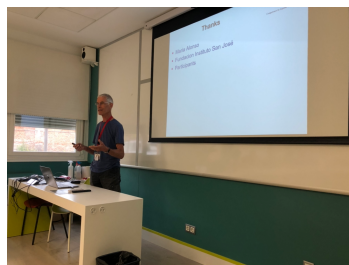


## Press Release

The association IATF was able to meet a face-to-face lecturer's meeting for the first time after Covid, in conjunction with the annual General Meeting. We met in the Fundación Instituto San José in Madrid, with its beautiful and spacious pool at May 14 and 15.

Not everybody could come, but information from the meeting has been shared with all IATF members. We were able to mix PP presentations and pool labs at Saturday and Sunday morning.



The innovative scientific programme included the first pool presentation of AquaQigong by Felix Castellanos from Valencia. AquaQigong has been developed based on Qigong routines related to Traditional Chinese Health Care exercises, among which Wu Qin Xi (Five animal Qigong, and allows more variations in speed, muscle power, muscle contractions and curvilinear movements than Ai Chi. Development towards clinical applications is still in process. A small introduction in class by a long period in the pool in which Felix guided us through the 20 Taolu's.

Conceição Graça from Porto presented highlights from her PhD researches about aquatic therapy for painful shoulder of older adults based on dual media kinematic analysis. Flotation aids (noodle or belt) influence how arms are used during intentional and not-intentional movements in terms of range of motion. Another important finding that was presented is the importance of ongoing aquatic programmes to prevent disuse of painful shoulders.

Optimizing aerobic aquatic exercise in patients with neurological disorders was the title of a presentation by our colleague from Madrid, Javier Guëita. Important take-home messages are that therapist guided aquatic exercise with FITT principles generate cortical excitability, supporting neuroplasticity, task performance and skill retention. An aerobic part should be included in the session in order to increase cerebral blood flow as mediator of these changes

Dipti Patil from Mumbai chose to present a case study of the effect of aquatic therapy the on cardio-respiratory system in a child with a SEPN1 Related Myopathy. The child, with a severe scoliosis was able to increase her vital capacity with 20%, most probably because of the intensive focus on forced respiration parameters.

Eugenia Hernández joined by Zoom from Washington DC to discuss the possibilities that Water Specific Therapy can offer to symptom-contingent activity pacing strategies in persons with the post-Covid syndrome in



whom persistent fatigue (and post exertion malaise) is the main problem. WST can be used to induce processes of embodiment and (aquatic) self-efficacy, rather than a graded activity process.

Johan Lambeck from Geneva gave an example of a critical appraisal as will be used for the IATF journal club that will start per September. Topics like

- clinical effect sizes of the BBS and the TUG
- baseline characteristics, research hypotheses and reference articles
- the intervention: similarities and inconsistencies
- deviating values (related to norm values) in BBS and TUG
- dosage

were discussed, based on an article published by Sá & Palmeira in 2019

The Sunday morning programme was covered by Urs Gamper from Vilters and Johan Lambeck with their pool labs about newly developed balance test inside a pool (unipedal stance, functional lateral reach, one sided tuck jump for power) and about the use of executive functions (move and think: play).

The lecturer meeting came to an end after the explanation by Gamper and Lambeck of their expert opinion paper about enhancing quality of aquatic therapy for stroke patients.

Suggestions on what to include in clinical practice and research came from missing elements in 31 RCT's, varying from mismatches between intervention ad measurements, insufficient dosage, to descriptions of correction during gait patterns etc.

We would like to express our gratitude to Maria Alonso Fraile, responsible for the aquatic therapy department of the Fundación Instituto San José. She organized all logistics during the weekend and showed once again to be an incredible host.

On behalf of the Association IATF  
Johan Lambeck

