

# Postgraduate Diploma Aquatic Physiotherapy for Special Populations

Endorsed by the NBA





## Postgraduate Diploma Aquatic Physiotherapy for Special Populations

Course Modality: **Online**

Duration: **6 months**.

Certificate: **TECH Technological University**

Official N° of hours: **450 h**.

Website: [www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-aquatic-physiotherapy-special-populations](http://www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-aquatic-physiotherapy-special-populations)

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# 01

# Introduction

This prestigious program delves into the key elements to develop a correct aquatic physiotherapy session. At the end of the program, the student will be able to develop aquatic physical therapy programs that take into account the overall environment and the patient's characteristics.





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*Physiotherapists at the highest level must update their knowledge with courses such as this one, where they will find the main novelties in the field"*

Water is a medium that, due to its characteristics, offers the opportunity to work in a more favorable environment. Its properties suggest a very broad field of action, and there are many patients who can benefit from this work methodology. Patients describe the sensation of being able to perform elements of work that, out of the water, seem more complex to perform.

The aquatic environment offers an interesting variability in the proposals, but it is necessary to master the characteristics of the environment to know how to use it and not to oversaturate and overstimulate the patient. This Postgraduate Diploma offers a broad knowledge of the key elements, delving deeper into these aspects, to be able to successfully develop an aquatic Physiotherapy program.

The teachers who will develop the content of this Postgraduate Diploma are active professionals who introduce the aquatic environment in the development of their recovery and prevention programs. This is why they will be able to guide, through the proposal of different clinical cases, to exemplify the aspects that provide quality work in the water.

A unique opportunity to specialize in a booming sector with this high-level education.

This **Postgraduate Diploma in Aquatic Physiotherapy for Special Populations** contains the most complete and up to date educational program on the market. The most important features include:

- ◆ The development of case studies presented by experts in Aquatic Physiotherapy for Specific Populations.
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional development.
- ◆ New developments in Aquatic Physiotherapy for Specific Populations
- ◆ Practical exercises where self-assessment can be used to improve learning.
- ◆ Special emphasis on innovative methodologies in Aquatic Physiotherapy for Specific Populations
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an internet connection



*If you want to improve your daily practice, do not hesitate to broaden your knowledge through this Postgraduate Diploma in Aquatic Physiotherapy for Special Populations"*

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*This Postgraduate Diploma is the best investment you can make in selecting a refresher program for two reasons: in addition to bringing your knowledge of Aquatic Physiotherapy for Special Populations up to date, you'll get a Postgraduate Diploma from TECH University of Technology"*

It includes in its teaching staff professionals belonging to the field of Aquatic Physiotherapy for Specific Populations, who pour into this education the experience of their work, in addition to leading specialists from reference societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow physiotherapists situated and contextual learning, i.e. a simulated environment that will provide immersive training programmed to train for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. To this end, the physical therapist specializing in Aquatic Physiotherapy for Specific Populations will be assisted by an innovative system of interactive videos made by recognized and experienced experts in the field of Aquatic Physiotherapy for Specific Populations.

