

Water Specific Therapy

- The next slides will show some examples of WST in activating/using an impaired leg
- Progression:
 - Leg function: reactive/automatic to active
 - Open chain to closed chain
 - ICF Function level to Activity level
 - Use of various fluidmechanical effects, like metacentric effects, turbulence and waves
- By Johan Lambeck and Urs Gamper



ICF: Function level

Longitudinal Rotation Control

Open Chain

Reactive leg function in extension

Metacentric effects





ICF: Function level

Sagittal Rotation Control

Closed Chain

Reactive leg function in abduction and adduction

Metacentric effects

Turbulence





ICF: Function level

Sagittal Rotation Control

Longitudinal Rotation Control

Closed chain, distal hold

Reactive leg function in flexion and extension

Metacentric effects



ICF: Function and Activity levels

Combined Rotation Control

Swimming in side lying

Relative closed chain

Active leg function in extension and flexion (Bad Ragaz Ring Method alike)

Reactive leg function in extension and flexion of leg without fin

Turbulence



ICF: Activity level: standing up

Transversal Rotation Control

Combined Rotation Control

Closed chain (stance leg)

Active leg function while standing up

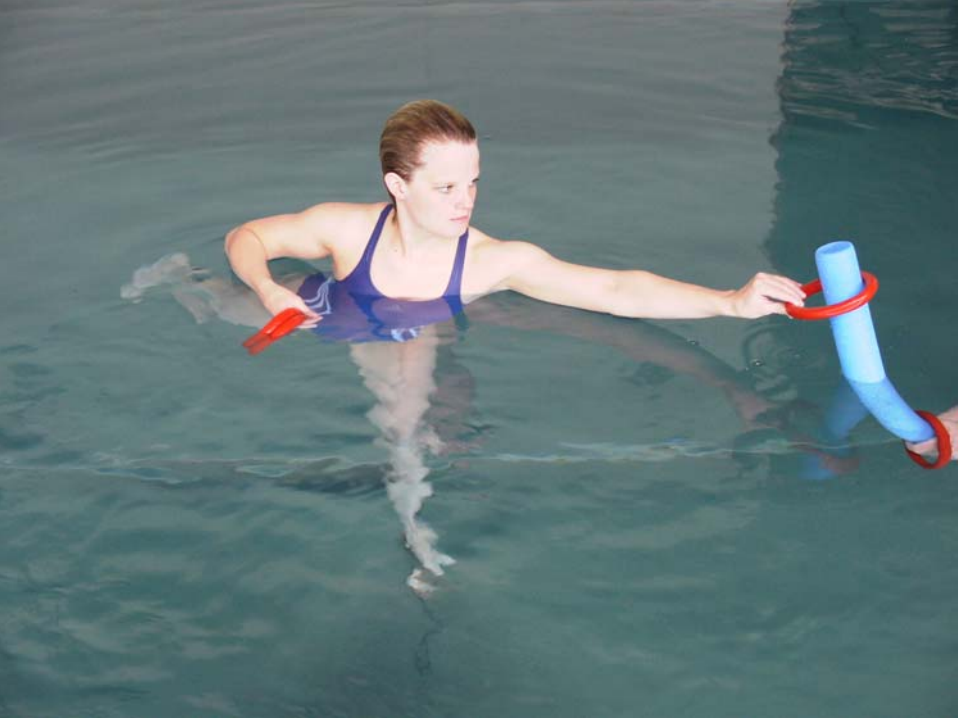
Reactive leg function when balancing

Metacentric effects





- ICF: Activity level: squat, stand**
- Combined Rotation Control**
- Transversal Rotation Control**
- Closed chain**
- Reactive leg function in various directions**
- Turbulence by the therapist**
- Turbulence by the patient**



ICF: Activity level: walk, reach

Combined Rotation Control

Transversal Rotation Control

Closed chain

**Reactive leg function of stance leg
in various directions**

Metacentric effects

Turbulence





Continuation of WST exercises and activities:

Ai Chi

An obstacle course

(www.ewac.nl)

