Section Three

• Aquatic Therapy Resources
DEFINITIONS

Aquatic Therapy and Rehabilitation

The Standards and Steering Committees of the Aquatic Therapy and Rehabilitation Industry Certification utilized the following as their definition of Aquatic Therapy and Rehabilitation:

The use of water and specifically designed activity by qualified personnel to aid in the restoration, extension, maintenance and quality of function for persons with acute, transient, or chronic disabilities, syndromes or diseases.

Hydrotherapy

The use of water by external applications either for its pressure effect or as a means of applying physical energy to a tissue. The term often refers to the use of water in wound management, such as whirlpool baths but can be used interchangeably with the term “Aquatic Therapy”.

Adapted Aquatics

Techniques placing the emphasis on swimming skills modified or adapted to accommodate individual abilities. Usually used with the disabled. Skills include pool entry and exit, swimming skill development and should also encompass community referral.
PRODUCT RESOURCES

CATALOGS / PRODUCTS / EQUIPMENT

Adolph Kiefer & Associates
1700 Kiefer Drive, Zion, IL 60099
Phone: 800-323-4071
Fax: 800-654-7946 / 847-746-8888
Web Site: www.kiefer.com
Aquatic therapy and aquatic exercise equipment, etc. Everything but the water.

Aquatix USA
1 Oakwood Blvd, suite 265, Hollywood, FL 33020
800-330-3228
Web Site www.aquatixusa.com
Innovators of aquatic treadmills, bikes and a full line of unique accessories such as the “Happy Flower” “Combat Gloves” and much more!

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Fax: 561-753-4697
Web Site: www.aqua-gear.com
Aquatic Therapy and Aquatic Exercise Equipment. Swimming Accessories. Aquatic Books, CDs, and DVDs.

AEA – Aquatic Exercise Association
P.O. Box 1609
Nokomis, FL 34274-1609
Phone: 888-AEA-WAVE (232-9283)/941-486-8600
Fax: 941-486-8820
Email: Info@aeawave.com Web Site: www.aeawave.com
Aquatic exercise DVDs, CDs, home study.

H2OGym-US, LLC
P.O. Box 82813, Austin, TX 78708
Phone: 512-417-8103
Fax: 512-832-9107
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Affordable Underwater Treadmills, Combination Aquatic Treadmill/cycle, Aquatic Stepper. Portable, folding Flip ‘n Go Model Treadmill and Stepper are suitable for most pools or swim spas.
Human Kinetics
1607 Market St
P.O. Box 5076
Champaign, IL 61825
Phone: 800-747-4457
Email: humank@hkusa.com  Web Site: www.humankinetics.com
Books and online courses about water exercise, aquatic fitness and aquatic therapy texts, as well as a range of aquatic safety, kinesiology, anatomy and physiology of exercise resources.

Idyll Arbor, Inc.
39129 264th Ave SE
Enumclaw, WA 98022
Phone: 360-825-7797  Fax: 360-825-5670
Email: sales@idyllarbor.com  Web Site: www.IdyllArbor.com
Books about water exercises and aquatic therapy texts.

Poseidon Technologies, Inc.
4357 Park Drive Suite J
Norcross, GA 30093
Phone: 877-565-2949  Fax: 678-623-0286
E-mail: info@poseidonsaveslives.com  Website: www.poseidonsaveslives.com
Computer-Aided Drowning Detection Technology for Risk Management/Loss Control in Aquatics Facilities

Sprint Aquatics
P.O. Box 3840, San Luis Obispo, CA 93403
(800)235-2156  Fax (805)541-5339
www.sprintaquatics.com  Email: info@sprintaquatics.com
Sprint Aquatics offers quality aquatic therapy products, lifts and much more to enhance your aquatic experience after rehab.

Starfish Aquatics Institute
P.O. Box 525
Lincolnshire, IL 60069
877-465-4545
www.sai-intl.org
SAI is a nationally and internationally recognized agency providing of training and certification programs for lifeguards, swim instructors, pool operators, aquatic managers, and water safety. Additionally, SAI provides aquatic risk management services including lifeguard audits, facility safety inspections, and litigation support.
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982 County Route 1, Pine Island, NY 10969
Phone: 800-724-5305 / 845-258-6500    Fax: 845-258-6634
E-mail: information@surehands.com
Web Site: www.surehands.com

Water Gear
P.O. Box 759, Pismo Beach, CA 93448
Phone: 800-794-6432 / 805-929-2834    Fax: 805-929-2851
Web Site: www.watergear.com
Full line supplier of equipment from aqua aerobics to competitive swim training gear.

