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Denizli / Turkey

1st European Conference on Evidence Based Aquatic Therapy
Izmir / Turkey



Denizli is located on southwest of Anatolian peninsula.

Population: 517.911

Pamukkale

Travertines





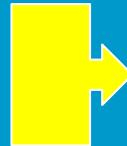
Pamukkale University was founded in 1992.

PAMUKKALE UNIVERSITY
SCHOOL OF PHYSICAL THERAPY AND REHABILITATION

Undergraduate program in physical therapy (four years curriculum)

+

Master Program



physical therapy
occupational therapy
(ergotherapy)

+

PhD program

Exercise for physical therapy students in first year



Second year !

- **Hydrotherapy and Balneology:** one hour in a week / one semester (2 ECTS)...**mandatory**
- **Aquatic exercises:** one hour in a week / one semester (1 ECTS)...**optional**

Hydrotherapy& Balneology: one hr. in a week /one semester (2 ECTS)

Objectives: To give the students the basic theoretical and practical knowledge of hydrotherapy principles, physiological effects, and practical methods,

Context: Basic principles of therapy thermal water, hot & cold packs, paraffin, and mud therapy

- **Hydrotherapy: full immersion , partial immersion baths**
- **Contrast baths**
- **Whirlpool**
- **Hubbard tank**
- **Shower baths and sprays**
- **Fluidotherapy**
- **Hot - Cold packs**
- **Thermal waters, Thermal resources in Turkey and spa centers,**
- **Mud therapy**

Aquatic exercises: one hour in a week / one semester (1 ECTS)

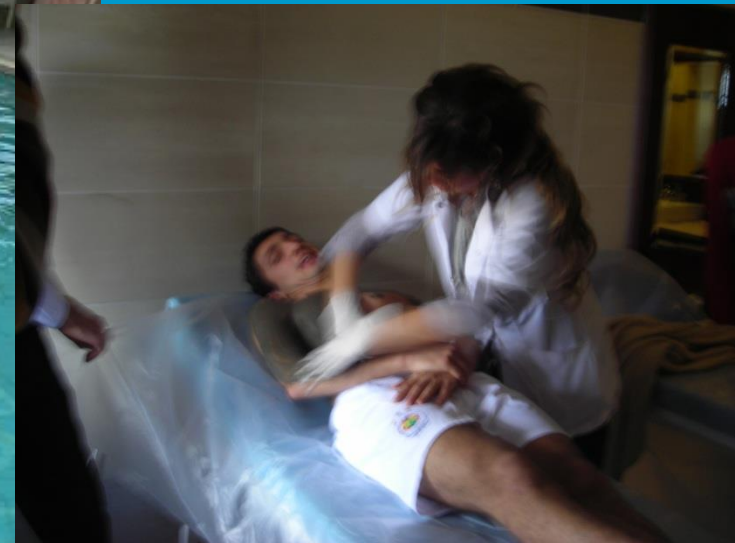
Objectives: To give the students the basic knowledge of exercises in water.

Context: Therapeutic exercises in water which can be used in physiotherapy and aquatic rehabilitation methods

- **Pool and water properties:** benefits of water, laws about the water, physiologic effects of the water
- **Exercise in water:** warm-up, stretching and strengthening
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- **Exercise in water:**
 - **conventional methods-1**
 - **conventional methods-2**
 - **Badragaz Ring Method-1**
 - **Badragaz Ring Method-2**
 - **Halliwick Method-1**
 - **Halliwick Method-2**

Tuba Can Akman (PhD., PT) participated in the halliwick concept course organized by Johan Lambeck in Izmir in 2012.





Mental adjustment



Mental adjustment



Mental adjustment 😊



Lateral rotation control



Balance control



Basic movements







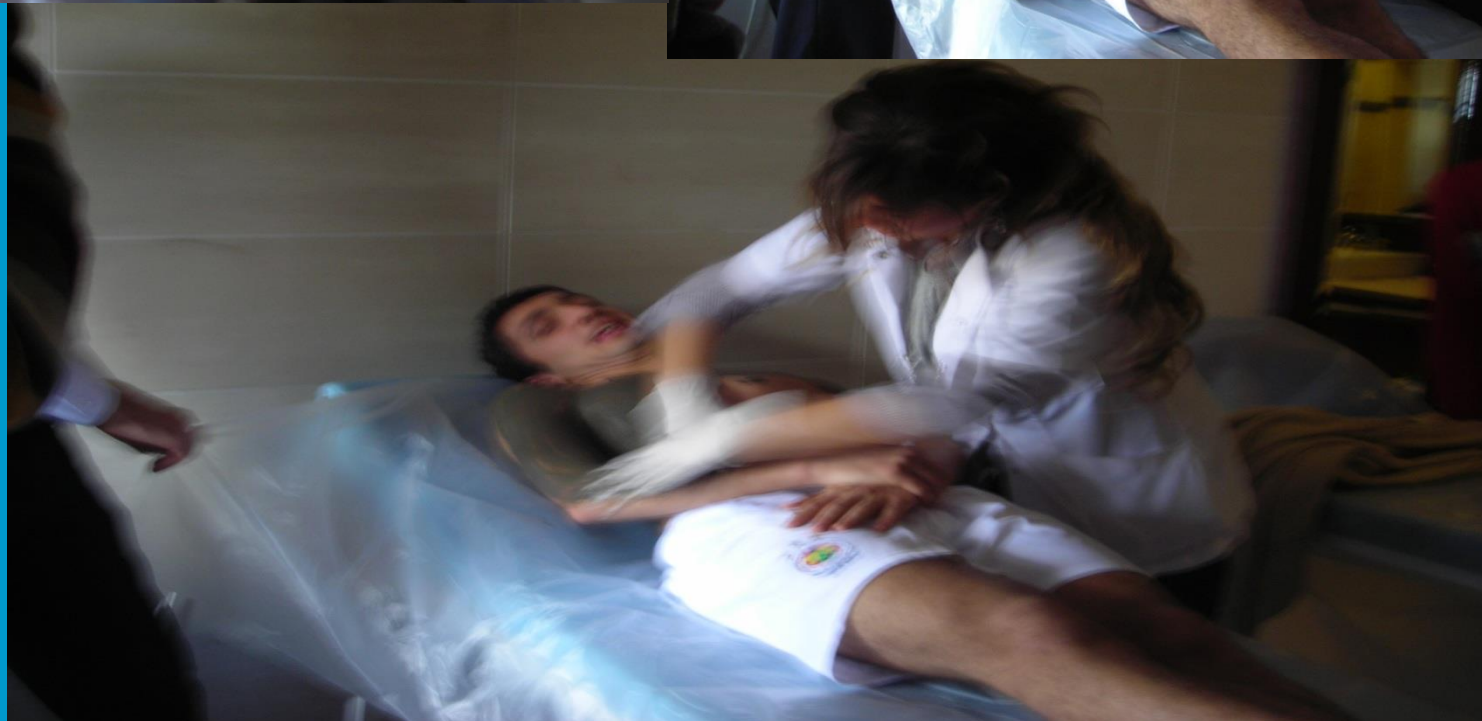


















Royal Talbot Rehab. Center/ Melbourne-Aus.





thank you for your attention.