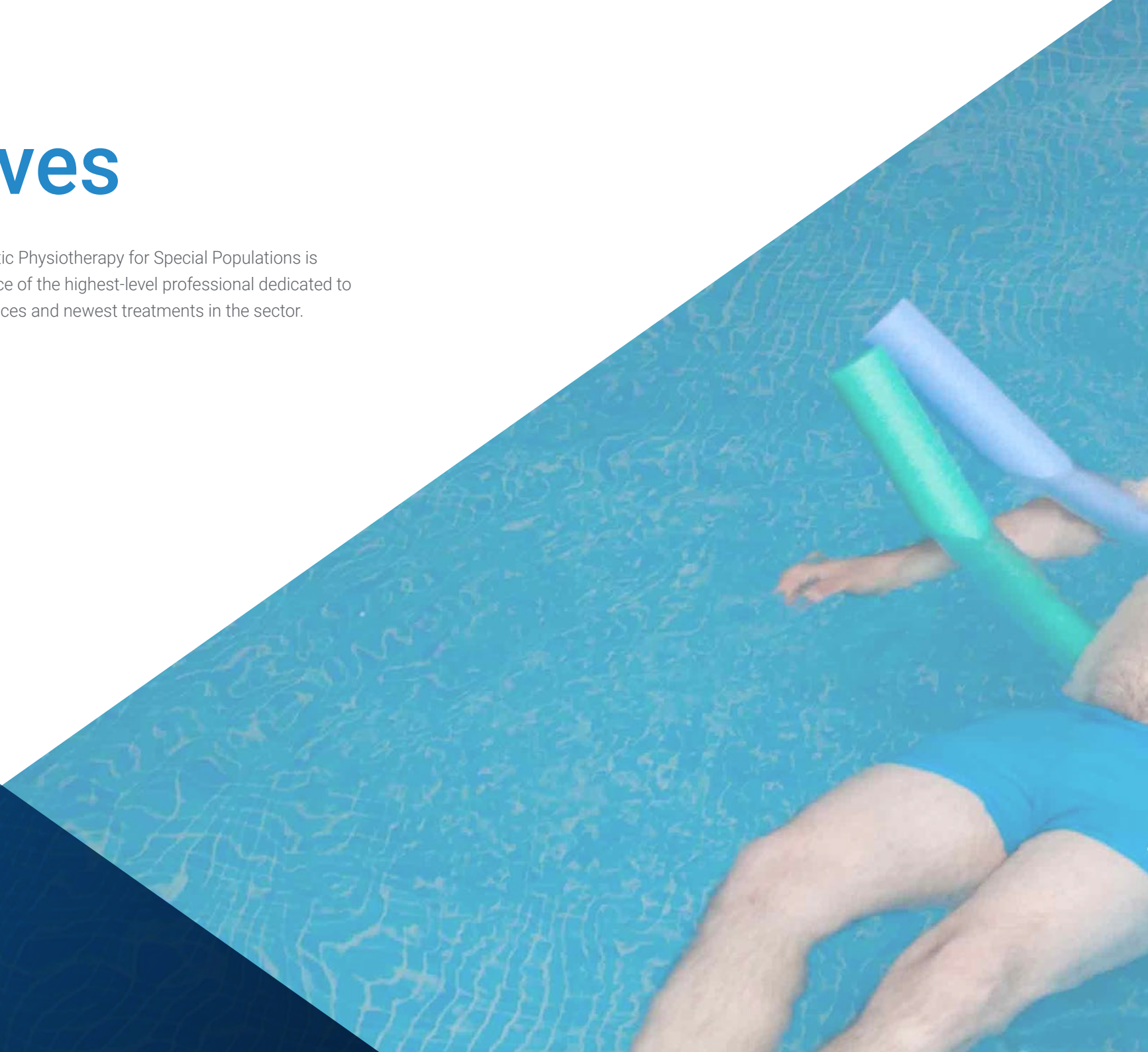
*Utilize the best educational methodology to continue your education in the field of Aquatic Physiotherapy for Specific Populations.*

*This 100% online Postgraduate Diploma will allow you to combine your studies with your professional work while expanding your knowledge in this field.*

