Mumbai on 12 -13 -14th April 2014

Website – www.hpeindia.in/aquatic-therapy
Or call 09892981954 for Registration. Limited seats – 20
Aquatic Therapy Basics
Resource Person: Dr. C G Prashanth (profile is attached)

Dear Friends

This workshop is an honest attempt to bring the concept of aquatic therapy to India. As Physiotherapy is growing in multiple specialties & gaining ground in terms of clinical outcomes. It is only imperative to look into the applications & integrate new concepts in clinical practice. There are some challenges in India like infrastructure, awareness, training, socio cultural issues & so forth. All will be overcome step by step & solutions will be guided through this intense three day workshop on aquatic therapy basics.

Hydrotherapy, as everyone knows this concept popularly, has grown over the years. It is practiced well in most parts of the world except in India. India growing economically & a larger class of people becoming aware of various developments in medical field; it is right time to take an initiative in making the growth of aquatic therapy to obtain clinical results.

Is Aquatic therapy useful? The answer is a Yes. The properties, physiology & dynamics of water make it happen. Is there enough evidence to prove it, Yes there are, in some clinical applications & in some it is yet to develop as the
Aquatic therapy is gaining grounds recently in the past 20 years or so. There are many concepts of aquatic therapy that are being practiced in other parts of the world; We bring to you five of these concepts to you in three days. One concept never works alone; it is always an integrated approach. We believe the three days will be an enriching experience. There is a small brief of all the concepts that will be covered in the three days hands on workshop.

**Halliwick Therapy**

This concept was developed by James Mc Millan for enabling physically challenged people to learn to swim & enjoy unlimited mobility in water. Later finding therapeutic benefits of the concept it was evolved into halliwick Therapy enabling the principles of Halliwick idea of swimming to be used for developing motor abilities in people suffering from Neurological, Musculoskeletal & Pediatric neurodevelopment issues. The concept though evolved almost 15 years back, has not been potentially used for therapeutic purposes. The session is goal based; targeting specific problems of the client & the session can last up to 45 min. It is always one on one program. It is based on dynamic systems model. It is similar to NDT on land, using certain key points for facilitation & using buoyancy or gravity depending on depth of immersion. The clientele group those can benefit are pediatrics, Neuro cases like Hemi, Parkinsons, GB syndrome, spinal cord injured cases etc.

**Bad Ragaz Ring Method**

The idea evolved from making people do activities in water in supine position. Though initially developed by Dr. Knupfer, later it was adapted with floating tubes at neck, thorax & leg for the purposes of functional development of strength. It is an effective way of a strengthening both
proximal as well as distal stability & mobility of neuro musculoskeletal clients. It can be used for core stability as well as for rehabilitation. The session will last up to 40 min maximum with an average duration of 30 min as it involves strengthening of various muscles. It is also one on one program. The clientele who can benefit will predominantly be spinal cord injury patients, & musculoskeletal cases

Aqua Aerobics

A mode of doing aerobic exercises in water that enables individual person to extract his complete potential to perform exercise but, yet, not stress his joints in any manner. It starts with warm up followed by strengthening or endurance training program & concludes by cooling phase. It usually lasts for about 45 min to an hour depending on the individual & the group. Noodles, floaters, balls, dumbbells & other materials are used along with music to enhance the fun of doing these exercises in water. This is also an effective way to reduce weight with lot of advantages offered by water. Aquatic Exercises on the other hand will be specifically designed for patient population is suffering with specific problems post op or post immobilization or specific weakness following neurologic weakness. There is difference between aqua aerobics which is purely developing cardiovascular endurance & general fitness with aquatic exercises which are problem specific approach.

Ai Chi

Found by Jun Konno, these resemble Tai Chi like moves but consists of only 19 moves. This is usually practiced in land first to know the sequence & later done in the water. This enables a deep sense of meditation in water with lot of emphasis on breathing. It also improves attention on personal posture,
Aquatic therapy

body structure & core stability. It also has been found to improve concentration, reduce stress, anxiety & release tensions. It stretches the meridians of our body and also releases the Chi (energy). This can be done individually or in couples called Ai Chi Ne. This has 9 moves & improves mobility of upper trunk, coordination & strength. After Ai Chi your mind & body will be ready to receive Watsu. The session can last anywhere between 30 min to 45 min. This concept works well with all age groups in developing core balance, proprioception & prevention of falls. The major age group who benefits with this concept are middle & elderly population.

