

Aquatic Physiotherapy; Education to Practice



Professor Hülya Kayıhan, PT, PhD,
“Undergraduate education in aquatic
physiotherapy”



- * Hydrotherapy as a modality for rehabilitation has a long history and is as important today as it was in the past

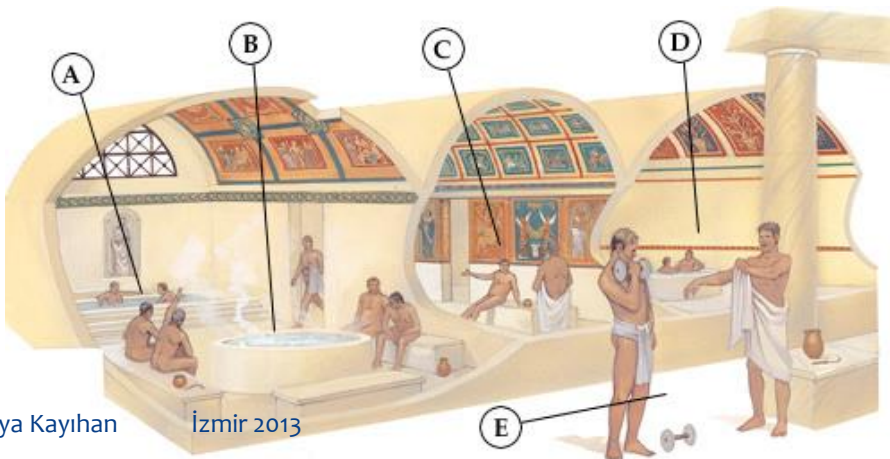


- * The majority of people enjoy water and it is an integral part of life...



Hydrotherapy

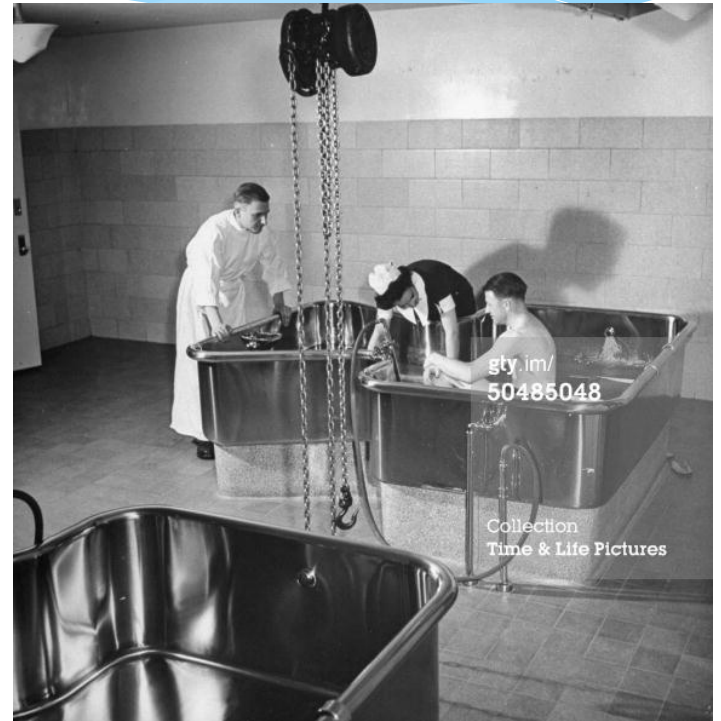
- * the Greek words
- * hydor (water)
- * therapeia (healing)
- * (Duffield,1976)



The history of hydrotherapy

- * as a modality used in rehabilitation goes back many thousands of years.
- * Photo-Indian culture – hygienic insallations
- * Egyptians
- * Assyrians
- * Muslims mineral waters for curative purposes
- * Hindus combat fevers

- * The two world wars, highlighted the need for the use of water for exercise and total immersion bath was used as a means of rehabilitation for a wide range of conditions (Harris,1963).



Today,

- * the increasing popularity and value of hydrotherapy appears to become important by applications of researches into many different aspects of water, the physiology of exercise in water and so on

* Aquatherapy





- * Hydrotherapy or aquatherapy ; has been in curriculum in Physical Therapy and Rehabilitation schools in the world.



