



Texas Children's Hospital

6621 Fannin Mail Code W21-329
Houston, TX 77030

Making Therapy Fun! Using Therapeutic Aquatics for Functional Gains in Pediatrics

*Presented by:
Jane Styer-Acevedo DPT, C/NDT,
NDT Coordinator Instructor*

September 8-9, 2018



Texas Children's Hospital
www.texaschildrens.org/pmr

*Texas Children's Health Centers
Texas Children's West Campus
Texas Children's Woodlands Campus*

*Course Location:
The Blue Lagune Therapy
1115 Ave D
Katy, Texas 77494*

Course Description

This two-day introductory to intermediate level and lab-intensive course is intended for physical, occupational, and speech therapists and assistants who currently work or desire to work in the aquatic environment towards functional changes in clients with neurological challenges. Learn treatment techniques to emphasize the strengthening and symmetry of the trunk while activating and strengthening the extremities leading towards improvement in function and participation. A problem-based approach is used to determine the aquatic treatment strategies best suited to the pediatric client; based on their identified functional goal, the task analysis of that goal, and the impact of water on their movements. A treatment demonstration will show how to plan and integrate aquatic and land-based interventions. Emphasis will be on experiential learning in the pool lab to practice the techniques under supervision.

Objectives:

Upon successful completion of this course, participants will be able to:

- Identify and utilize the properties of water that most significantly impact the gross, fine, sensory/perceptual, vestibular, and oral motor deficits, typically seen in the pediatric population.
- Choose pool treatment strategies and activities to address the strengths and impairments identified via task analysis towards the functional land-based or water based goal.
- Describe water safety and swimming skills that can contribute towards a client's lifetime pursuit of health and fitness.
- Integrate land and aquatic approaches with an emphasis on shifts in a client's functional and participation abilities.
- Demonstrate understanding and basic skill level in at least 15 aquatic treatment strategies as discussed in the mornings and demonstrated in the afternoon pool sessions.

Day One (6.75 hours)

- 8:00 Registration
- 8:30 Physical Properties of Water and The Impact on Human Movement
- 9:45 Break
- 10:00 Using Water Skills to Impact Function on "Land"
- 11:00 The Use of Water to Improve Core Strength & Respiratory Control
- 12:00 Lunch (on your own)
- 1:00 Therapeutic Handling in pool lab
- 4:30 End of Day One

Day Two (6.25 Hours)

- 8:30 Using Water for the Child with "Sensory" Concerns
- 9:45 Break
- 10:00 Introduction to Halliwick
- 11:00 Videotape Analysis of a Treatment Session
- 12:00 Lunch (on your own)
- 1:00 Client Demonstration
- 2:30 Therapeutic Handling in pool lab
- 4:00 End of Workshop

About the Instructor

Jane Styer-Acevedo, PT, DPT, C/NDT has been Adjunct Faculty at Arcadia University since 1991, teaching in the Physical Therapy Department and maintains a clinical practice, treating individuals through the lifespan with neurological challenges. She is a master clinician in the areas of pediatrics, neurology, and therapeutic aquatics and has been teaching continuing education workshops, nationally and internationally since 1983. Jane's scope of teaching includes aquatic and "land-based" courses in Australia, Europe, Asia, India, and North, Central, and South America. She is an Active Pediatric Coordinator Instructor for the Neuro-Developmental Treatment Association, Inc. and teaches continuing education of varying lengths related to the NDT Approach. Jane excels in the problem-based approach to promoting functional shifts for an individual through therapeutic intervention from the acute phase, through rehabilitation, and community entry or re-entry towards life long health and fitness.

Making Therapy Fun!

REGISTRATION FORM – Please include check or credit card # with registration form and mail or fax to: Texas Children's Hospital Physical Medicine & Rehab, 1919 S. Braeswood M06274, Houston, Texas 77030 Attn: Mitzi Wiggins.

Course Fee	Course Location	Hotel Accommodations	Website Registration
\$450.00	The Blue Lagune Therapy 1115 Ave D Katy, Texas 77494	List provided on request	www.texaschildrens.org/pmr

PLEASE PRINT

13 contact hours or 16.0 CCU's have been applied for this course through TPTA and TOTA. Texas Children's Hospital is an Approved Provider for the Texas Occupational Therapy Association. The assignment of TOTA CE hours does not imply endorsement of specific course content, products or clinical procedures by TOTA.

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Home Address _____
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Profession: _____ Years Exp. _____ E-Mail Address: _____

Please check the box: ☐ Check ☐ Credit Card

Credit card name _____ CC # _____ Expiration date _____
Signature _____

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