WaterWear™, Inc.
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Chlorine Resistant Swimwear with a Guarantee!

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Phone: 949-646-6446    Fax: 949-646-6743
Web Site: www.waterwarm-ups.com

The Wet Wrap
299 Bliss Road, Longmeadow, MA 01106
Phone: 800-334-9070    Fax: 413-567-1326
Web Site: www.wetwrap.com
Thermal aquatic wear worn for warmth during exercise, therapy, or recreation.
Workshop Resources

Ai Chi Applications
ATRI
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Luis Vargas
Mary Wykle
Fran Scott
Bonnie Hopps
Terri Mitchell
Donna Adler

AquaStretch
Laurie Denomme
Jessica Huss
Beth Scalone
Connie Jasinskas
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Terri Mitchell
Julia Fettig

Assessment
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Sue Grosse

BackHab
ATRI
Terri Mitchell
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Bad Ragaz
ATRI
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Ruth Sova
Beth Scalone

Burdenko Method
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Connie Jasinskas
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Energy Medicine
ATRI
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Sheralee Beebe

Feldenkrais
ATRI
Debbie Ashton

Geriatric
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Marty Biondi
Sandy Stob
Beth Scalone
Ruth Sova

Halliwick
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Ruth Meyer
Pia Francis
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Massage
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Maryanne Haggerty
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Marty Biondi
Julia Meno
Donna Adler
Sandy Stoub

Pain / Arthritis / Fibromyalgia
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Janet Gangaway
Sheralee Beebe
Donna Adler
Ruth Meyer
Maria Sykorova-Pritz
Ruth Sova

Pediatrics / DD / Sensory
ATRI
Dori Maxon
Rodna Metz Bordner
Sue Grosse
Carolyn Sprehe
Ann Wieser
Julia Fettig

Pilates
ATRI
Terri Mitchell
Mary Wykle
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Maryanne Haggerty

PNF
ATRI
Terri Mitchell
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Pool Design, Water and Air
ATRI
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Mick and Sue Nelson
Kevin Tucker
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Sheralee Beebe – ATRI Rheumatology Certification

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Unpredictable Command Technique (UCT)
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Terri Mitchell
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Watsu
ATRI
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Yoga
ATRI
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EDUCATION CONNECTIONS

Donna Adler
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Phoenix, AZ 85044
Phone: 480-704-9222  Email: liquidassets4fit@gmail.com
Geared for regular and special populations classes (arthritis, pre-post natal, back problems, seniors, sports), including oriental bodywork that is helpful in therapy pools.

Aquatic Therapy & Rehab Institute (ATRI)
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Phone: 866-go2-ATRI
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Burdenko Water & Sports Therapy Institute
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E-mail: Igor@Burdenko.com
Specialty: The Burdenko Method, sports medicine

June Chewning
Fitness Learning Systems
1012 Harrison Ave #3
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Specialties: Shiatsu, Watsu, Clinical Ai Chi — Energy Medicine for Body and Mind

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Board Certified orthopedic physical therapist specializing in aquatics, including research.

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7252 W. Wabash
Milwaukee, WI 53223
414-354-8717
sjgrosse@execpc.com http://my.execpc.com/~sjgrosse
Pediatric (Water Learning), Adapted Aquatics All Ages, Balance and Gait, Risk Management, Grant Writing, Publications
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Roslyn, PA 19001
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Faculty for several aquatic and land certifications, orthopedic total body and equipment based programs, marketing and business.

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The Arthritis Society, 105-386 Broadway
Winnipeg., MB R3C 3R6 Canada
Fax 1-204-942-4894
bhopps@mb.arthritis.ca, bhopps47@hotmail.com
Specialties:Recreational Arthritis programs, Ai Chi. Tai Chi Land based exercises program, Water based program, fibromyalgia aquatics, obese, multiple sclerosis, breast cancer, cardiovascular accidents, Parkinson’s Disease, motor vehicle accidents, all under recreational programs. Bridging the gap between physiotherapy and recreational programs.