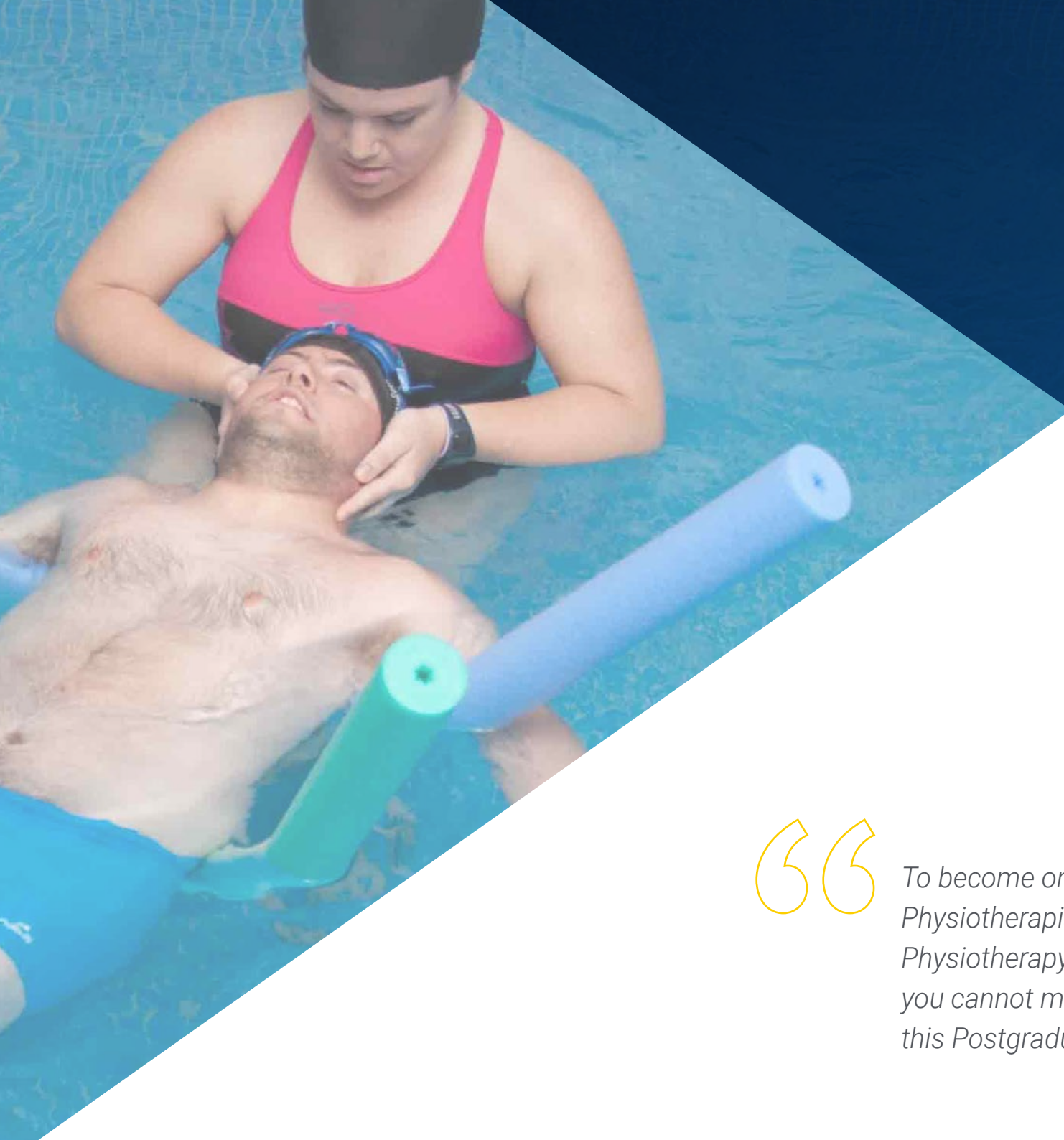


# 02 Objectives

The Postgraduate Diploma in Aquatic Physiotherapy for Special Populations is oriented to facilitate the performance of the highest-level professional dedicated to Physiotherapy with the latest advances and newest treatments in the sector.







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*To become one of the best  
Physiotherapists specialized in Aquatic  
Physiotherapy for Special Populations  
you cannot miss the opportunity to study  
this Postgraduate Diploma with TECH”*



## General Objectives

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- ◆ Promote the specialization of aquatic physiotherapy
- ◆ Describe the basics of working in the aquatic environment
- ◆ Establish the necessary assessment for the correct development of the programs and their subsequent re-evaluation
- ◆ Design aquatic physiotherapy sessions taking into account the characteristics of the different types of users



*This Postgraduate Diploma in Aquatic Physiotherapy for Special Populations is a high-level education that will allow you to increase success in your professional practice"*





## Specific Objectives

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### Module 1. Properties

- ◆ Identify the different types of water properties that affect treatment success
- ◆ Differentiate the different types of water and their applications
- ◆ Show the influence of water temperature on treatment
- ◆ Define the physical and mechanical properties that influence aquatic Physiotherapy treatment
- ◆ Explain the physiological effects of immersion in different systems
- ◆ Identify the indications and contraindications for treatment in the aquatic environment

### Module 2. Aquatic Physiotherapy

- ◆ Define what is meant by aquatic Physiotherapy
- ◆ Identify the relevant aspects to be assessed in the different types of facilities where aquatic physiotherapy is performed
- ◆ Explain the aspects that should be known about the patient prior to the beginning of the aquatic physiotherapy session
- ◆ Exemplify the different types of material existing in the aquatic environment
- ◆ Detail the different parts of an aquatic physiotherapy session
- ◆ Discover the different work methodologies used in the aquatic environment

### Module 3. Hydrotherapy Techniques

- ◆ Define the different techniques of hydrotherapy and their application
- ◆ Identify the classification parameters of the different hydrotherapy techniques
- ◆ Explain the characteristics and uses of the spa

03

# Course Management

The program includes in its teaching staff reference experts in Aquatic Physiotherapy for Specific Populations, who pour into this program the experience of their careers. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.



