

THERMAL HYDROTHERAPY AS AN ENVIRONMENT AND FIELD OF PRACTICE FOR THE PHYSICAL THERAPIST IN BRAZIL

THE 70TH GENERAL ASSEMBLY AND INTERNATIONAL SCIENTIFIC CONGRESS OF THE WORLD FEDERATION OF HYDROTHERAPY AND CLIMATOTHERAPY (FEMTEC) "THERMAL CLUSTERS" Status, proposals, and strategies for health care and local development ISCHIA PORTO (NAPLES, ITALY), 15 - 20 October 2017

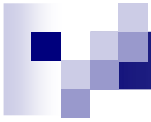


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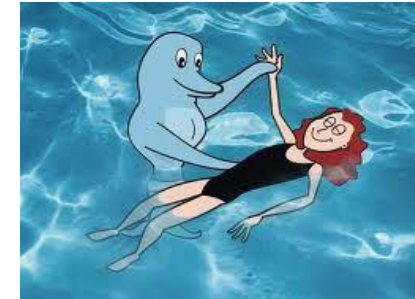
CTIVE:

**TO PRESENT AN ANALYSIS
OF THE PHYSICAL
THERAPIST PRACTICE IN
HYDROTHERMAL SPACES IN
BRAZIL.**



HYDROTHERAPY

**PHYSICAL THERAPY
- PT: TRAINING AND
PROFESSIONAL
ACTIVITIES**



**AQUATIC
PHYSICAL
THERAPY**

**THERMAL PLACES
IN BRAZIL**

(ISRAEL,1993; ISRAEL,2013)



**IN BRAZIL,
PHYSICAL THERAPY SEEKS TO
ASSOCIATE THE THERAPEUTIC
BENEFITS AND THE PROMOTION OF
HUMAN HEALTH WITH THE
HYDROTHERMAL AQUATIC RESOURCE.**



**TREAT THE PEOPLE'S
MOVEMENTS**



PHYSIOTHERAPY WORKS FOR THE HEALTH OF THE MOVEMENT AND HUMAN POSTURE FOLLOWING THE BIOPSYCOSOCIAL MODEL (ICF)



