

## About the Instructor...

Internationally known speaker, **Peggy Schoedinger, PT**, is the owner of Aquatic Therapy Innovations, Inc. in Boulder, Colorado. Peggy has nearly 30 years of extensive experience developing comprehensive aquatic therapy programs for neurological, orthopedic, sports medicine and pediatric patient populations.



Since 1990, Peggy has taught over 500 aquatic therapy seminars for therapists at facilities across North America, South America, Europe, Australia, Africa and Asia. Every seminar is unique and tailored to the needs of each facility. Peggy teaches a full range of over 30 topics and techniques including Bad Ragaz, Halliwick, Watsu®, trunk stabilization, and aquatic manual therapy techniques for patients with neurological and orthopedic impairments.

Peggy is a certified Watsu instructor for levels I, II and III and an Advanced Jahara Technique Specialist. Peggy is also certified in Halliwick Levels I, II and Advanced Halliwick, the Bad Ragaz Ring Method and WaterDance.

In addition to her private practice and teaching, Peggy is an aquatic therapy consultant at multiple rehabilitation centers and a guest lecturer for university PT programs. Her frequent international trips allow her to stay abreast with the latest techniques and information from around the globe.

20 hours of great aquatic ideas!

3500 Vicksburg Lane #250, Plymouth, MN 55447 USA  
ADDRESS SERVICE REQUESTED

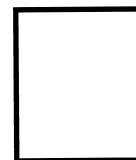


# Peggy Schoedinger's Hands-On Aquatic Training

For the SKILLED practice of  
aquatic therapy



NOVEMBER 13-15, 2009  
SIMSBURY, CONNECTICUT



# About this hands-on intensive seminar...

## SCHEDULE ~ Friday

2:30 PM ~ Registration  
3:00-4:45 ~ Clinical Decision Making: Land vs. Water; Active vs. Passive; Patient Treatment Videos and light dinner  
5:00-7:15 ~ Pool Lab with Passive and Active Techniques Based on: Aquatic Manual Therapy, Bad Ragaz (Ortho and Neuro Applications), Including Passive, Isometric, Isotonic Patterns for the Trunk  
7:15-7:30 ~ Energy Break  
8:00-9:00 ~ Continue Pool Lab

## SCHEDULE ~ Saturday

8:00-12:00 ~ Pool Lab with Active Techniques Based on: Bad Ragaz (Ortho and Neuro Applications for Upper Extremities, Lower Extremities); Prone with Mask and Snorkel; Halliwick (Ortho and Neuro Applications)  
12:00 PM ~ Lunch and class photo  
12:45-3:00 ~ Bad Ragaz Patient Treatment Videos and Discussion; Halliwick Patient Treatment Videos and Discussion  
3:00-5:30 ~ Pool Lab with Active Techniques Based on: Halliwick (Ortho and Neuro Applications)

**CURRENT ARN MEMBERS:  
Call to receive your discounted rate.**

**Cancellation policy:** ARN reserves the right to cancel seminar for low registration up to 30 days prior to seminar, so do not make travel plans until you receive confirmation notice. Registrant may cancel up to 14 days prior to seminar for a \$125 administration fee. Sorry, no refunds after that time.

## SCHEDULE ~ Sunday

8:00-10:30 ~ Pool Lab: Active Techniques in Shallow and Deep Water; Trunk Stabilization; Proximal Stability & Extremity Strengthening; Open and Closed Kinetic Chain Exercises; Functional Skills Training; Balance and Coordination  
10:30-10:45 Energy Break  
10:45 Continue Pool Lab with Passive Techniques Based on: Watsu (Ortho and Neuro Applications)  
1:00 PM ~ Lunch  
1:45-3:30 ~ Functional Skills Training Videos and Discussion; Watsu Patient Treatment Videos and Discussion

(Schedule subject to change without prior notice)

## CONFERENCE LOCATION

McLean Affiliates  
75 Great Pond Rd  
Simsbury, CT 06070



## OTHER INFORMATION

Seminar is appropriate for PTs, PTAs, OTs, COTAs, CTRs, ATCs. Other professionals call first.

All registrants will be awarded a **Certificate of Attendance** with contact hours, learning objectives, speaker bio and course outline. ARN has applied for **PT approval for 20 Contact Hours** from Connecticut. Call to verify approval status. OTs and PTs from outside Connecticut can use Certificate of Attendance to audit their respective state boards for credit.

**Registration Form (Simsbury)**  
Call (800) 680-8624 • Fax (888) 514-6133  
Or mail to Aquatic Resources Network  
3500 Vicksburg Lane, #250 Plymouth, MN 55447  
[www.aquaticnet.com](http://www.aquaticnet.com)  
[seminars@aquaticnet.com](mailto:seminars@aquaticnet.com)

Registrant Name: \_\_\_\_\_

Discipline/Title: \_\_\_\_\_

Facility/Dept Name: \_\_\_\_\_

Contact me at my:  Home  Business (listed below)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**PRICE FOR THE 3-DAY CLASS: \$595**

**Payment via:**  Check  Visa  Mastercard  Amex

Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Card #: \_\_\_\_\_

Exp Date: \_\_\_\_\_ CVC: \_\_\_\_\_

**Learning Objectives:** Upon completion of this course, participants will be able to:

1. Demonstrate an understanding of the underlying principles behind each aquatic therapy treatment approach so that the therapist is able to easily adapt techniques for each patient as appropriate.
2. Demonstrate an understanding of the indications and precautions in the use of Bad Ragaz, Watsu, Halliwick, aquatic manual therapy, trunk stabilization, and functional skills training for orthopedic and neurologic patient populations.
3. Understand the unique benefits of the aquatic environment, and use aquatic therapy techniques to decrease hypertonicity, increase ROM, decrease pain, improve trunk stability, improve balance and proprioception, and improve functional skills.
4. Design integrated and comprehensive aquatic treatment programs for neurologic and orthopedic patient populations incorporating and blending a variety of aquatic therapy techniques, and utilizing each technique at the appropriate stage in rehabilitation.
5. Use and modify different positions and activities in the water to first assist and then challenge each unique patient by utilizing metacentric effects, turbulence and buoyancy.
6. Demonstrate handling skills for patients in the water which maximize each patient's learning experience and thereby improve the patient's pre-functional component skills and functional skills. ■