

## ***Saga Aquatic Physical Therapy and Rehabilitation***

According to IHA, The Halliwick Concept is an approach to teaching all people, in particular, focusing on those with physical and/or learning difficulties, to participate in water activities, to move independently in water, and to swim. Based on that idea, Saga Aquatic Physical therapy and Rehabilitation started to teach Halliwick lesson on those people who are afraid of water, due to a trauma of the past. Our aquatic physical therapy team conducts individual and group lessons based on the Program of 10 points.

Classes are offered for people who have a disability or not. Currently there was a demand for classes to adults without physical or cognitive disabilities. They are men and women with the objective is lose their fear of water and learn to swim.

Some reported trauma due to near drowning in adolescence and since that time just get in to the pool or sea until the deep foot are on the floor and feel insecure all the time. Moreover, others has discomfort even with the shower water on the face or fear of water just and now want to win fear, and have safety in the water and enjoy the pool or sea with friends and family.

Today we have five swimmers at different stages of learning, we noticed a rapid adaptation to the water, like breath control, little support during activities, confidence and security to acquire the skills and body control in the water through the Program of 10 points.

The next step is to join the swimmers together for group activity and through games, music, recreational activities ensure they acquired skills and continuing to teach swim strokes with physical educators of Saga.



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