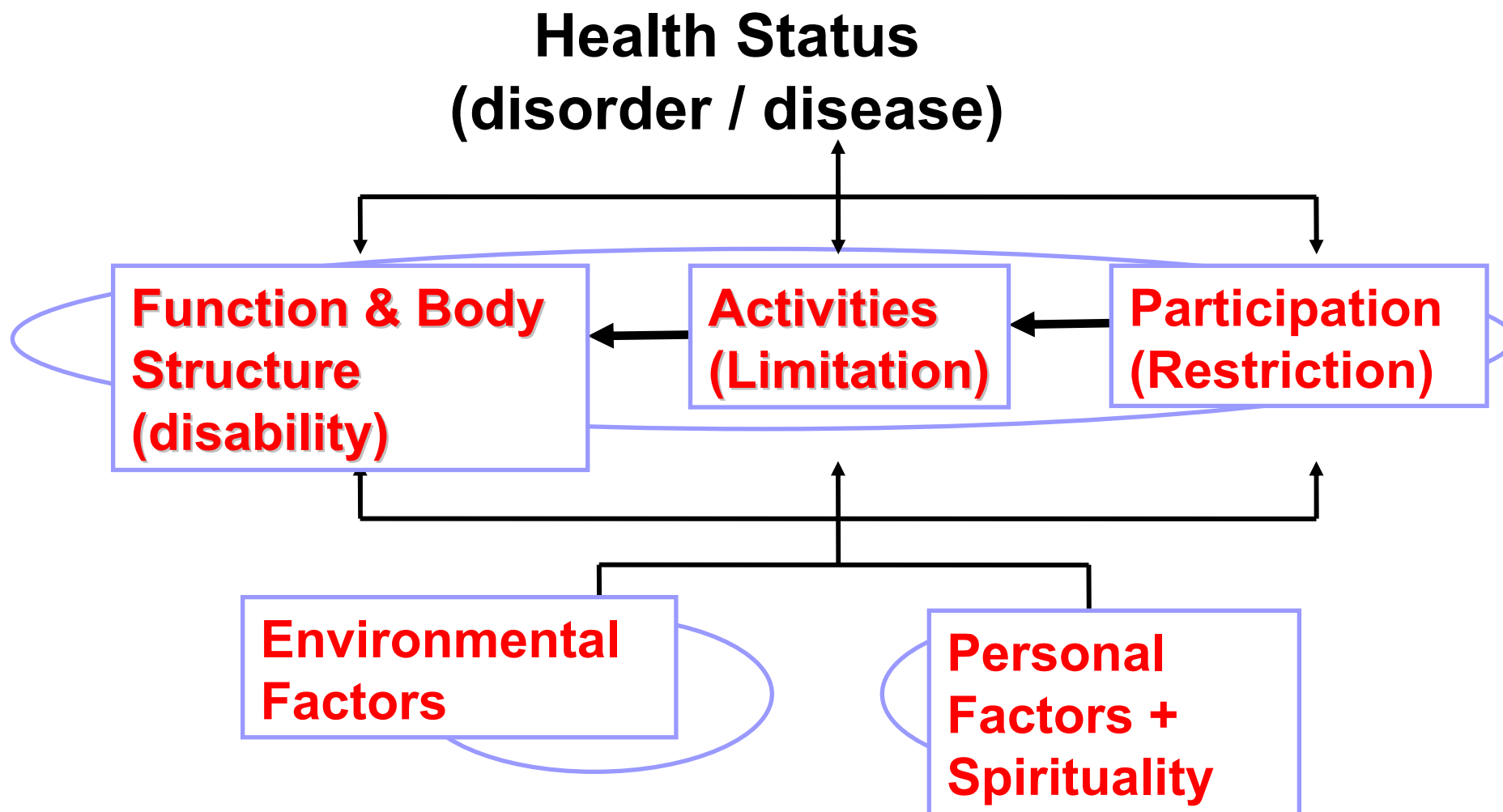
ICF (OMS, 2003)

- HEALTH INFORMATION



Interaction of Concepts

CIF 2001-2015



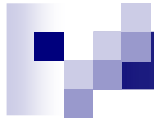


METHOD

- 4 THERMAL INSTITUTIONS (BRAZILIAN SOUTH AND SOUTHEAST): THERMALISM FROM HOT SPRINGS TO SPA HYDROTHERAPY
- APPROVAL BY THE ETHICS COMMITTEE
- , FOUR TYPES OF QUESTIONNAIRE WERE ADMINISTERED TO FOUR GROUPS: PHYSICAL THERAPISTS (N=5), USERS (N=34), MANAGERS (N=6), AND OTHER HEALTH PROFESSIONALS (N=11).

PRINCIPAL TOPICS: PRACTICE OF PHYSICAL THERAPISTS IN THE THERMAL ENVIRONMENT, CONCEPTS OF COMPREHENSIVE HEALTH CARE, AND COMPLEMENTARY AND INTEGRATIVE HEALTH PRACTICES.

