

Hydrotherapy Masterclass

Course Outline

Designed for physiotherapists, exercise scientists, swim teachers, coaches, and aquatic professionals in therapy or rehab settings, this course covers hydrotherapy essentials, working with children, supporting individuals with disabilities or sensory needs, and managing risks. It also addresses complex conditions like seizures and stomas, explores common pitfalls, and includes MSK principles with practical in-water tips. Ideal for those seeking confidence and competence in safe, effective hydrotherapy delivery.

Learning Outcomes:

By the end of this masterclass, participants will be able to:

- Understand hydrotherapy essentials and gain foundational knowledge of its principles and applications.
- Support individuals with sensory needs and disabilities using appropriate strategies and techniques.
- Apply musculoskeletal (MSK) principles to plan and deliver effective hydrotherapy sessions.
- Enhance physical conditioning through strength, mobility, and endurance techniques in the water.
- Identify common pitfalls in hydrotherapy practice and learn how to prevent them.
- Implement safe and effective practical techniques in therapeutic aquatic sessions.

Pre-requisites:

- Current First Aid Certification
- Current CPR Certification

Mode of Delivery and Duration:

- Face-to-face Learning
 - Theory Session – 4 hours
Covers the basics of hydrotherapy, including benefits, risks, and when to use it. You'll learn how to work with people with disabilities or sensory needs, understand MSK principles, plan safe sessions, and avoid common mistakes.
 - Practical Session (in pool) – 2 hours
Hands-on training to practice key techniques, learn safe handling, adapt activities for different needs, and build confidence in delivering hydrotherapy sessions.

Resources:

A course workbook will be provided prior to the course date to support preparation.

A certificate of completion will be provided following successful completion of the course.

Assessment:

An online multiple choice assessment will be provided after course completion to evaluate knowledge understanding.