

## Clinical Competency Certificate

### Overview

The APTA Academy of Aquatic Physical Therapy Clinical Competency Certificate provides physical therapists and physical therapy assistants with a comprehensive study of the fundamental knowledge, skills, and abilities necessary to provide safe evidence-based patient care using the aquatic environment. Participants in this course will demonstrate clinical competency in aquatic physical therapy by completing a series of both written and practical skills tests.

This is the only certificate program sponsored by a component of the APTA specifically designed for the aquatic physical therapy professional.

Participants at this 3-day course will experience hands-on training to integrate skills and knowledge learned from the 7 online modules of the APTA Academy of Aquatic Physical Therapy Clinical Competency Certificate. Emphasis will be placed on handling techniques to give the participant confidence to apply their knowledge to a wide base of treatment applications. Participants will be challenged to maximize the effectiveness of their treatments utilizing the unique properties of water and pool equipment. A variety of aquatic therapy techniques will be demonstrated, and multiple case studies will aid the learner in understanding the aquatic therapy continuum from evaluation to discharge to wellness. Participants can expect to be in the pool for the majority of the course and will be tested on their handling skills as well as the integration of online and pool course material.

### In-Person Course Objectives:

1. Apply critical thinking to evidence-based practice to support the need for aquatic physical therapy intervention.
2. Recognize and respond to potential challenges prior to pool entry for specific patient populations.
3. Appropriately select pool equipment best suited for patient treatment goals.
4. Demonstrate the ability to logically progress exercise in the water.
5. Confidently handle patients of all types in the water in all depths and all positions.
6. Apply clinical interventions for gait and balance training in the water.
7. Integrate aquatic techniques for maximizing muscle performance during aquatic physical therapy treatments.
8. Demonstrate modifications to address possible sensory integration challenges when in an aquatic treatment session.
9. Develop and integrate individualized cardiovascular techniques based on the patient's needs.
10. Demonstrate a basic understanding of Halliwick, Bad Ragaz Ring Method, Watsu, Ai Chi, AquaStretch, Aqua Yoga, and Burdenko Method.

## Course Requirements

In order to receive the Clinical Competency Certificate, participants need to complete all 7 online courses AND the in-person course. The courses are as follows:

- Historical Perspectives
- Aquatic Billing and Documentation
- Pool Chemicals and Safety
- Risk Management
- Physics\*
- Physiology of Immersion\*
- Critical Thinking\*

In order to register for the in-person pool course, participants must complete the 3 online pre-requisite courses which are indicated above with asterisks.

## Cost

All courses listed below are online except the three day in-person course. The online courses can be taken when convenient for the learner. Also, if you purchase all 7 online modules at the same time, you can receive a 10% discount!

The three pre-requisite courses must be completed and passed by each participant prior to registering for the 3-day in-person course. The pre-requisite courses are Physics, Physiology, and Critical Thinking.

| Course   | Contact Hours | Member Rate | Non-Member Rate |
|--|---------------|-------------|-----------------|
| Historical Perspectives                        | 1             | \$0         | \$0             |
| Pool Chemicals & Safety                        | 1.75          | \$89        | \$126           |
| Risk Management                                | 2             | \$102       | \$144           |
| Billing and Documentation                      | 1.25          | \$75        | \$100           |
| Aquatic Physics*                               | 1.75          | \$64        | \$90            |
| Physiology of Immersion*                       | 3.5           | \$179       | \$252           |
| Critical Thinking & Aquatic Interventions*     | 4.25          | \$217       | \$306           |
| 3 Day in-Person Course                         | 25            | \$1060      | \$1,575         |
| Bundled Rate saves 10% for the online courses. |               | \$653.40    | \$916.20        |

\*Pre-Req completion required before registering for 3 Day in-person course