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*Leading professionals in the field  
have come together to teach  
you the latest advances in the  
treatment of Aquatic Physiotherapy  
for Specific Populations”*

## Management



### Dr Mur, Esther

- ◆ PhD. In Physical Activity and Sport Sciences from the University of Barcelona
- ◆ Official Master's Degree in Physical Activity and Sport at INEFC Barcelona, Universidad de Barcelona
- ◆ Graduate in Physical Activity and Sport Sciences from INEFC of Barcelona
- ◆ Postgraduate Certificate in Physiotherapy from the Blanquerna University School of Nursing and Physiotherapy (Ramon Llull University)
- ◆ Physiotherapist on staff at the CEM Marítim (Thalassotherapy center) of the Claror Foundation
- ◆ Coordinator of the "Aquatic Physiotherapy-UFAE" working group of the College of Physiotherapists of Catalonia
- ◆ Lecturer at the School of Health Sciences Tecnocampus Mataró-Maresme Foundation (Pompeu Fabra University)

## Professors

### Ms. Piernas, Anna

- ◆ Coordination of Aquatic Activities
- ◆ Swimming instructor
- ◆ Professional Master's Degree in Management, Family, Educational and Sports Conflict Resolution. Open University of Catalonia



# 04

## Structure and Content

The structure of the contents has been designed by the best professionals in the field of Aquatic Physiotherapy for Specific Populations, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied and diagnosed, and with extensive knowledge of new technologies applied to orthopedics.





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*This Postgraduate Diploma in Aquatic Physiotherapy for Special Populations contains the most complete and up-to-date scientific program on the market"*

## Module 1. Properties

- 1.1. Situation
- 1.2. Chemical Properties
  - 1.2.1. Drinking Water
  - 1.2.2. Thalassotherapy
  - 1.2.3. Medicinal Mineral Water
  - 1.2.4. Thermal Waters
- 1.3. Thermal Properties
  - 1.3.1. Temperature Indifferent
  - 1.3.2. Thermo-Hydrotherapy
  - 1.3.3. Cryo Hydrotherapy
  - 1.3.4. Contrasts
- 1.4. Activities and Temperature
- 1.5. Physical Properties
  - 1.5.1. Hydrostatics
  - 1.5.2. Hydrodynamics
- 1.6. Physiological Effects of Immersion
  - 1.6.1. Respiratory System
  - 1.6.2. Cardiovascular System
  - 1.6.3. Renal System
  - 1.6.4. Nervous system
  - 1.6.5. Neuro-Musculoskeletal System
- 1.7. Indications
- 1.8. Relative Contraindications
- 1.9. Absolute Contraindications
- 1.10. Centers

## Module 2. Aquatic Physiotherapy

- 2.1. Definition
- 2.2. Installation Assessment
  - 2.2.1. Accessible
  - 2.2.2. Depth
  - 2.2.3. Installation Accessories/Typologies
  - 2.2.4. Fall Hazards
- 2.3. Patient Assessment
  - 2.3.1. Patient Characteristics
  - 2.3.2. Mastery/Control of the Medium
  - 2.3.3. Keys to Safe Practice
- 2.4. Material
  - 2.4.1. Floating
  - 2.4.2. Resistance.
  - 2.4.3. Alternative
- 2.5. Session Structure
  - 2.5.1. Principles of Training
  - 2.5.2. Session Approach
- 2.6. Halliwick WST
- 2.7. Bad Ragaz
- 2.8. Ai chi
- 2.9. Watsu
- 2.10. Other Work Methodologies



### Module 3. Hydrotherapy Techniques

- 3.1. Wellness Concept
- 3.2. Bathrooms
- 3.3. Waterjets
- 3.4. Showers
- 3.5. Light Hydrotherapy
  - 3.5.1. Wraps
  - 3.5.2. Compresses
  - 3.5.3. Promotions
  - 3.5.4. Ablutions
  - 3.5.5. Affusions
- 3.6. Hydrotherapy by Respiratory Tracts
- 3.7. Other Techniques
- 3.8. Applications
- 3.9. Circuits
  - 3.9.1. Spa Centers
  - 3.9.2. Saunas
- 3.10. Latest Trends



*A unique, key, and decisive experience to boost your professional development”*

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional physiotherapy practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Diploma in Aquatic Physiotherapy for Special Populations guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Diploma in Aquatic Physiotherapy for Special Populations** contains the most complete and up-to-date educational program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the **Postgraduate Diploma**, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Aquatic Physiotherapy for Special Populations**

Official N° of Hours: **450 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

futuro  
salud confianza personas  
educación información tutores  
garantía acreditación enseñanza  
instituciones tecnología aprendizaje  
comunidad compromiso  
atención personalizada innovación  
conocimiento presente  
desarrollo web for  
aula virtual idiomas instituciones

**tech** technological  
university

**Postgraduate Diploma**  
Aquatic Physiotherapy  
for Specific Populations

Course Modality: Online

Duration: 6 months.

Certificate: TECH Technological University

Official N° of hours: 450 h.

# Postgraduate Diploma

## Aquatic Physiotherapy for Special Populations

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