

**Friday June 21st 2024**

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| 11:30-12:20 | Registration with tea / coffee / packed lunch |  |
| 12:20-12.30 | Opening Address | Sarah Wratten, United KingdomJohan Lambeck, The Netherlands |

Plenary Session 1: Pool activity influences neuronal networks

Chair: Oliver Krouwel, United Kingdom

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| 12:30-13:30K1 | Lifestyle & chronic pain: opportunities for aquatic therapy | Jo Nijs, Belgium |
| 13:30-14:30K2 | Water immersion for promoting sensorimotor neuroplasticity | Daisuke Sato, Japan |

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| 14:30-15:00 | Tea break and poster session: series 1 (please scroll down to see allocations) |

Plenary Session 2: Oral presentations 1-5

Chair: Johan Lambeck, The Netherlands

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| 15:00-15:12O1 | Considerations for aquatic high intensity interval training to improve exercise capacity in adults with rheumatic musculoskeletal diseases- the aquahigh randomised controlled trial | Heidi Bunæs-Næss et al, Norway |
| 15:12-15:24O2 | The effect of ai chi on executive functions, prefrontal activation, and autonomic nervous system in healthy elderly | Pei-Hsin Ku et al, Taiwan |
| 15:24-15:36O3 | Stroke toolkit for aquatic rehabilitation and recreation therapy (STARRT): the process of a participatory design | Andresa Marinho-Buzelli et al, Canada |
| 15:36-15:48O4 | Comparison of aquatic physical therapy protocols in the gait of children with cerebral palsy: randomized and blinded control trial | Caio Castro et al, Brazil |
| 15.48-16.00O5 | Effect of water- and land-based exercise on lung function in children with post covid-19 condition: a randomized controlled trial | Anna Ogonowska-Slodownik et al, Poland |

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| 16:00-16:30 | Tea break and poster session: series 2 |

Plenary Session 3: Research, measurements, and the transfer into practice

Chair: C G Prashanth, Qatar

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| 16:30-17:15K3 | Artificial intelligence in aquatic exercise | Ben Waller, United Kingdom |
| 17:15-18:00K4 | Spotlight on people with low back pain and on falls prevention | Stelios Psycharakis, United Kingdom |



**Saturday June 22nd 2024**

Plenary Session 4: Go to the future in clinical applications

Chair: Caroline Barmatz, United Kingdom

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| 09:15-10:00K5 | Aquatic therapy for Parkinson’s disease: international evidence based guidelines  | Louise Carrol, Ireland |
| 10:00-10:45K6 | Beyond guidelines and biomechanics to empowering people with hip and knee osteoarthritis to move for optimal outcomes in aquatic therapy | Sophie Heywood, Australia |

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| 10:45-11:15 | Tea break and poster session: series 3 |

Plenary Session 5: Oral presentations 6-10

Chair: Daisuke Sato, Japan

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| 11:15-11:27O6 | Development of an Aquatic Observation Instrument for Children with ASD: reliability and validity | Patty van ‘t Hooft et al, The Netherlands |
| 11:27-11:39O7 | Acute effect of moderate-intensity aquatic treadmill exercise on cognitive function and cerebral blood flow for healthy elderly: a randomized controlled trial | Billy So et al, Hong Kong |
| 11:39-11:51O8 | The acute effect of an aqua-pilates fitness class using floating exercise mats on static balance parameters | Marianna Kotzamanidou et al, Greece |
| 11.51-12:03O9 | Importance of aquatic exercise in a community based musculoskeletal wellness solution | Ben Waller et al, United Kingdom |
| 12.03-12.15O10 | Effect of aquatic therapy on cardio-respiratory endurance and quality of life in adolescent and young adults cerebral palsy | Dipti Patil et al, India |

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| 12:15-13:15 | Lunch |

Plenary Session 6: The continuum of change

Chair: Alison Bonnyman, Canada

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| 13:15-13:45K7 | Energy usage and savings in a hydrotherapy pool | Ian Ogilvie, United Kingdom |
| 13:45-14:00 | Open Forum about the keynote |  |
| 14:00-14:30K8 | From molecule and cell to behavioral change. Clinical applications of neurophysiology of immersion + aquatic exercise  | Javier Güeita, Spain |
| 14:30-15.00K9 | Clinical QiShui: a coordinative and myofascial aquatic therapy concept | Urs Gamper, Switzerland |

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| 15:00-15:30 | Tea break and poster session: series 4 |

Pool Session 1

Chairs: Eugenia Hernández, United States and Sarah Wratten, United Kingdom

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| 15:30-16:10Pool 1 | Beyond guidelines and biomechanics to empowering people with hip and knee osteoarthritis to move for optimal outcomes in aquatic therapy. | Sophie Heywood, Australia |
| 16:10-16:50Pool 2 | Clinical applications of neurophysiology | Javier Güeita, Spain |
| 16:50-17:30Pool 3 | Aquatic gamification: move and think | Johan Lambeck, The Netherlands |



**Sunday June 23rd 2024**

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| 09.00-09.15 | Poster session: series 5 |  |

