



Rae Martin

Functional Hydrotherapy

Movement in Water to Assist Day-to-Day Functions

Introduction

CASE 1 *Alexey* - aged 4 - left hemiplegia following a stroke

- the value of play
- developing resilience
- clarity of hand positions for tactile instruction

CASE 2 *Dale* - aged 8 - Cerebral Palsy with Multiple Disabilities

- support positioning for safety and security- flotation devices are a last resort
- using rhythm and buoyancy to decrease muscle tension

CASE 3 *Malcolm* - aged 55 - Head Injury at 15

- sea-weeding
- soft movements for propulsion with the hands
- hip joints for sitting to standing

4 *Technique* - Sea-weeding

CASE 5 *Tom* - aged 20 - Cerebral Palsy

- alignment for floating
- sea-weeding
- using mobility in ribs and spine for learning propulsion
- rolling for function

CASE 6 *Wendy B* - aged 55 - Stroke, left hemiplegia

- learning to roll and find stability in shallow water
- face in and breathing for confidence
- recovery to standing
- independence - back floating with propulsion
- freestyle and inclusion

7 *Technique* - Rolling

CASE 8 *Karime* - aged 14 - Cerebral Palsy, Hearing impaired

- sitting to standing
- changing body shape through flexion and extension
- rhythm of breathing
- rolling – vertical and horizontal
- developing independence through rolling and recovery

CASE 9 *Jon* - aged 35 - Shark attack, nerve and muscle loss to right lower arm, multiple surgery and skin grafts to trunk and arm

- integrating new skin and tissue
- rediscovering sensation and movement
- regaining strength fitness and vitality

CASE 10 *Skye* - aged 5 - Cerebral Palsy

- a refusal to have the face in the water- overcoming a hurdle in learning through creative flexibility, not confrontation
- fostering self motivation

CASE 11 *Frank* - aged 70 – Transverse Myelitis, widespread paralysis

- standing in water to learn weight bearing movements with extra support from buoyancy
- kneeling
- rhythm and fluency of swimming to discover natural movement, fitness and well-being

12 *Pain* - some strategies

Archived Resources - 1 x Video DVD in case