



Aqua Lymphatic Therapy The Tidhar Method ®

Training Program with *Dorit Tidhar* (MScPT, ALT, CLT)

June 17-23, 2012 - Aldershot Pool, Burlington, Ontario

with ***Dorit Tidhar*** (M.Sc.PT, ALT, CLT)

Was trained in lymphedema therapy by Prof. Judith Casley-Smith in 1999 and was certified by her as a teacher in Self Management and Exercise for Lymphedema in 2003. Dorit designed a program of Aqua Lymphatic Therapy to help people who suffer from lymphedema maintain and improve the results of conventional treatment and conducted a RCT to examine this method. Dorit is an active member of the steering committee of the Israel Lymphatic Therapy Interest Group of Physiotherapists. She has published 5 articles in scientific journals. She is now working at the McGill University Health Centre's Lymphedema Clinic in Montreal as a clinician and an instructor. She is coordinator of the educational program for lymphedema therapists, physiotherapists and nurses in various subjects related to lymphedema.

Course Prerequisite: Certification to practice Combined Decongestive Therapy (CDT) (CLT).

PROGRAM SUMMARY

Course objectives: The therapist will be able to implement the principles of the aqua lymphatic therapy with a group of lymphedema patients, while assessing the impact of the treatment on each patient and thereby tailoring programs to the individual. The therapists will be able to train their patients in aqua lymphatic therapy for self management of lymphedema

Day 1 (9am-5pm):

Measurement Workshop (See separate outline attached)

Day 2 (9am-5pm):

am: Lymphedema therapy, the maintenance problem, brief overview of the lymphatic system, principles of lymphedema therapy and exercises.

pm: The properties of water, physiological responses to immersion and exercises in the water, contraindications, effect on lymphedema.

Day 3 (8:30am-5pm):

am: Principles of Aqua Lymphatic Therapy. ALT for arm lymphedema

pm: Pool practice session - arm lymphedema.

Day 4 (8:30am-5pm):

am: Clinical reasoning in Aqua Lymphatic Therapy include working on the excel program that designed for evaluation the ALT results (immediate and long term) .

pm: Pool practice session - arm lymphedema.

Day 5 (8:30am-5pm):

am: Lymphedema of the leg - principles of aqua lymphatic therapy. use of hydrotherapy in orthopaedic patients for minimizing edema One-on-one therapy – principles, thoughts and ideas; how to combine the aqua lymphatic therapy with conventional treatment

pm: Pool practice session - leg lymphedema

Day 6 (8:30am-7:30pm):

Am: Research in ALT, the. Quality of life and lymphedema, Creating a therapy group; lectures, pamphlets, connecting with professionals; Pool requirements (temperature, license, equipment, music, protective cream etc.); Theoretical examination.

PM: Pool practice: leg lymphedema, one on one, creating exercises according the principles of ALT

Day 7 (8:30am-3:30pm):

am: Pool practice session. Practical examination

pm: Pool practice session - leg lymphedema, arm lymphedema. (practice according to case studies) One-on-one therapy..

There could be changes in the program.

Material that will be delivered : ALT lamination sheets, booklets of all the exercises, and the course DVD's (contains presentations of the lectures and video clips of all the ALT exercises that are taught in the course, articles, presentation for marketing an ALT group, excel files, illustration of exercises. etc').

On the 1st and 4th day we will work on computers, please see that you have a lap top available. If not, please notify us and we will arrange one or find you a partner.

For the pool sessions, you will need: goggles, swimming cap, and a clipboard.

Washrooms are available on site if you wish to change or shower after the pool sessions.