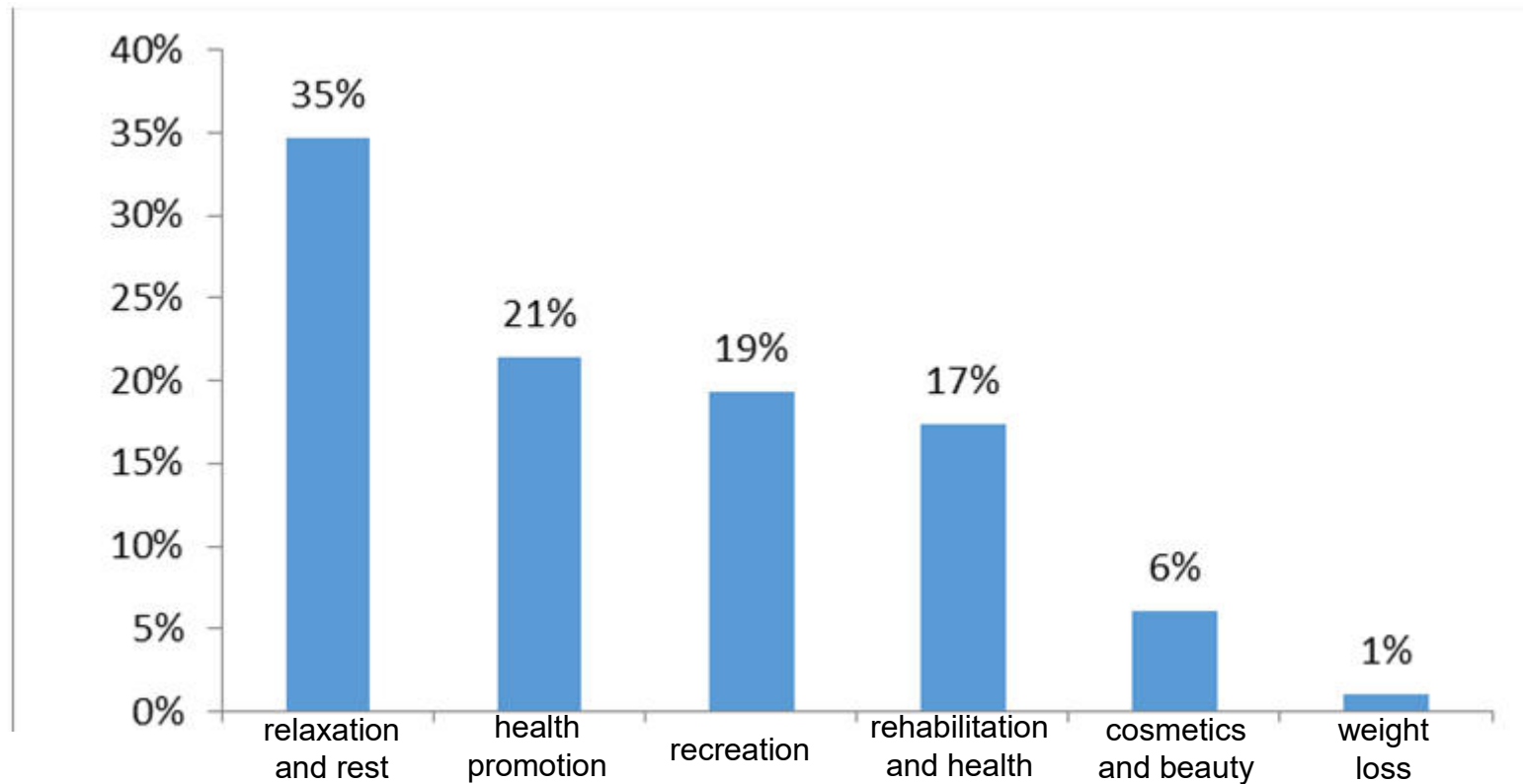
- THE DATA WERE ANALYZED QUALITATIVELY THROUGH CONTENT ANALYSIS AND ADDITIONALLY WITH DESCRIPTIVE STATISTICS.



MAIN RESULTS

THE PRACTICE OF THE PHYSICAL THERAPIST IN THERMAL HYDROTHERAPY AS BEING ORIENTED PRIMARILY TO REHABILITATION, ALTHOUGH PREVENTION AND HEALTH PROMOTION INTERVENTIONS WERE ALSO IDENTIFIED.

FIGURE 1. PERCENTAGE RELATIVE FREQUENCY OF USERS' USE OF HYDROTHERMAL FACILITIES.



