

# How to Get Started in Aquatic Therapy



Aquatic Therapy & Rehab  
INSTITUTE

## **Step 1: Enroll in Intro. to Aquatic Therapy and Rehab**

- *Intro. to Aquatic Therapy and Rehab* is an 8-hour hands-on course that may be taken on the first day of any ATRI Conference or online. You'll learn the most current and essential information you need to get started in the field.
- The prerequisite for the exam is 15 hours of aquatic therapy education, whether it be in rehab or aquatic exercise. These are education hours, not work hours. You could easily earn the 15 hours at one of our conferences or online.

## **Step 2: Prepare for the ATRI Certification Exam**

- Begin with our Study Guide - *Essential Principles of Aquatic Therapy and Rehabilitation*. Once you've gone through the self-tests available in the study guide, you can determine what areas need the most attention.
- We recommend *AQUATICS: The Complete Reference Guide for Aquatic Fitness Professionals* and AEA's *Aquatic Fitness Professional Manual* to study for the exam. They're also excellent resources for your aquatic therapy library.
- The above books are available at [www.aquagear.com](http://www.aquagear.com).

## **Step 3: Gain Experience in Aquatic Therapy**

- Gain valuable experience and training in aquatic therapy by shadowing someone who is already certified in aquatic therapy while you are studying for the exam.
- Consider an internship or volunteer in the field - hospitals, clinics, YMCAs, JCCs, community pools, schools...there are so many possibilities!

## **Step 4: Register for the ATRI Certification Exam**

- You may take the ATRI Certification Exam online at anytime or you may sit for the exam in person at one of our National Conferences or at the Symposium.
- We offer the ATRI Certification QuickPrep course at all on-site exam locations and online - it's a one-hour course to answer all your last-minute questions.
- Earning your ATRI Certification will allow you to use the term "ATRI Certified" or the initials "ATRIC" after your name. The certification will not make you a therapist if you aren't already a licensed therapist. If you want to call yourself an "Aquatic Therapist", you would first need to earn a degree in physical therapy, occupational therapy, or another therapeutic discipline.

**Aquatic Therapy & Rehab Institute, Inc.**

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