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Email: jessica@arawc.com
www.arawc.com
Specialties: AquaStretch, outpatient orthopedics

Dori Maxon PT, PCS, MEd
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Julia Meno (See Julia Fettig)

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www.fortheloveoffit.com
Specialties: Orthopedic, Breast Cancer / Lymphedema, FMS & Arthritis, Pre / Postnatal, Back Pain, Osteoporosis, Pain

Thomas M. Lachocki, Ph.D.
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Specialties: Chemistry, Pool Operation and Maintenance, Aquatic Injury and Illness Prevention, Health Benefits of Immersion in Water and Aquatic Exercise, Scientific Research, Online Training

Ruth Meyer
Aquatic Healing Services
2414 Barracks Place Unit 1
Charlottesville VA 22901
434-293-9987
work 434-806-2058
watsuva@aol.com
Aquatic Therapy Specialties: aquatic therapy for persons with back pain, chronic pain, orthopedic and neurological diagnoses, Halliwick, Burdenko, Watsu, and Bad Ragaz. AFYAP and PACE IT Instructor, Arthritis Foundation Aquatics, exercise, self help and Tai chi.

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Aquatic Ms. Fit
5400 Great Divide Dr.
Austin, TX 78738
Phone: 512-415-0678 cell
Fax: none
Email: texterri@austin.rr.com
www.aquafit.com
Specialties: PNF; basics of Halliwick, Bad Ragaz, and Watsu, deep water; in-patient and outpatient orthopedics, pool props, AquaStretch, Rehabdominals.

Alison Osinski, Ph.D.
Aquatic Consulting Services
356 Sumner Ave., P.O. Box 1418
Avalon, CA 90704 Santa Catalina Island
(619) 602-4435
alison@alisonosinski.com
www.alison@alisonosinski.com
Specialties: Pool design, maintenance, management and operations; aquatic risk management

Beth Scalone, PT, DPT, OCS
North County Water and Sports Therapy Center
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San Diego, CA 92128
858-217-2137
www.waterpt.com beth@waterpt.com
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ruthsova@ruthsova.com www.ruthsova.com
Kevin Tucker
H2OGym-US, LLC
P.O. Box 82813
Austin, TX 78708
Phone: 512-417-8103
Email: Kevin.Tucker2011@gmail.com
Website: www.H2OGym-US.com
Specialty: Swimming pool and Spa operation-water balance and filtration.

Luis G. Vargas, PT, Ph.D., ATRIC
Associate Professor of Physical Therapy
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College of Health Sciences
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Doctor of Physical Therapy Program
Glendale, Arizona
623-572-3931
Address: 20251 N 75th Avenue, Apt 1035, Glendale, Arizona, 85308
www.drvargasaquatics.com
Specialties: Gross Anatomy, Neuroscience, Orthopedic Aquatics, Aquatic Neurorehab, Pain Management in Aquatic Rehab, FMS and CRPS, Cardiopulmonary PT, Pathology, Clinical Examination/Tests and Measures

Mary Wykle, PhD
MW Associates
9076 Andromeda Drive
Burke, VA 22015
Mwykle@aol.com  www.mwaquatics.com
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ORGANIZATION RESOURCES

American Alliance for Health, Physical Education, Recreation and Dance: Aquatic Council (AAHPERD)
1900 Association Drive
Reston, VA 22091
Phone: 800-213-7193 / 703-476-3400 Fax: 703-476-9527
Web Site: www.aahperd.org

AEA – Aquatic Exercise Association
P.O. Box 1609
Nokomis, FL 34274-1609
Phone: 888-AEA-WAVE (232-9283)/941-486-8600 Fax: 941-486-8820
Email: Info@aeawave.com Web Site: www.aeawave.com
A non-profit organization committed to improving health and fitness through safe, effective aquatic exercise via education, certification and networking opportunities.

AOAP - Association of Aquatic Professionals
PO Box 78709
Austin, TX 78709
The Association of Aquatic Professionals (AOAP), developed in 2011, is an independent, 501(c)3, not-for-profit, education and research organization dedicated to improving the quality of life through better aquatic educational opportunities and drowning prevention initiatives.

APTA Aquatic Physical Therapy Section
1111 N. Fairfax St.
Alexandria, VA 22314
Phone: 800-999-2782 Fax: 703-706-8575
Email aquaticspt@apta.org Website www.aquaticpt.org
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Fax: 888-514-6133
www.aquaticnet.com
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429 Loch Devon Drive
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Fax: 719-540-2787
Web Site: www.nspf.org
A non-profit organization dedicated to improving public health worldwide by encouraging
healthier living through aquatic education and research.