- * It has been in Hacettepe University Physiotherapy and Rehabilitation curriculum since 1961



In Turkey

- * There are hydrotherapy, aquatherapy lectures in all 34 physical therapy schools recently .



- * When credits of these lectures are viewed;
- * 2 national credits
- * In Bologna accreditation process, 3 ECTS



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- * **W**hen credits are viewed as theoretical and practical, all lectures are given as theoretical.
 - * Causes of this are;
 - * Large area needed for aquatherapy sessions
 - * Pool sterilisation and care have high cost

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- * As a solution, deals are made with special pool services to students to practice
 - * In some schools, practical applications are made as a part of projects.
 - * There are international courses.
 - * For example, Hacettepe University and Turkish Physiotherapy Associations : Symposium on Developments in Physical Therapy, Halliwick Course .. Pamukkale

- * in Hacettepe University protocols are made with Yüzüncü Yıl Pool, Akyurt Life Center, Emekli Sandığı Nursing Home etc.



- * Hydrotherapy and aquatherapy exercise programmes are included in education systems with different workshops.
- * For example, Halliwick Method, Bad Ragaz



- * After graduation, master thesis were made about aquatherapy:
- * Autism
- * Cerebral Palsy
- * Elderly
- * Down Syndrome
- * Paraplegia
- * Hemiplegia



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- * In Hacettepe University study programme Aquatherapy lecture is 2 credited with new Bologna accreditation.

PHYSIOLOGY OF HYDROTHERAPY



"When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay." John 9:6

<https://www.biblegateway.com/passage/?search=John%209&version=NIV>

- * Course objective
- * The main objective of the course is to provide information about physiological responses and physical principles to water immersion and exercise in water, techniques exercise in the water, assistant equipments, creation of aquatic exercise program, indications, contraindications, and application examples, and the dangers.

Learning outcomes

- * A student who successfully finishes the course;
- * 1. explains the physical principles and the physiological responses of immersion in water and exercise in the water
- * 2. regulates the establishment of a pool, chooses necessary pool equipments and assistant equipment to the exercise
- * 3. applies the necessary evaluation and testing to the patient
- * 4. describes the Conventional methods, Bad Ragaz method, Halliwick method, Ai Chi and Watsu
- * 5. creates the appropriate exercise program for the patient

Course Content

- * Physical principles and physiological effects of aquatherapy, pool facilities, in-pool exercise equipments and methods of exercise in the water



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- * As can be seen, the aquatherapy practices should be increased in bachelor programs.

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- * The swimming pool which will be finished next year in the Beytepe Campus of Hacettepe University will provide an opportunity for practical applications

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- * Spa therapy and tourism is another field which is getting more important in time.
 - * It is getting a place in the education programs. Especially, the natural water sources are important for us.



- * The importance of spa treatment which started at the time of the Ottoman Empire is getting increased in the modern Turkish Republic as well.



As a result

- * In bachelor programs, the developments in practical aquatherapy practices should be continued.
- * The specializations in aquatherapy will effect this development positively
- * International Courses and projects are contributing to life long learning.



- * Physical Therapists should use hydrotherapy practices more.
- * Ms and PhD thesis have been made for fact based researches, there are researches as well, but their number should be increased.

- * International collaborations are important for course opportunities
- * Hoping that there can be found new approaches in Turkey as well...



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- * Konulu paneli açıyorum, başlatıyorum.
 - * I am opening/starting the panel with the subject...
 - * İlk konuğumuz,,, Our first presenter is..
 - * Konulu presentationu sunacak veya onun(kadın , erkek) konusu şudur. He/she will be speaking about the presentation on: ...
 - * Soruları konuşmaların sonunda alacağız. We will be accepting the questions in the end of the presentation.
 - * Vaktimiz daralıyor, son iki soru alabiliriz. We dont have much time left, we can take the last two questions.
 - * Panelimiz burada sona eriyor, hepinize iyi günler dilerim.
 - * Our panel has ended here, I wish you all a nice day.