Watsu

It is a wonderful idea of letting a person, passively experience the effects of water being held by another person. Floats will be tied to the legs of the person receiving & the session starts from the wall progressing to be floated by the giver. The receiver closes their eyes, & the giver does stretches, works on meridian points. The session lasts from 45 min to an hour. It induces a very deep state of relaxation. Liked by most people & as an advance progresses to underwater sessions. There is an emotional release for some & some experience a lot of energy after the session & some have a deep sense of relaxation. The concept was found by Harold Dull. The concept is used from therapeutic view point to stretch the shortened muscle structures, reduce spasticity, improve mobility & as a preparatory phase for further therapy or can be used for a cool down after a good workout in water. It is a one on one session.

Hope to see you all at the pool & believe water will take you higher!!!
Aquatic Therapy Module I - Basics

The Aquatic Environment has provided therapeutic benefit throughout the millennia. Aquatic Therapy is a new name for a treatment method with ancient roots. Over the centuries, health care practitioners have used various terms for the therapeutic and rehabilitative benefits conferred by water.

Aquatic rehabilitation describes a scientific theory, a medical rationale, & a set of clinical procedures using water immersion for the restoration of physical mobility and physiologic activity, & at times, for effecting psychological transformation.

A large variety of client populations and diagnosis are being treated today in an aquatic environment in conjunction with other rehabilitation services within individual treatment programs.

The benefits of incorporating treatment in the water environment in a client’s treatment plan are extensive. Many clinicians throughout the United states & Europe have been incorporating these treatment techniques very successfully.
in their client’s care plans. In India it is still in its budding stage & the
Potential for success – Huge!!

Why This Workshop?

This workshop gives an insight into various concepts available in Aquatic Therapy, their benefits and applications & to develop a new dimension for Physiotherapy in integrating Aquatic Therapy into practice.

What You Get?

- Understanding Aquatic Concepts: Halliwick concept, BRRM, Watsu, Aqua Aerobics, Aqua Jogging,
- Idea of developing/integrating pool into your practice.
- Developing a business plan & ideas to spread the work of Aquatic Therapy.

Highlights

This is a basic module teaching skills to handle oneself in water & to support another person in water to make him do the desired exercises.

The workshop will have exclusive hands on with peer group in water for more than 12 hours during the course work.

Clinical questionnaires & group discussions will be given to channelize thinking to develop treatment plan for patients using the concepts taught during the course.

Aquatic Therapy Network of India Membership is given to the participants of the workshop. This is a support group to help the members to develop
Aquatic Therapy, conduct awareness programs for general population, develop evidence based practice, and establish standards of hygiene, standards of practice & spread the network to grow efficiently larger.

This will also strive to develop a parallel line of practice for Physiotherapists.

Workshop details

Title: Aquatic Therapy Module I - Basics
Duration: 3 Days
Dates: 12 – 13 – 14th April 2014
Total seats- 20
Venue: Dadar West. Mumbai / Kandivli
Inclusions: Study materials, certificate, transcript, Pool hours, working lunch, tea & light snacks.
Total credit hours: 24 hours (12 pool hours & 12 theory hours)
Participating Eligibility: II years, III years, IV years, Interns, PG’s, Physiotherapy Practitioners & Faculties

Resource Person

Dr.C.G.Prashanth MPT (Neurological & Psychosomatic Disorders)
Assistant Professor
Aquatic Therapy Consultant
[Certified in Halliwick Therapy & BRRM from Switzerland]
SDM College of Physiotherapy
Dharwad
Registration

20 Seats per batch

COURSE FEES – Rs. 10000/- Per participants. (inclusive of Tax)

Complimentary training in hydrotherapy session after the workshop for your corporate and private clients

Sports Tournaments work experience placement for National and International Sporting Events as Medical Partner with HPE INDIA.

Payment Modes

- CASH Transfer / Deposit
- CHEQUE Deposit
- NET BANKING Transfer

In our company HPE INDIA bank account details
Account Details

Account Name: HPE INDIA.
Bank Name: IDBI Bank.
Account No.: 0026102000028893
Account Type: Current
IFSC Code: IBKL0000026
Branch - Prabhadevi - Mumbai

Payment Option
(Cash Deposit / Cheque)

For more queries kindly mail us on
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Regards
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Physical therapy Workshop by HPE INDIA


Antenatal / Post Natal Class – Dr. Elizabeth, UK – May 2014.

Kinesio Taping – KTAI, USA – in Mumbai, Pune and Chennai.