OBJECTIVE OF USE OF HYDROTHERMAL INSTITUTIONS

FIGURE 2. PERCENTAGE RELATIVE FREQUENCY OF ACTIVITIES PERFORMED BY USERS IN THERMAL INSTITUTIONS.

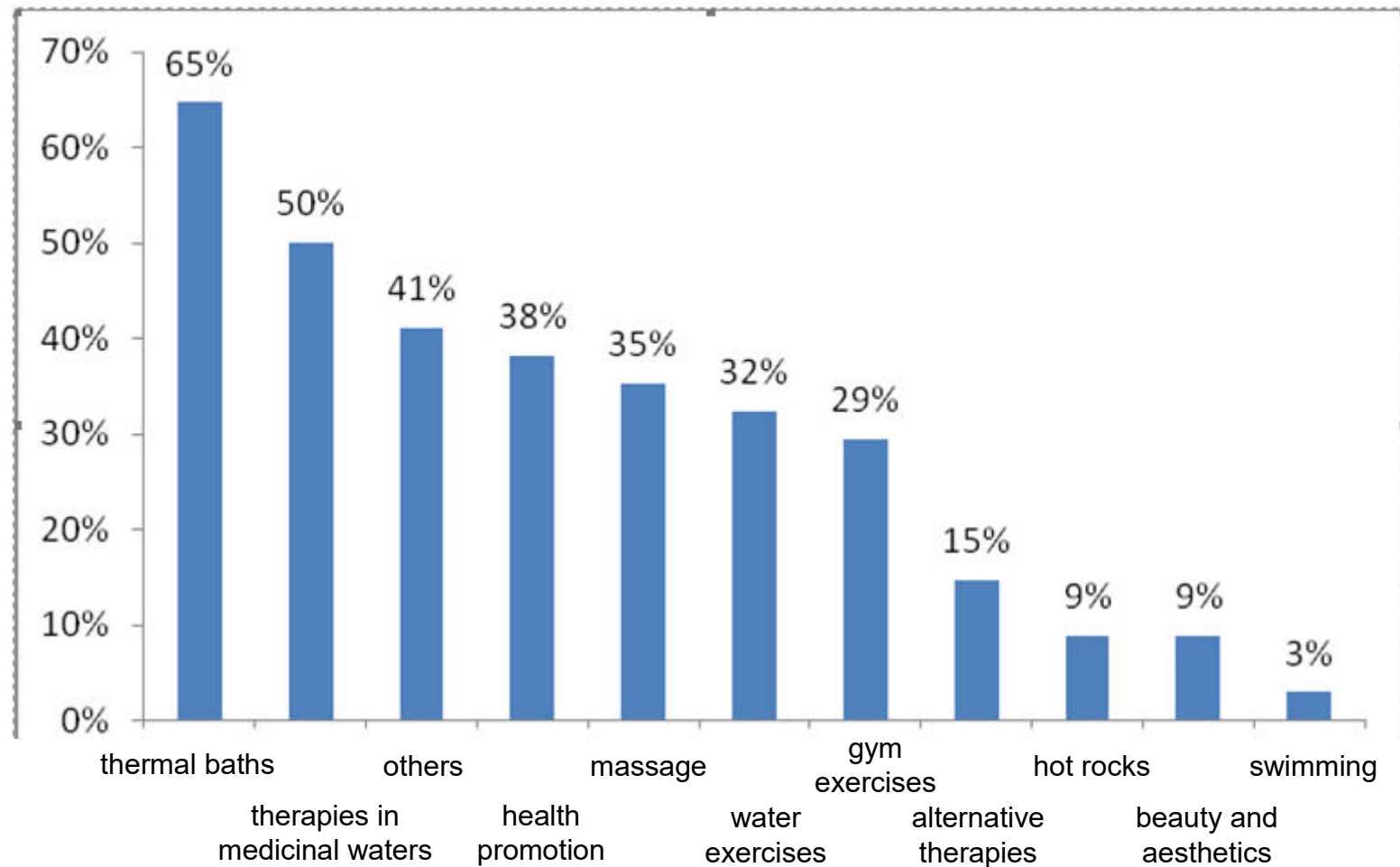