NTRS Aquatic Therapy Committee
22377 Belmont Ridge Rd.
Ashburn, VA 20148
Phone: 703-858-2151
Fax: 703-858-0794
Web Site: www.nrpa.org/branches/NTRS.htm

Worldwide Aquatic Bodywork Association
P.O. Box 889
Middletown, CA 95461
Phone: 707-987-3801
Fax: 707-987-9638
Web Site: www.waba.edu

USA Swimming Facilities Department
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Aquatic Program Consultants, Regional Build a Pool Conferences and Aquatic management
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AQUATIC THERAPY & REHAB INSTITUTE

The Aquatic Therapy & Rehab Institute (ATRI) is a non-profit, educational organization dedicated to the professional development of healthcare providers in the area of aquatic therapy. Offering educational courses, membership and certifications, ATRI provides continuing education opportunities to advance the competencies, knowledge and skills of the aquatic therapy and rehabilitation professional. Our conferences feature in-the-water pool labs for hands-on experience.

EVENTS / EDUCATION - ATRI Education is Never Dry!

International Aquatic Therapy Symposium (IATS) – Every other year in the summer, ATRI presents the International Aquatic Therapy Symposium. This Symposium features workshops that combine lecture with practical experience in the pool, giving registrants the opportunity to gain hands-on experience from industry experts. You don’t want to miss this!

National Aquatic Therapy Conferences (NATC) – ATRI offers National Aquatic Therapy Conferences in various cities around the country. These multi-day Conferences feature Specialty Certificate Programs as well as half- and full-day general education workshops on aquatic therapy topics offered by a handful of distinguished speakers. These courses are in-depth, hands-on, educational experiences with smaller class sizes.

Professional Development Days (PDDs) – Typically hosted by a rehab center, hospital or similar facility, these weekend events offer a selection of aquatic therapy courses by a few of our most popular speakers. This is a great opportunity to learn practical, hands-on education in the pool and obtain continuing education credits close to home.

ATRI Online Ed – Online courses solve the problem of needing to stay up-to-date or maintain continuing education when unable to attend a conference. These select courses are taped during actual courses at conferences. Courses can be viewed at your convenience, not just one specific time – a great advantage! Course proceedings (handouts and supplemental materials) are included for online attendees to download and print. For information and to see what courses are available go to www.atri.org and click on Online Ed.

STANDARDS

The Aquatic Therapy and Rehabilitation Industry Standards are designed to separate the aquatic therapy practitioner from land-based therapists and from aquatic fitness professionals. If these base criteria are met, it will demonstrate the knowledge to provide clients with safe aquatic therapy and/or rehabilitation. The full Standards are available on the ATRI web site www.atri.org and can be downloaded free of charge.

I. Aquatic therapy and rehabilitation practitioners should have knowledge of Movement Mechanics and Science (Anatomy, Physiology, Kinesiology and Biomechanics) including knowledge of the cardiovascular, respiratory, circulatory, nervous, muscular and skeletal systems and their collective interactions; knowledge of basic anatomy, physiology and kinesiology concepts; knowledge of basic health care terminology; and knowledge of body terms, positions and movements.

II. Aquatic therapy and rehabilitation practitioners should have knowledge of aquatic principles including variations to movement quality using aquatic and physics concepts correctly, knowledge of how to choose equipment based on client need and goals, and knowledge of practical skills in aquatic therapy and rehabilitation.

III. Aquatic therapy and rehabilitation practitioners should have knowledge of basic principles and methods used in aquatic therapy and rehabilitation including indications, contraindications, precautions and opportunities for aquatic therapy and/or rehabilitation; knowledge of the client evaluation process; and knowledge of the treatment and prevention components.
IV. Aquatic therapy and rehabilitation practitioners should exhibit professional responsibility; including the proper education, certification, and/or license and training or their equivalent; knowledge of the allied health field; and knowledge of legal, ethical practices.

V. Aquatic therapy and rehabilitation practitioners should demonstrate health and safety consciousness by maintaining current certifications and training; they should be familiar with local, state and federal bathing codes and regulations as they pertain to water; and be certified as a pool operator if operating the pool.

VI. Aquatic therapy and rehabilitation practitioners should have knowledge of applicable regulations and legal considerations; comply with all applicable codes and laws relating to aquatics, therapy and rehabilitation; know and apply the limits of practice as they relate to base competencies within the medical system; and generally know basic reimbursement factors.

CERTIFICATION

Aquatic Therapeutic Exercise Certification Exam
This certification is for competent, knowledgeable professionals in aquatic therapy, rehab and therapeutic exercise. The exam will test your ability to meet the Aquatic Therapy and Rehabilitation Industry Standards to practice. The Standards are available on the ATRI website and can be downloaded free of charge. Successfully passing the exam will allow you to use the term "ATRI Certified" or the initials "ATRIC" after your name. The certification will not make you a therapist if you aren't already one. For more information, please click on "Certification Information" at www.atri.org.

