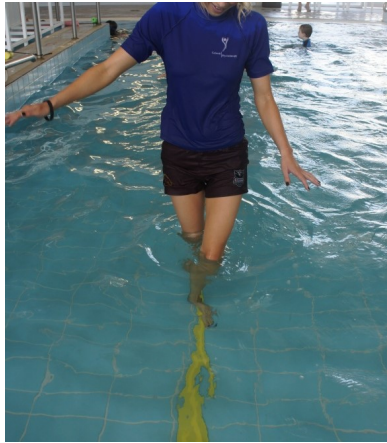


## HYDROTHERAPY: INTRODUCTORY COURSE

Half-day course



This half-day theory and practical introductory course is designed for Exercise Physiologists & Exercise scientists working with clients in the aquatic therapy environment. Its scope of practice on completion of the course will provide the skills needed to deliver an aquatic exercise program to the healthy population, common sports injuries and non-complex chronic diseases.

Topics include:

History; Physics; Physiology; Chemistry; Benefits; Exercise principles and prescription; Progression; Equipment; Techniques; Management; Screening; Precautions; Safety; Staffing; Outcome measures; Documentation

Michael Warburton is a Physiotherapist and Accredited Exercise Scientist, and he 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 ESSA, APA, ASCA and the National Physiotherapy aquatic group.



Michael Warburton  
Physiotherapist & Accredited Exercise Scientist