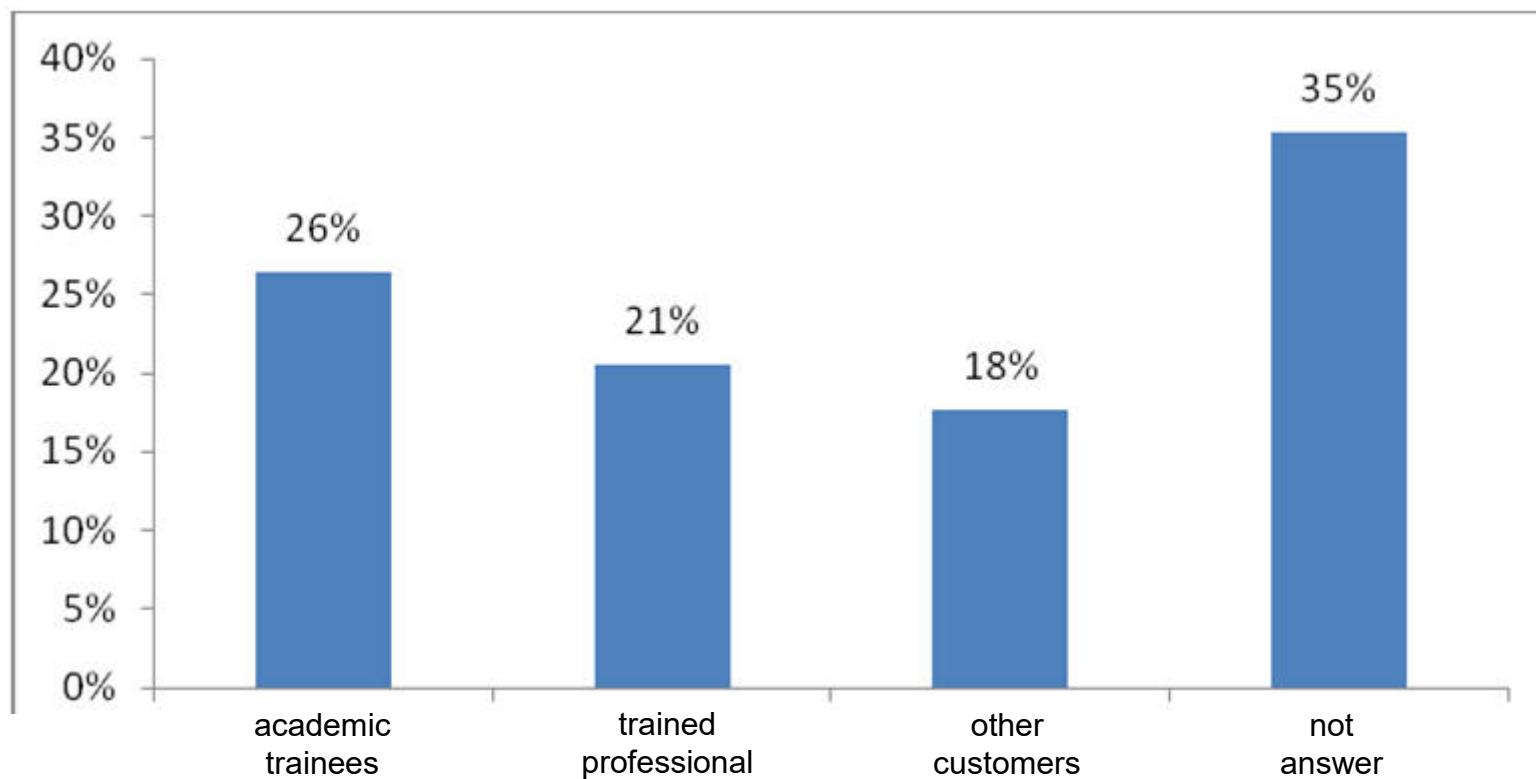


FIGURE 3. PERCENTAGE RELATIVE FREQUENCY OF MONITORING OF ACTIVITIES PERFORMED BY USERS IN THERMAL INSTITUTIONS.



