

## An introduction to aquatic therapy for therapists working with people with disability

**This course is for Cerebral Palsy Alliance employees**

### Who is this course for?

This is mandatory training for Physiotherapists and Exercise Physiologists.

For more detail see your Learning Journey.

If this course is relevant to your role, but not mandatory, please discuss with and get approval from your manager.

### What content does the course cover?

In this training session you will learn how to lead an aquatic therapy session to support clients of all ages through group work, case studies and practical activities.

#### **This includes:**

- Understanding how being in water affects movement
- Current research and evidence-based practice
- Interventions and exercises for strength, fitness, and gross motor skill development
- Equipment and flotation devices
- Identifying when aquatic therapy is appropriate for your client and contraindications to therapy
- Designing an individualised, goal directed program
- Safely supporting your clients in a pool environment and in the water.

You will participate in activities in and out of the pool.

### What other details do I need to know?

**Attendance type:** In person (face to face)

**Duration:** 1 day

**Times:** Please select a course date below or if there are no dates, please click Enquire

**Refreshments:** Please bring your own lunch (as required)

**What to bring:** Swimming costume and towel

If you need to cancel: Cancellation guidelines

### Where can I get more information?

**Contact:** The Training Alliance team

**Email:** [training@cerebralpalsy.org.au](mailto:training@cerebralpalsy.org.au)

**Phone:** +61 2 9975 8715

#### September 2024

Date	Course	Start time	Finish time	Location
Fri 06	An introduction to aquatic therapy for therapists working with people with disability	8:30AM	3:30PM	Allambie