Pool Session 2

Chairs: Rosane Barroso, Qatar and Sarah Wratten, United Kingdom

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| 09:15-10:00Pool 4 | Aquatic Physiotherapy in clinical practice: individual single case presentation | Jacqueline Pattman, United Kingdom |
| 10:00-10:45Pool 5 | AquaQiShui | Felix Castellanos, Spain |

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| 10:45-11:15 | Tea break and poster session: series 6 |

Plenary Session 7: The dose makes whether a thing is poison (Paracelsus, 1493-1541)

Chair: Sarah Wratten, United Kingdom

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| 11:15-11:45K10 | Aquatic Physiotherapy in clinical practice: individual neuro single case studies – using film footage | Jacqueline Pattman, United Kingdom |
| 11:45-12:15 | The future of aquatic therapy: closing words | Sarah Wratten, United KingdomJohan Lambeck, The Netherlands  |

**Poster sessions**

**Friday June 21st 2024**

**Series 1** (Poster booth 1-4)

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| 14:45-14:55PB 1 | The physical fitness comparison between water-based aerobic exercises and other aquatic interventions in older adults: a meta-analysis (P1). | Christine Albertson, Brazil |
| 14:45-14:55PB 2 | Added effects of aquatic therapy on functional abilities on pontine stroke – a case study (P21). | Harshvi Dedhia, India |
| 14:45-14:55PB 3 | A contribute of dual media kinematic analysis for shoulder movement on deep water exercises (P20). | Maria Conceição Graça, Portugal |
| 14:45-14:55PB 4 | Comparison of energy expenditure of individuals with Duchenne muscular dystrophy in the sitting posture on the ground and in water (P12). | Caio Castro, Brazil |

**Series 2** (Poster booth 1-4)

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| 16:15-16:25PB 1 | The long-term adaptations of a combined swimming and aquatic therapy intervention in an adult person with high-functioning autism: a case study (P3). | Marianna Kotzamanidou, Greece |
| 16:15-16:25PB 2 | Piloting quantification and analysis of aquatic resistance training (P2). | Eunan McShane, United Kingdom |
| 16:15-16:25PB 3 | Research methodology: effects of aquatic therapy for stroke survivors (P6). | Kornélia Krausz, Hungary |
| 16:15-16:25PB 4 | Development and feasibility of a swimming programme as a rehabilitation modality for people with chronic low back pain: a mixed methods project (P24). | Helen Oakes, United Kingdom |

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**Saturday June 22nd 2024**

**Series 3** (Poster booth 1-4)

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| 11:00-11:10PB 1 | Using the FITT principle to inform aquatic therapy practice after stroke: a scoping review (P17). | Alison Bonnyman, Canada |
| 11:00-11:10PB 2 | Impact of key performance indicator on efficiency in an aquatic therapy facility as quality performance metric – an experience from QRI (P11). | Gopal Prashanth, Qatar |
| 11:00-11:10PB 3 | Learning aquatic skills? Stay balanced (P13). | Patty van 't Hooft, The Netherlands |
| 11:00-11:10PB 4 | The acute effect of Bad Ragaz Ring Method lateral flexion pattern on the thoracolumbar fascia indention parameters (P16). | Vassilios Panoutsakopoulos, Greece |

**Series 4** (Poster booth 1-4)

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| 14:45-14:55PB 1 | Aquatic based therapy interventions for children with autism spectrum disorders: a mixed methods systematic review (P10). | Tanvi Shah, United Kingdom |
| 14:45-14:55PB 2 | Implementation considerations of aquatic therapy post-stroke: a qualitative study (P15). | Andresa Marinho-Buzelli, Canada |
| 14:45-14:55PB 3 | Can aquatic exercise improve brain function in disabled persons? A primary quantitative research (P4). | Evangelia Sanida, Greece |
| 14:45-14:55PB 4 | Effect of detraining and training on balance performance, strength, and pain in older adult users of aquatic physiotherapy (P22). | Maria Conceição Graça, Portugal |

**Sunday June 23rd 2024**

**Series 5** (Poster booth 1-3)

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| 09:00-09:10PB 1 | Aquatic therapy in congenital malformation during use of external fixator for bone lengthening: is it possible (P7). | Caio Castro, Brazil |
| 09:00-09:10PB 2 | The power of water – optimizing water and exercise for vascular health (P14). | Jacob Tennant, United Kingdom |
| 09:00-09:10PB 3 | Case report: hydrotherapy rehabilitation of a post COVID-19 patient with muscle weakness (P9). | Caroline Barmatz, United Kingdom |

**Series 6** (Poster booth 1-3)

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| 11.00-11:10PB 1 | The effectiveness of aquatic exercises on functional mobility and motor impairments in patients with Parkinson’s disease: a systematic review (P23), | Samruddhi Naikwad, Scotland |
| 11.00-11:10PB 2 | Feasibility of aquatic therapy for balance in spinal cord injury patients with less than 6 month of evolution (P18). | Raquel Menchero, Spain |
| 11.00-11:10PB 3 | Acute effect of resistive aquatic high intensity interval training and aquatic high-intensity interval training on metabolic cost and perceived effort in active adults (P19).  | Billy So, Hong-Kong |