MEMBERSHIP

$45 per year, ATRI Members Receive the Following:
- Early Bird registration and discounts for all conferences
- Exclusive Aquatic Therapy articles
- Quarterly eNewsletter
- Aqua Marketplace discounts
- Research updates/articles

Free eLIST/BULLETIN BOARD
Aimed at aquatic therapy, rehab and wellness professionals, the eList is a place to get information, share ideas and hear what peers and colleagues are doing. The goal for eList participants is to receive and provide a fast response to questions and concerns from around the world, to stay on the cutting edge, to help others, and to get involved in ATRI. Participants ask questions, list new books or products, post job searches, or get involved in a discussion. The eList is multidisciplinary and open to all aquatic therapy, rehab and wellness professionals. To subscribe, go to the ATRI web site at www.atri.org and click on ATRI eList/Bulletin Board.

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FEATURE STORY

ATRI Develops Interdisciplinary Aquatic Therapy and Rehab Standards

A multidisciplinary committee of aquatic therapy professionals has created Standards for the Aquatic Therapy and Rehabilitation Industry.

The project was completed by the Aquatic Therapy and Rehab Institute Inc. over a two-year period, with written and oral input from therapists across the United States and Canada.

The committee was made up of representatives from various disciplines including physical therapy, occupational therapy, kinesiotherapy, recreational therapy, athletic training, exercise physiology, massage therapy, physical education and adapted aquatics. In addition, members of the YMCA, the Arthritis Foundation, the aquatic safety industry and the legal profession served on the committee.

"I am pleased to see the aquatic therapy profession developing an entity of its own. The days of 'adaptive aquatics' — referring to everything for everyone — are over," said Susan Grosse, past chair of the Aquatic Council of the American Association of Health, Physical Education, Recreation and Dance. "Standards serve as a benchmark for a unique profession."

The goal of the standards committee — which included six physical therapists and two physical therapist assistants — was to "create standards for aquatic therapy and rehabilitation practitioners that, if these base criteria were met, would demonstrate the knowledge to provide clients with safe aquatic therapy and/or rehabilitation," according to ATRI.

"There are not currently any standards governing aquatic therapy," said Sonnie Blocki, MS, PT, a member of the committee that assisted in forming the standards. "Right now it is up to each individual facility or profession to determine the knowledge or background that each aquatics instructor needs to perform these activities."

"I felt that a uniform standard was needed to ensure a minimum level of competency in the aquatic setting," Ms. Blocki added.

Trace Sears, MS, PT, who also helped develop the standards, said they will help consumers as well as therapists.

"My opinion about the need for standards has changed a couple of times during this past year," he said. "Initially I did not feel there was a need for uniform, interdisciplinary standards because I felt each individual profession should develop its own.

"This is one good, solid piece of information that gives therapists an idea of what they need to understand when working in aquatics."

Trace Sears, MS, PT

"But the more I thought about it, I began to realize that the whole reason for developing standards is to protect the consumer," he continued. "People are still going to be providing aquatic services without regulations because that is what they have been doing up to this point."

"Aquatic therapists will still have to adhere to the laws and regulations that govern what services they are authorized to provide to consumers," he added.

"Having some sort of guidelines or regulations that apply to everyone — regardless of their profession — ensures that everyone practicing in the field will have a basic level of competency," he added.

The committee began by first developing the following definition: "Aquatic therapy and rehabilitation is the use of water and specifically designed activity by qualified personnel to aid in the restoration, extension, maintenance and quality of function for persons with acute, transient or chronic disabilities, syndromes or diseases."

After the definition was finalized, these standards were developed:

- Aquatic therapy and rehabilitation practitioners should have knowledge of movement mechanics and science (anatomy, physiology, kinesiology and biomechanics), including knowledge of the cardiovascular, respiratory, circulatory, muscular and skeletal systems and their collective interactions; knowledge of basic anatomy, physiology and kinesiology concepts; knowledge of basic health care terminology; and knowledge of body terms, positions and movements.

- Aquatic therapy and rehabilitation practitioners should have knowledge of basic principles and methods used in aquatic therapy and rehabilitation including indications, contraindications, precautions and opportunities for aquatic therapy and/or rehabilitation; knowledge of the client evaluation process; and knowledge of the treatment and prevention components.

