



CARI Aquatic Therapy Courses at Canada Games Aquatic Centre, Saint John, New Brunswick June 2023

Water is therapy where the pool is tool for optimizing health outcomes. Immersion with movement, utilizing hydrodynamics has known positive effects on the body. It is a safe falls environment, enables earlier recovery and connects your clients to the community & lifelong activity. CARI courses provide an up-to-date review of the research, techniques, protocols and precautions/contraindications in aquatic therapy. Assessment, treatment, progression and goal attainment using the water environment are addressed. Aquatic therapy will enhance your practice and client health outcomes. Courses are for health professionals.

Friday, June 23, 4pm – 8pm Foundational Aquatic Therapy, Part 2, The Practical

An indepth study of hydrodynamics as applied to the physiology of immersion and exercise prescription. You want to take full advantage of the immersive benefits for all populations and conditions. Contraindications and precautions are detailed and you learn to modify your exercises and maximize your pool time with individuals with challenging health conditions. The focus will be on effective treatment programs to address common therapeutic goals such as strength, ROM, balance, and gait.

All participants are required to complete the 1-hour online Part 1, Foundational Aquatic Therapy theory course (<http://bit.ly/2Te2ezB>) prior to Part 2.

Saturday, June 24, 8am - 12 Aquatic Therapy for Gait & Balance

Evidence-based application of hydrodynamics focused on gait and balance retraining in adults. Assessment on deck and in pool for immediate feedback for patient and therapist. Creative manipulation of depth, turbulence, equipment, stabilization, and suspension will provide you with limitless ideas when responding to your patient's specific needs.

Saturday, June 24, 2pm to 6pm Aquatic Therapy for the Orthopaedic Client

Objectives for this course are to share the most recent evidence about aquatic therapy for chronic pain. We will practice techniques to attain power, endurance, range, function, sport and cardiovascular goals. Conditions highlighted include **chronic low back pain**, THR, TKA, shoulder replacement, and the injured athlete. Find out why and how aquatic therapy can enhance your treatment outcomes.



Sunday, June 25, 8am - 9am to 12pm and 2:00pm -6pm
Aquatic Therapy for Individuals with Neurological Conditions

Instructor: Alison Bonnyman, MSc, BScPT, IATFcert

Therapeutic goals including tone/spasticity, cognition, neglect, mobility, gait, functional movements, balance and endurance will be addressed using aquatic interventions. 1:1 techniques, including Bad Ragaz Ring Method, BRRM, and Water Specific Therapy will be introduced and practiced. There will be opportunity to apply and design an aquatic therapy intervention to a case with progression, modification and equipment options.

Sunday, June 25, 8am - 9am to 12pm and 2:00pm – 6pm
Paediatric Aquatic Therapy

Instructor: Deanna Lentini, MScPT

This course is for therapists who value the enhanced environment of water to facilitate directed, therapeutic play for children with special needs. We will practice 1:1 techniques to engage righting reactions, reduce spasticity, stimulate fine motor control, trunk control and cognitive engagement. Methodologies practiced include Halliwick, Water Specific Therapy, Bad Ragaz Ring Method and Watsu. Case discussions and problem solving is a collaborative component of this session. The intent is to provide you with limitless ideas to engage your young patients while attaining therapeutic goals in the aquatic environment.

Maximum number of participants: 12 per course

Fee structure:

Attending 1 course is \$250,

Attending 2 courses is \$400,

Attending 5 courses is \$1000.

To register contact Ben Tremblay at benjamin.tremblay@aquatics.nb.ca