AQUATIC PHYSICAL THERAPY - SOME EXAMPLES OF PRACTICES



AQUATIC PHYSICAL

THERAPY: hydrothermal practice in a heated pool above 33 ° C

Planning:

- Aquatic assessment (AFAS, Israel; Pardo, 2014)
- Therapeutic and functional objectives
- Programming exercises in the Phases of Aquatic Intervention (Israel; Pardo, 2000 and 2006)
- Registrations and periodic control
- Professional work including family members
- Physical research on aquatic issues



Key Strategies in Aquatic Physical Therapy



- Exercises in different positions and postures (1)
- Diversity of functional movements (2)
- Water exercise as neuroprotection (3)
(Petzinger *et al.*, 2013)
- Individual or small groups (4)

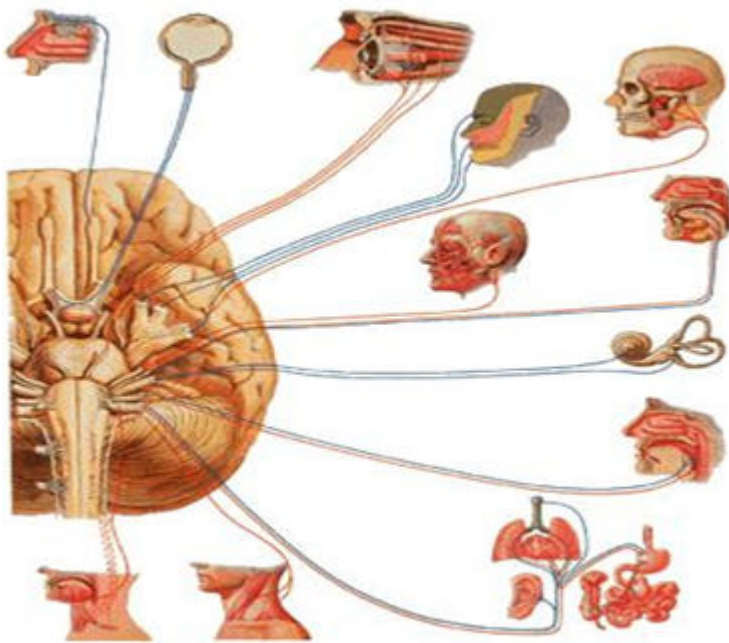
Exercises in different positions and postures (1)



Diversity of functional movements (2)

