ATACP ACCREDITED INTERMEDIATE COURSE IN AQUATIC PHYSIOTHERAPY

Tutor: Mike Maynard Grad Dip Phys MCSP MSOM HT
ATACP Accredited Tutor in Aquatic Physiotherapy

Mike Maynard trained at Bath School of Physiotherapy 1977 to 1980, and this training kindled his interest in Aquatic Physiotherapy. He joined the Royal Air Force on qualifying, and over 20 years served at various military hospitals both home and abroad. He is now Site Lead Physiotherapist at Pilgrim Hospital, in Boston Lincs and is Clinical Lead for Aquatic Physiotherapy for United Lincolnshire Hospitals.

He has carried out Aquatic Physiotherapy treatments in situations as diverse as a 6-foot square pool in Germany, to a full size outdoor swimming pool in Cyprus and served 2 periods at the Medical Rehabilitation Unit Headley Court in Surrey. During the first period he was responsible for all the individual (rather than class based) patients, and the second period involved responsibility for a complete pool rebuild plus setting policy for the running and use of the Aquatic Physiotherapy facility.

He successfully passed the Bath Hydrotherapy Course in 1996, and commenced national teaching on a variety of courses in 1998. He is on the committee of the Aquatic Therapy Association of Chartered Physiotherapists (ATACP); and took over the chair in April 2000.

He has presented at many Aquatic Physiotherapy study days and at the PCT conference at the NEC Birmingham in 2008. He also leads the Education subgroup of the ATACP. He was awarded a Chartered Society of Physiotherapy Distinguished Service Award for his services in Aquatic Physiotherapy in 2009.

Venue: PHYSIOTHERAPY DEPARTMENT & HYDROTHERAPY POOL
MITRE REHABILITATION UNIT
MUSGRAVE PARK HOSPITAL
STOCKMAN’S LANE
BELFAST
BT9 7JB

Date: SATURDAY 30TH JUNE & SUNDAY 31ST JULY 2012

Attached:
Welcome Letter –
Aims – Outcomes - Suggested Pre-Course Reading
TIMETABLE
Directions to Hospital
PREVIOUS AQUATIC PHYSIOTHERAPY EXPERIENCE

Please could you bring your own swimming wear and suitable slip shoes or socks for pool area
Dear Course Member

I hope that this 2 day Intermediate course in Aquatic Physiotherapy will prove to be both interesting and valuable. Unlike the 3 day course there is no time for recapping from the Foundation course, so please read “Guidance on Good Practice in Hydrotherapy” (available from the CSP Enquiries handling Unit - cost £5 to CSP members) to ensure you can get the most from the time.

The main emphasis is providing “Tools for your Toolbox”, and we will also explore the cross over between musculoskeletal and neurological aquatic therapy

The recommended pre course reading will help give you an insight into the Bad Ragaz ring system and the Halliwick method.

I look forward to seeing you “In the water” – don’t forget your swimsuits!

Mike

Mike Maynard
AIMS

1. To reinforce and extend the knowledge and skills gained on a Foundation course in aquatic physiotherapy.

2. To ensure that participants have an understanding of the hydrostatic and hydrodynamic principles relating to exercise regimes in water.

3. To increase participant's knowledge and skills in planning, designing, implementing, and evaluating safe effective aquatic physiotherapy treatments in the management of orthopaedic, rheumatological, and some basic neurological conditions.

4. To provide an introduction to techniques such as the Bad Ragaz Ring Method, and the treatment of neurological patients in the water

5. To gain further insight into pool management.

LEARNING OUTCOMES

On completion of the course the participant will have:

1. A knowledge of the hydrostatic and hydrodynamic principles relevant to exercise in water.

2. The ability to carry out safe, effective, and varied treatments utilising the specific properties of water.

3. An understanding of safety issues relative to the management of staff and patients in an aquatic physiotherapy unit, with an insight into pool design and various types of pool plant.

