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)