MULTISENSORIAL AND INTEGRATING MOTOR STIMULATION

cranial nerves

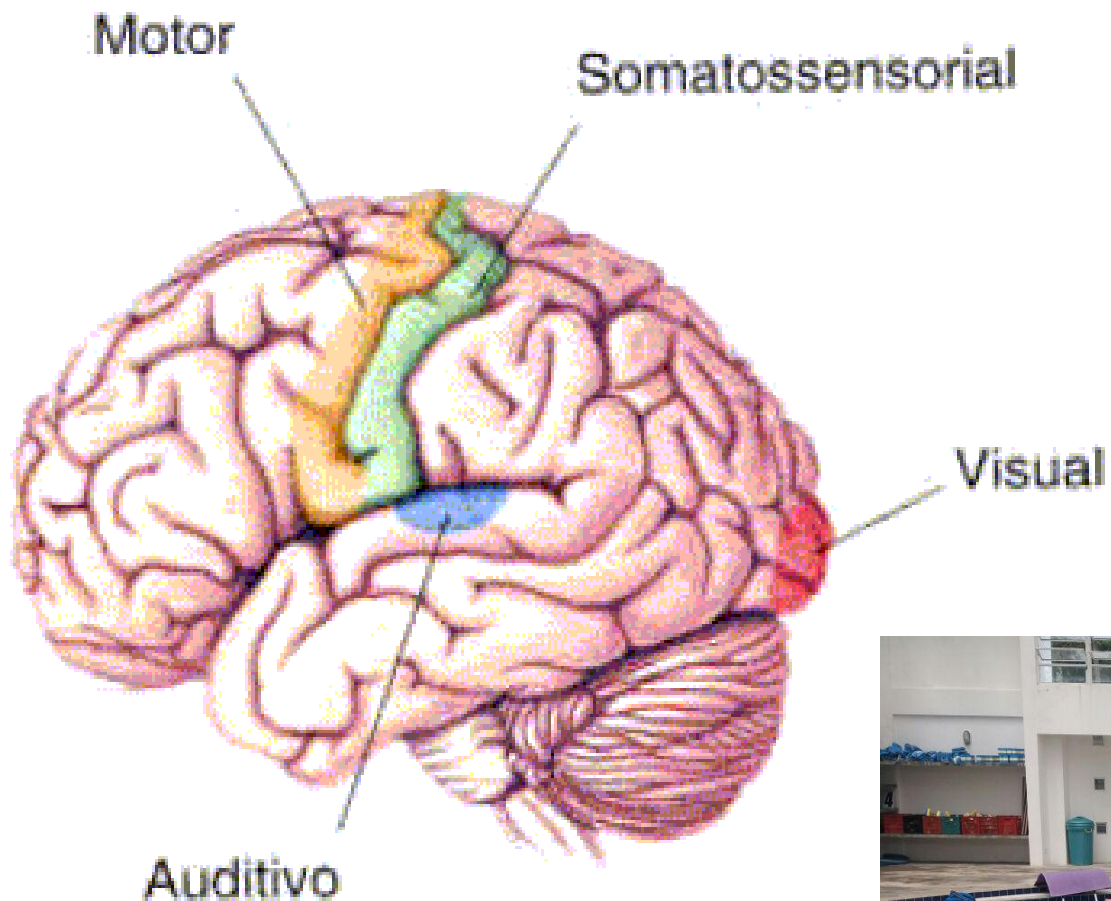


Water exercise as neuroprotection (3)

(Petzinger *et al.*, 2013)

- Aquatic motor skills with cognitive circuits;
- Aquatic Physical Therapy - motor learning with adequate plan;
- Physiotherapy facilitates learning: instruction and feedback as reinforcement in execution to stimulate neuroplasticity and self-perception. Control and kinetic-functional recovery of movements
- "Activity-dependent Neuroplasticity"

