Title: Aquatic Therapy Fundamentals: Application to Clinical Practice

Course/session description: This course will introduce the clinician to the application of the physical properties of water to justify the utilization of the aquatic environment as a recommended component of a patient’s plan of care. Specific aquatic techniques to address activity limitations and impairments in body structure and function will be taught that allow the participant to implement these learned skills and techniques. This course will include a laboratory component.

Course/session learning objectives:

Upon completion of this course, the participant will be able to:

1. Apply the physical properties of water to the rehabilitation process.
2. Incorporate functional tasks within an aquatic intervention.
3. Utilize aquatic rehabilitation equipment appropriately given the goals of a given intervention.
4. Incorporate gait and extremity exercises for strength, ROM, and endurance techniques for a given patient’s impairments and functional limitations.

Speaker information and Photo:

Jean M. Irion, PT, EdD, ATC, Board-Certified Clinical Specialist in Sports Physical Therapy

Emory & Henry College, Professor and Chair, Marion, VA
Biographical information for speaker:

Dr. Jean Irion is currently Chair and Program Director of the Physical Therapy Program at Emory & Henry College in the School of Health Sciences in Marion, VA. She graduated in 1979 from WVU with a degree in Physical Education, General Science Education, and Athletic Training. She has a Masters Degree in Athletic Training and a Bachelor’s Degree in Physical Therapy from Temple University. Her Doctorate in Higher Education is from the University of Arkansas at Little Rock. She is a certified athletic trainer, licensed physical therapist and a Board Certified Clinical Specialist in Sports Physical Therapy. Her clinical practice areas include women’s health, occupational health, aquatic therapy and sports physical therapy. She has served the American Physical Therapy Association (APTA) in various capacities over the past 27 years. She is currently serving as the Chair of the Committee for the Certificate in Aquatic Physical Therapy Clinical Competency Program for the Academy of Aquatic Physical Therapy of the APTA and is an inaugural member of the Aquatic academy. She has conducted research in the area of aquatic therapy and has published 4 textbook chapters on aquatic therapy, including a chapter on the use of aquatic intervention in women’s health physical therapy.