

## HYDROTHERAPY FOR CHRONIC DISEASE

One-day accredited course



This one-day theory and practical course is designed for Exercise science professionals working with chronic disease clients in the aquatic therapy environment.

Topics include:

History; Physics; Physiology; Chemistry; Chronic disease conditions; Research; Benefits; Exercise principles and prescription; Progression; Equipment; Techniques; Management; Screening; Precautions; Safety; Staffing; Documentation and outcome measures

Michael Warburton is a Physiotherapist and Exercise Scientist and is the Principal of Gateway Physiotherapy. He has 25-years experience providing hydrotherapy services to a wide range of client groups including chronic diseases, musculoskeletal conditions, complex disabilities and sports.

Michael is a member of APA, ESSA, ASCA and the National Physiotherapy aquatic group



Michael Warburton  
Physiotherapist and Exercise Scientist