SUGGESTED PRE – COURSE READING

Reid Campion M \n‘Hydrotherapy Principles and Practice’ Section 1 Chapters 1, 2, and 3
plus Section 2 Chapters 7, 9, 10

Butterworth Heinemann 1997

Davis BC & Harrison R \n“Hydrotherapy in Practice” Chapter 6.

Churchill Livingstone 1988

# ATACP Accredited Intermediate Course in Aquatic Physiotherapy

**Physiotherapy & Hydrotherapy Pool – Musgrave Park Hospital Belfast**

**Saturday 30th June & Sunday 31st July 2012**

## Time Table (2 Day)

### Day One

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.45 – 9.15</td>
<td>Registration/Welcome</td>
</tr>
<tr>
<td>09.15 – 10.30</td>
<td>Theory Of Bad Ragaz Patterns. Video of techniques</td>
</tr>
<tr>
<td>10.30 – 10.45</td>
<td><strong>Coffee Break</strong></td>
</tr>
<tr>
<td>10.45 – 12.30</td>
<td>Practical session – The Bad Ragaz ring method</td>
</tr>
<tr>
<td>12.30 – 13.30</td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>14.45 – 15.00</td>
<td><strong>Tea Break</strong></td>
</tr>
<tr>
<td>15.00 – 17.00</td>
<td>Practical session – Passive Mobilisations in Water, &amp; Bad Ragaz patterns continued</td>
</tr>
<tr>
<td>17.00</td>
<td><strong>Finish</strong></td>
</tr>
</tbody>
</table>

### Day Two

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.15 – 10.45</td>
<td>Theory – Introduction to the treatment of neurological conditions in water</td>
</tr>
<tr>
<td>10.45 – 11.00</td>
<td><strong>Coffee Break</strong></td>
</tr>
<tr>
<td>11.00 – 12.30</td>
<td>Practical session – Handling skills, holds, and supports</td>
</tr>
<tr>
<td>12.30 – 13.15</td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>13.15 – 14.45</td>
<td>Discussion – Pool plant, pool management, Water Chemistry, Costing an aquatic physiotherapy service</td>
</tr>
<tr>
<td>14.45 – 15.00</td>
<td><strong>Tea Break</strong></td>
</tr>
<tr>
<td>15.00 – 16.30</td>
<td>Practical session – Group work in water, Revision of techniques – (Students choice)</td>
</tr>
<tr>
<td>16.30</td>
<td><strong>Finish</strong></td>
</tr>
</tbody>
</table>
How to get to Musgrave Park Hospital
Stockman's Lane
Belfast
BT9 7JB

By Bus

Metro route 9 travels from the City Centre, along the Lisburn Road and Upper Lisburn Road. Get off the bus opposite the footbridge on the Lisburn Road (one stop after the King’s Hall). From here the main hospital building is a 15 minute walk. Cross the road and go underneath the railway bridge, and the hospital entrance is on the left.

By Train

Balmoral Halt train stop is next to the hospital entrance. The hospital is a 15 minute walk from here.

By Car

From the M1
Take Exit 2, signed Outer Ring (A55) Balmoral. Follow the A55 to the hospital entrance which is on the right, just before the railway bridge.

From the M2 and M3
Take the Westlink A12 (following signs for The West - The South) to join the M1. Take Exit 2 as above.

From the Lisburn Road or Balmoral Avenue
Take the A55 Outer Ring (M1). Follow the road underneath the railway bridge and the hospital entrance is on the left.
PREVIOUS AQUATIC PHYSIOTHERAPY EXPERIENCE

Please take some time to fill in this form and return it to the course organiser. It will help me to give you what you want from the weekend.

NAME

COURSE DATES & VENUE

TYPE OF WORK AT PRESENT

PREVIOUS AQUATIC PHYSIOTHERAPY EXPERIENCE

AT UNDERGRADUATE LEVEL

AT POST GRADUATE LEVEL

IS THERE ANYTHING SPECIFIC YOU HOPE TO GAIN FROM THE COURSE?