- Aquatic therapy and rehabilitation practitioners should exhibit professional responsibility including the proper education, certification and/or license and training or the equivalent; knowledge of the allied health field; and knowledge of legal, ethical practices.

- Aquatic therapy and rehabilitation practitioners should demonstrate health and safety consciousness by maintaining current certifications and training; be familiar with local, state and federal bathing codes and regulations as they pertain to water; and be certified as a pool operator if operating the pool.

- Aquatic therapy and rehabilitation practitioners should have knowledge of applicable regulations and legal considerations; comply with all

(See AQUATICS on page 7)
wheelchair, allowing a wheelchair-bound mother to independently manage her child.


“It’s usually a very individual thing,” she added, “a one-of-a-kind thing, and if the volunteer wants to take the gadget he invented and go further with it, he is at liberty to do so.”

The engineers, Ms. Kelsh said, spend many hours researching and inventing.

“[The engineers] really think about what they are doing and the ramifications involved. They are not trying to provide just a solution, but the ‘best’ solution.”

Many of VME’s engineers are retired.

“These guys love to do this,” Ms. Herrman said. “They became engineers because they love to tinker and invent. I have several of them who call up and say, ‘Give me something to do.’

But it’s not just engineers, according to Ms. Herrman. Many engineering schools and metal shops — as well as the Lions Club and the American Legion — have helped out with projects.

“I see a different world [from] a normal person who reads the newspaper and watches television,” she said. “I see [people who are] giving, kind and nice — the whole gamut of positive. There are so many people out there who would love to volunteer and give something, but they just don’t know what to do.

‘I’m not an engineer, a PT or an OT, but I work with some of the best in the world,” Ms. Herrman added.

INVALUABLE SERVICE

In the ever-changing health care arena — particularly now that patients are being discharged from hospitals more and more rapidly — the value of VME’s services cannot be overstated, according to Ms. Kelsh.

“You are always trying to make a patient as [independent] as possible, but so often you can’t get them back to where they were, and many times the families are overwhelmed with having to do so much more,” she continued. “If you can make them a little bit more independent — make it so the family can leave for an hour, and if an emergency occurs, the patient has a way of dealing with that

emergency — you have not only opened a whole new avenue for that client but for the family as well.”

HISTORY

Westinghouse engineer John Staehlin founded VME in 1981, but the idea came to him more than 20 years earlier.

In 1960 he and some fellow engineers met with doctors from Johns Hopkins to discuss possible ways of working together.

One project, a study of mechanical stresses in the human heart wall, turned into Mr. Staehlin’s master’s thesis. The idea never went any further until he decided to do some volunteer medical work in 1981. One of his daughters became a speech pathologist, and the other became a special education teacher and married a physical therapist.

“The ability to help people is here in this industry,” Mr. Staehlin wrote in a VME press release. “The question is not whether this effort is going to grow but how it’s going to grow.”

Mr. Staehlin was referred to a rehabilitation specialist at Good Samaritan Hospital, and he began to look for mechanical solutions to some of the problems. A few of his Westinghouse colleagues began to help, and by 1983 VME was incorporated.

VME currently has more than 200 volunteers and 50 active projects.

“You can’t overemphasize the value of the independence that VME gives to people,” one client said.▼

AQUATICS

(Continued from page 4)

applicable codes and laws relating to aquatics, therapy and rehabilitation; know and apply the limits of practice as they relate to base competencies within the medical system; and generally know basic reimbursement factors.

Both Ms. Blocki and Mr. Sears said the information contained in the standards regarding the principles of water and pool regulations will be particularly helpful to aquatic physical therapists.

“A lot of the information contained in this document is about things physical therapists learn during their first year of PT school,” Mr. Sears said. “The things that are different, and that I don’t believe a lot of physical therapists have exposure to, are those [specific] to aquatics and to treating someone in an aquatic environment — specifically regarding bathing codes, pool rules and regulations and the physics of treating someone in water.

“This is one good, solid piece of information that gives therapists an idea of what they need to understand when working in aquatics,” he added. “I find it is better when I am teaching another physical therapist about aquatics to educate him about the principles of water resistance and buoyancy, and then let him make his own clinical decisions for a patient based on that information.”

Ms. Blocki agreed.

“When we are in PT school, we are not expected to be at a pool and be concerned with the components of water and water safety,” she said. “We also need to add to our background in physics to understand how treatments work differently in water than on land.”

