

# Water Aquatic therapy for various conditions: a clinical perspective

**3 days international course by the Swiss Association IATF  
Hosted by AIMS at Almoosa Rehabilitation Hospital**



## Dates & Location

- 23-24-25 January 2025
- AlAhsa – Almoosa Rehabilitation Hospital  
– The Kingdom of Saudi Arabia.



## Instructor: Johan Lambeck

- Director of Aquatic Rehabilitation Consultants in The Netherlands
- Senior Lecturer in – and co-founder of –the Association IATF (International Aquatic Therapy Faculty) in Valens, Switzerland

## Course description and learning outcomes:

- Taking a patient into a pool is a start of using possibilities that dry land doesn't provide. A pool e.g. offers space, supports body weight, slows down movements, prevents falling, influences breathing. Designing a customized treatment program is different and challenging. Johan Lambeck will guide participants through 6 cases, based on expertise, guidelines, research and patient values. The result of the clinical reasoning process will end into design of exercises that will make systems and tissues adapt, based on the specific characteristics of water.

## The course is grouped around 5 themes:

1. Adult neurology
2. Neuropediatrics

3. Cardiovascular
  4. Musculoskeletal
  5. Oncology.
- Johan will share knowledge and skills by providing the background of the clinical decision making during the presentations in parallel workshops.

**The course will have a classroom component and of course also an aquatic part (50% of the time).**

### **Neuropediatric**

- The leading case will be the child with a non-ambulatory cerebral palsy in GFMCS V in which handling is of utmost importance.
- Intervention tactics for head-, mouth- and trunk control are based on Water Specific Therapy (WST) and Halliwick

### **Adult neurology**

- The leading case will be an adult with a stroke, that has some balance- and walking skills, but also a high risk of falling.
- Intervention tactics for (reactive) posture and fall prevention are perturbation training with WST principles

### **Cardiovascular life-style**

- The leading case will be the patient with metabolic syndrome including hypertension and problems with heart rate variability.
- Intervention tactics are (An)aerobic and aquatic motor-cognitive therapy, addressing e.g. the hypothalamus and prefrontal cortex

**Musculoskeletal 1**

- The leading case will be an adult patient with persistent non-specific nociplastic low back pain
- Intervention tactics are based on BACPAP recommendations and will include proprioceptive
- Neuromotor priming through the Bad Ragaz Ring Method

**Musculoskeletal 2**

- The leading case will be a patient with knee osteoarthritis in K&L 3.
- Intervention tactics are conventional strengthening exercises using turbulence, applying aquatic dosing principles for muscular tissue.

**Oncology**

- The leading case will be a woman with edema after breast cancer surgery, based on decongestive therapy.
- Intervention tactics are based on Clinical Ai Chi with a proximo-distal sequence to influence axillary volume flow.

**More about tutor Biography:**

**Johan Lambeck** provides skillful Aquatic Therapy, including a proper clinical reasoning process that finally ends in an intervention strategy with adequate tactics. Tactics include the specific concepts that are used in the pool. His pool practice focuses on an evidence based patient treatment. This is what he also offers his students in courses worldwide. As a knowledge broker, Johan has an established track record in teaching up-to-date information, being involved intensively in international networks, publications and scientifically chairing the ICEBAT conferences.. Courses include case related contents that provide students with a comprehensive picture of current research, supporting decision making, clinical reasoning, problem-solving and goal-setting in aquatic therapy. The basis of each course is “learning-by-reasoning-and-doing”

Johan Lambeck is Director of Aquatic Rehabilitation Consultants in The Netherlands and Senior Lecturer in – and co-founder of –the Association IATF (International Aquatic Therapy Faculty) in Valens, Switzerland and coordinated its world-famous Advanced Studies in Aquatic Therapy (CAS) in the Kliniken Valens (to be continued in Landeyeux, Switzerland).

Johan is also Honorary Professor at the Zhongshan Vocational College, Nanjing, China and visiting lecturer at the University of Castilla-La Mancha, Toledo, Spain and holds various freelance affiliations at e.g. Associations of Physical Therapy worldwide.

From 1979 – 1997 he was in charge of aquatic therapy at the Sint Maartenskliniek in Nijmegen, Netherlands (specialized in diseases of the neuro-musculoskeletal system of both adults and children). From 2006 till 2016 he was research associate at the Faculty of Kinesiology and Rehabilitation Sciences, Leuven University, Belgium and co-responsible for the Erasmus EU project “Aquaevvidence / Aquaoutcome”.

He (co-)authored 6 books, 3 web-based books and over 50 published articles on aquatic therapy, mostly in peer reviewed journals: RG factor 25,28; 765 citations, h-index 14.

He was named the Aquatic Therapy Professional in the United States by ATRI in 1998, in 2020 he received the Award “Excellence in Aquatic Physical Therapy”, issued by the Academy of Aquatic Physical Therapy-APTA, USA. He is a long time editorial board member of the Journal of Aquatic Physical Therapy (USA)..

Per 2005 he is Cochrane member and chaired the Health Benefits group of the Drafting Committee on the WHO “Guidelines for Safe recreational water environments: swimming pools and similar environments” (2012-2014). From 2010 - 2019 he was primary contact person for the Aquatic Physical Therapy Network affiliated to the World Confederation Physical Therapy (WCPT). In 2016 he was appointed Honorary Advisor China Rehabilitation Research Center, Beijing.

Since 1983 he has taught almost 1000 aquatic therapy seminars in 52 countries around the world. Johan has been/is scientific (co)chair of the ICEBAT conferences and recent webinar series.

See also:

<http://www.linkedin.com/pub/johan-lambeck/25/9/43a>

<http://www.halliwick.net/en/testimonials>

This course is certified by the **Swiss Association IATF**  
and organized by **Academy of International Medical Seminars AIMS**  
and Hosted By **AIMoosa Rehabilitation Hospital**

Further information can be found at the websites:

[www.halliwicktherapy.org](http://www.halliwicktherapy.org)

Testimonials can be read at:

<https://www.halliwick.net/en/testimonials>

<https://www.halliwicktherapy.org/en/valens-course-2019/32-engels/testimonials-en-gb-1>



**For more information, fees and registration please contact:**

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