

OBSTACLE COURSE

# AQUATIC OBSTACLE COURSE

FOR SAFE AND FUN AQUATIC FALL PREVENTION TRAINING

EWAC

**MEDICAL**

*We get you moving*





**We believe that water offers the safest circumstances for balance training. Therefore we offer a complete set of obstacles that can be used in water based fall prevention training.**

Fall prevention is an important topic for the geriatric population, as well as patients with neurological, rheumatic or orthopedic conditions. Commonly, these patients are trained using a land based obstacle course, which has its disadvantages as the patient must be prevented from actually falling, and possibly hurting themselves.

Together with experts in the field, EWAC Medical has developed a way to move these exercises to the water. This improves the safety of the patient, but more importantly, it heightens the fun! Falling in water is not possible as the water will cause the patient to float. The obstacle course has 4 training modes, which together form a comprehensive package to train balance under water.

#### **Set of 4 hurdles**

Consisting out of hurdles of varying height, ranging from 25 to 40cm in height and one uneven hurdle, this set enables the therapist to create a small course on which the patients can reach their leg over the hurdle while walking, trying not to stumble over the hurdle. If a hurdle might fall over, it is easy to correct as the feet are weighted.

#### **Adjustable reaching pole**

This obstacle was created to exercise with movements where the center of gravity is shifted away from the upper body. For instance scenario's where a patient might want to hang a coat or a hat, reaching the hand upward and outward of the body and shifting weight from both legs to one frontal leg. Adjustable between 1,7 to 2,2 m, the reaching pole can be adapted to the physical height of the patient as needed.

#### **Set of balance beams**

Consisting out of four beams with connectable plates. The beams are 5 cm and 10 cm wide and can be used in every desirable order through the connectable plates to practice balance in a linear walking scenario. The beams are fitted with anti-slip material to increase grip.

#### **Wiggle board**

This obstacle was created to train for unexpected shifts in balance during an outward movement of the extremities. The wiggle board consists of a plate of 60 by 40 cm, for the patient to stand on. When the center of gravity of the patient is shifted outward, the board will suddenly move, as it is supported by wheels that rest inside a curved rail. The wheels have a limited range and therefore the movement stops after a certain angle has been reached.

#### **Creating your own obstacle course as you go: it's all about the fun!**

With this great set of obstacles, consisting of in total 10 separate items the therapist can create a whole series of underwater obstacles that is useful and adaptable for group exercise situations. Patients can follow the entire obstacle course one after another, interacting and having fun about each other's successes.

#### **Pool proof materials**

The entire obstacle course is made out of plastics and metals that are fit to be used in pool water environments.

#### **Developed by experts in aquatic therapy**

This obstacle course set was specially developed for balance training exercises by Johan Lambeck and Urs Gamper, who are both very well known experts in the field of aquatic therapy.