Log onto www.hpeindia.in for more info

THANK YOU!!!!
Dr. C.G. Prashanth, MPT (Neurological & Psychosomatic Disorders), MIAP
Asst Professor
Physiotherapist
Aquatic Therapy Consultant

Certified Halliwick & BRRM Practitioner (Switzerland)
Ai Chi Instructor (certified by Aqua Dynamics Institute)

Trained in Aqua T Relax, Aqua Aerobics.
Currently Pursuing Practitioner Status in WATSU®.
Eligible for Watsu spa Provider Contract.

APTI – Contact person of India for Aquatic Physical Therapy International (APTI)
A network of WCPT (World Congress Of Physical Therapy).

Worked in Water with various clients for more than 1200 hours (Pediatric, Musculoskeletal & Neurological).

Working as Assistant Professor with SDM College of Physiotherapy.
Working in clinical setup & handling cases personally since 13 ½ years.

Professional Training in Aquatic Therapy
Halliwick foundation course – Berly Kelsey International Halliwick Association lecturer – 32 hours
Basic Watsu – Xavier – 16 hrs
Liquid Flow Basic – Dariya & Daniel – 27 hrs
Aquatic Therapy Modular Course at Switzerland – Johan lambeck & Urs Gamper – 128 hrs
- Watsu 1 – Gianni De Stefani & Xavier – 50 hrs
- Watsu 2 – Gianni De Stefani – 50 hrs
- Mastery of Watsu 2 – Gianni De Stefani
- Watsu 3 – Harold Dull – 50 hrs
- Ai Chi Instructor – Jun Konno – 16 hrs
- Woga – Gianni De Stefani – 6 hrs
- Watsu for babies – Gianni De Stefani – 8 hrs
- Watsu 1 and OBA 1 – Gianni De Stefani and Xavier – 75 hrs
- Workshops attended at 1st European Conference on Evidence Based Aquatic Therapy on 19th, 20th, 21st March 2013 – Izmir, Turkey – 32 hrs
  - Halliwick in pediatrics: an aquatic motor learning program.
  - The Bad Ragaz Ring Method: fine tuning and eccentric muscular training.
  - Evidence based gait training and falls prevention with Clinical Ai Chi.
  - The use of the EWAC Pool track and obstacle course equipment.

Aquatic Therapy Associated Activities

- Invited as Guest Speaker for “Aquatic Rehabilitation” at state level Conference at Loni, Pravara Institute for Physiotherapy. Maharashtra.
- Resource Person for “Aqua Therapy” a two days workshop at Pimpri, organized by Pimpri Chinchwad Branch of IAP. Maharashtra.
- Resource person for “Aquatic Rehabilitation” a one day workshop at Krishna College of Physiotherapy, Karad, Maharashtra.
- Conducted workshop on “Hydrotherapy & Its Clinical Application” on two occasions at Ushas Centre for Exceptional Children. Karnataka.
Resource person for “Aquatic Therapy Basics – Module 1” three days workshop at Rashi Farms Dharwad, Organised by SDM College of Physiotherapy, Karnataka.

Resource person for “Aquatic Therapy Basics – Module 1” three days workshop at Ahmedabad, Gujurat.

Gave Live Radio Talk in a phone in program of AIR on “Aquatic Therapy”.

Established Aquatic Therapy Network of India, a network to associate all the people working in water under one platform.

Authoring a series on Aquatic Therapy in a National magazine “Physiotimes”. 8th of the series already published.

An article on aquatic therapy is published in the souvenir of KAPC’s National level conference held at Calicut, Kerala.

Resource person for “Aquatic Therapy Basics – Module 1” three days workshop at Thane, Maharashtra.

Resource person for “Aquatic Therapy Basics – Module 1” three days workshop at Mysore, Karnataka.

Participated and presented a research paper as oral presentation titled “Effect of Aquatic Therapy in residual weakness of GB syndrome: A case report” at 1st European Conference on Evidence Based Aquatic Therapy at Izmir, Turkey.

Resource person for “Aquatic Therapy Basics – Module 1” three days workshop at Pune, Maharashtra.

Invited as a resource person for Neuraxis, a National Physiotherapy conference organized by AIIMS and APMR at Delhi. Spoke on “Aquatic Therapy in Neurological dysfunction”

Held a one and half day Basic Ai Chi Workshop at Lonvala, Maharashtra for Physiotherapists, Occupational therapists and Special educators.