

3617 – Advanced Cardiaquatics Protocol

Advanced / Lecture

Sanibel, FL / Friday, June 26, 2020 – 8:30-11:30 am – 3.0 credit hours

(Classroom: 8:30-11:30 am)

Faculty: Cesar Petronio, PT

COURSE DESCRIPTION: This is an advanced and revised version of Dr. Vargas' Cardiaquatics Protocol for patients with cardiac and cardiovascular history and for patients with low endurance. It is based on the original protocol created by Dr. Luis G. Vargas and was revised by Dr. Cesar Petronio. It has been modified and contains new elements. It is meant for training of aquatic therapists. It will include both lecture and practical experience in the pool. It takes the patient through basic activities towards more advanced activities meant to increase endurance, tolerance and strength.

COURSE OBJECTIVES:

- 1) Determine normal cardiovascular anatomy and physiology.
- 2) Explore cardiovascular pathophysiology.
- 3) Determine how to evaluate patients with cardiovascular history or cardiac conditions.
- 4) Assess selection and inclusion of activities featured in the Cardiaquatics protocol based on the patient's history.

FACULTY: Cesar Petronio, PT, has worked in hydrotherapy for more than 20 years with different kinds of patients - neurological, cardiovascular, geriatrics and orthopedic. He has been a teacher of kinesiology, cardiovascular rehabilitation, and post-graduate courses for hydrotherapy specialists. He has also been an instructor of Ai Chi in Argentina.