ATRI will use these standards as a basis to develop criteria for certification in aquatics.

The Aquatic Physical Therapy Section of the American Physical Therapy Association is currently developing guidelines specifically for aquatic PTs and PTAs.

Full definitions of each standard are available from ATRI. To receive a copy, send $10 (U.S. funds only) to ATRI, 1032 S. Spring Street, Port Washington, WI 53704; or fax ATRI at (414) 284-1944. Payment can be made by check, Mastercard or Visa. ▼
Certification Enhances Aquatic Therapy Careers

By Gina Taucher

Therapy practitioners have long used the water to treat their clients, but a certification that documents their aquatic therapy qualifications has only been available since 1998. The Aquatic Therapy and Rehabilitation Industry Certification from the Aquatic Therapy & Rehab Institute (ATRI) gives therapy practitioners a credential – ATRIC – that communicates their special skills to potential employers and clients.

WVU Pioneers Aquatic Therapy Emphasis Area

In fact, the ATRIC credential led to the development of an aquatic therapy emphasis area in the School of Medicine at West Virginia University (WVU) and an exciting career change for Paula Briggs, MS, ATRIC. The Aquatic Therapy Emphasis Area for Exercise Physiology majors was developed by Briggs, who was hired by WVU to develop and teach this pioneering program. It is the first aquatic therapy curriculum in a school of medicine in the US.

Early in her career, Briggs’ long-term interest in aquatics, combined with her Master’s Degree in Exercise Physiology, led her to Health South Rehabilitation Hospital in Morgantown, West Virginia, where she started the aquatic therapy program. The hospital’s association with WVU led Briggs to a part-time teaching position in the school of medicine, and eventually to the opportunity to develop the aquatic therapy curriculum.

A strong supporter of the Aquatic Therapy & Rehab Institute, Briggs has presented workshops at many of ATRI’s Aquatic Therapy Symposia. She was involved with developing the Aquatic Therapy and Rehabilitation Industry Certification and was among the first group to take the certification exam and become certified. Briggs credits her certification and the ATRIC credential with giving her the opportunity to develop the aquatic therapy curriculum at WVU.

Curriculum Contents

Designed to prepare students to take the ATRIC exam, the curriculum consists of three core courses and a professional field placement. Admission to the aquatic therapy emphasis area is competitive. Exercise Physiology majors who wish to enroll must submit an application that includes two references and a written essay on their career goals in aquatic therapy. Students enter the program in a group, limited in size to 30 students.

Those selected for the program take three courses totaling 15 credit hours: Theory of Aquatic Therapy, Application of Aquatic Therapy, and Aquatic Therapy Facility Management. After the course work, the students complete a 200-hour field placement at Health South Rehabilitation Hospital under Briggs’ supervision.

At the end of the program, students take the ATRIC Certification Exam. Briggs is proud to report that when the first group sat for the exam in 1999, 100% of the exercise physiology students passed. They received Aquatic Therapy and Rehabilitation Industry Certification along with their degrees in Exercise Physiology with an Aquatic Therapy Emphasis.

Briggs states, “The Aquatic Therapy Certification gives our Exercise Physiology graduates an added credential, ATRIC. Because we are such a credential-oriented society, these students have an extra advantage as they seek employment.”

Connections Benefit All

Briggs believes that WVU’s connection with a national organization of ATRI’s stature is of great benefit to the university. At WVU, the Exercise Physiology, Physical Therapy, and Occupational Therapy Divisions are all under the same umbrella in the School of Medicine. Although the aquatic therapy emphasis area is currently open only to Exercise Physiology students, Briggs believes that the program will be extended to PT and OT students at some time in the future, an occurrence in keeping with ATRI’s multi-disciplinary philosophy.

Briggs herself has benefited professionally since she developed the aquatic therapy curriculum. In May of 2000, she received the Aquatic Therapy Professional Award from ATRI in recognition of her role in developing the WVU program and in promoting aquatic therapy. The publicity she received as a result of this award led to offers of employment from other institutions. Because they wished to keep her, WVU countered with the offer of a full-time faculty position in the School of Medicine’s Division of Exercise Physiology.

“I truly believe that my affiliation with ATRI, my aquatic therapy certification, and the fact that I received the ATRI Aquatic Therapy Professional Award led directly to my success. Without ATRI, WVU would not have asked me to develop the aquatic therapy curriculum. I owe much to the organization for providing the credential that led to this career expansion.”