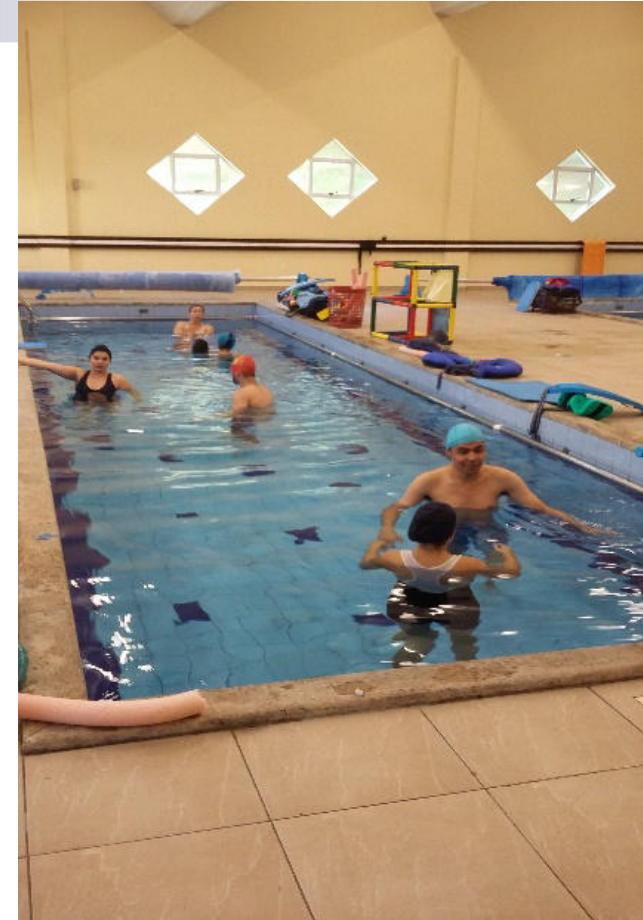
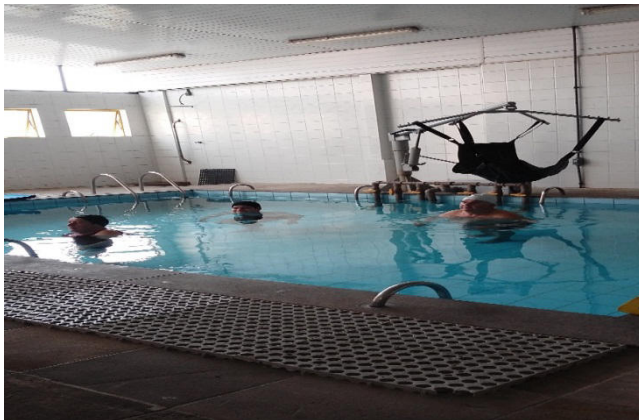




**- TRADITIONAL
AQUATIC METHODS
AND TECHNIQUES**

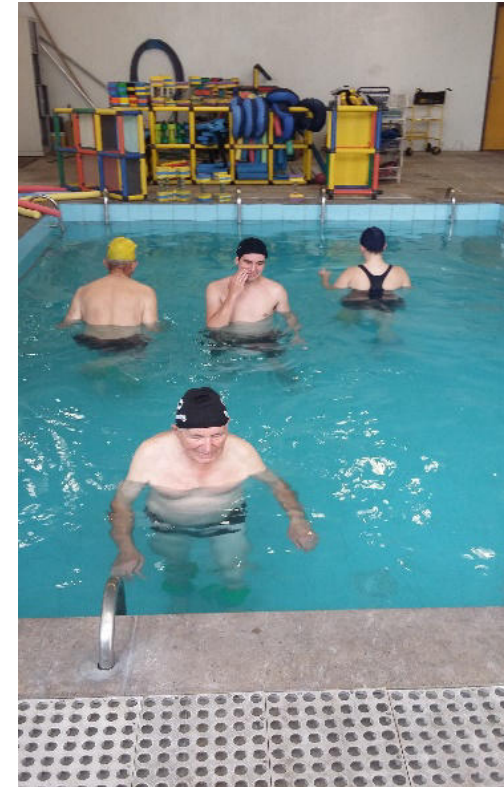
Individuals or Small Groups (4)

- Individual demands for each health condition
- Socialization and educational and recreational benefits
- ICF: biopsychosocial model
- (Vojciechowski; Zotz; Loureiro; Israel, 2016)



- SPECIAL THERAPEUTIC EXERCISES OR AI CHI, FOR EXAMPLE

PLAN TO..... ACHIEVE THE THERAPEUTIC OBJECTIVES AND PROMOTE HEALTH AND QUALITY OF LIFE



HEALTH AND JOY PROMOTION FOR HYDROTHERMAL AQUATIC PHYSIOTHERAPY OF BABY TO GRANDPA





CONCLUSIONS

- physiotherapist in his professional practice in the thermalism and in other modalities of hydrotherapy to develop specific procedures and techniques
- based on the social dimensions of the profession, besides the new functions and activities in the perspectives of the paradigm of the functionality, considering the scientific evidences, to take quality of life and health for the population.

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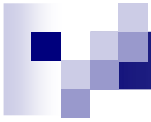
THANKS FEMTEC!!!!



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EXTRAS

Vias de associação do córtex