ATRI and the Aquatic Therapy and Rehabilitation Industry Certification

ATRI is a non-profit educational organization dedicated to the professional development of healthcare professionals involved with aquatic therapy. ATRI offers continuing education courses at conferences and workshops that will advance the knowledge and skills of the aquatic therapist. In addition, ATRI offers Aquatic Therapy and Rehabilitation Industry Standards and Certification, a Rheumatology Certification, and an AI Chi Certification. Membership in ATRI is also available, and ATRI publishes the Aquatic Therapy Journal two times each year.

The Aquatic Therapy and Rehabilitation Industry Certification establishes the standard by which competent, knowledgeable professionals in aquatic therapy...
and rehabilitation are recognized. The proliferation of specialties, combined with a highly mobile population, changes in health care, and technological developments that change at a rapid pace are all factors that have created a demand for nationally recognized methods of identifying competence in the wide range of aquatic therapy disciplines.

This multidisciplinary certification program is internationally recognized and allows practitioners to have their education and experiential qualifications evaluated through a formal review. The exams are developed following the national regulatory agencies’ process, which is designed to ensure validity, reliability and lack of bias. These are the three factors considered by the court of law when examining a certification.

ATRI’s Core Curriculum Committee

As part of her on-going involvement with ATRI, Paula Briggs co-chairs the ATRI Core Curriculum Committee. This committee was charged with developing a self-study curriculum to prepare therapy professionals to sit for the ATRI Aquatic Therapy Certification Exam. When developing the curriculum, the committee assumed that those who are preparing for the exam have no background in aquatics, although in fact many of those who sit for the exam have been involved with the aquatic therapy industry. Because candidates for certification belong to many different therapy disciplines, and have varying levels of experience with aquatics, the committee felt that the curriculum should consist of a comprehensive reading list.

This reading list, accompanied by participation in aquatic therapy workshops and conferences, such as ATRI’s Aquatic Therapy Symposium or Aquatic Therapy Specialty Institutes, prepare therapy practitioners to succeed on the ATRI Certification Exam, and to practice aquatic therapy in the 21st Century.

Resources
ATRI Exam
International Council for Aquatic Therapy and Rehabilitation Industry Certifications
2829 S. Montana Blvd.
Spokane, WA 99203
Phone: 425-444-2730
Fax: 509-747-8278
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About the Author:
Gina Taucer is the Assistant Editor of the Aquatic Therapy Journal, the semi-annual journal published by the Aquatic Therapy & Rehab Institute. A freelance writer and editor, Taucer’s clients, in addition to ATRI, include health care facilities, event planners, local governments, and educational institutions. She has had ten years of experience in the aquatics industry, serving as Managing Editor for AEA’s publication AKWA, and marketing coordinator for the Aquatic Therapy & Rehab Institute (ATRI).

ROSE COLORED GLASSES

Looking through "rose colored glasses" really does sooth the mood and the eyes. In fact, pink or purple tints can be worn by people with dyslexia to help ease their condition. But pink is not the color for sunglasses because it enhances the light, as do amber or yellow lenses which can cause eye strain in the bright outdoors. Best choices are black-gray and green-gray because they allow the full spectrum of colors evenly without distortion. Blue is the worst pick because it scatters the light. Cataract patients should choose brown for its softer tone. Polarized means a plastic film between the lenses that cuts off harmful glare and reflection.

Most prescriptive sunglasses today have UV protection built in, both for the UVA and UVB rays which are the next two highest wavelengths after ultra violet on the visible spectrum. Check for the word filtered on the tag (all other rays are naturally filtered out by the atmosphere). Transitional lenses (clear indoors/dark outdoors) have a slight gray hue all of the time, which is caused by indoor UV from fluorescent lighting. Best to wear at the computer, and for night driving to reduce the halo effect, are lenses with anti-reflection coatings that let in more of the light.

Source: ACCM Health Sense, Aug. 2000

FREE BULLETIN BOARD

Similar to picking up the phone and calling a friend with a question, I know that I can post an aquatic therapy related question to the ATRI Bulletin Board, and get a reply from trusted, experienced professionals. The network has served me in many areas, including Medicare issues, salary ranges, safety standards, and tidbits from Ruth Sova. It’s great to be so easily connected to a wide range of people with aquatic therapy knowledge and pool expertise.

Terri Mitchell, PTA
Austin, TX

When you subscribe to the Bulletin Board (it’s free) you’ll get the Aquatic Therapy Bibliography of Books free also. Be sure to use the letter L, not the number 1 when verifying. Go to www.atri.org to subscribe.