











## The Ten-Point-Programme of the Halliwick Concept short version

Point 1	Mental Adjustment		<p>Learn to react appropriately to water. Of great Importance is adjustment to fluidmechanics (buoyancy, flow conditions, waves) Breat control also is an important topic in this point..</p>
Point 2	Sagittal Rotation Control		<p>The ability to control movements with left-right components around the sagittal axis of the body, especially in upright situations.</p>
Point 3	Transversal Rotation Control		<p>The ability to control movements around a transverse axis of the body (with flexion – extension components), e.g. lying down, standing up, rocking in a chair position.</p>
Point 4	Longitudinal Rotation Control		<p>The ability to control movements around the longitudinal axis of the body. Especially important in supine: rolling over from supine to supine. Therapeutically, a counter-rotation is of higher importance.</p>
Point 5	Combined Rotation Control		<p>The ability to control a „corkscrew“movement around a combination of the previous axes, e.g rotating to supine while falling forward or when losing lateral stability.</p>
Point 6	Upthrust / Mental Inversion		<p>The client should understand that the water supports and that he/she does not sink.</p>

Point 7	Balance in Stillness		Maintaining a position in a stable and relaxed way without compensatory movements of arms or legs, e.g. stand, chair position, oblique, supine. This point focuses on efficient and effective postural control.
Point 8	Turbulent Gliding		The client glides in the wake of the instructor, who walks backward. The client has to control unwanted movements with head and trunk.
Point 9	Simple Progression		A small swimming movement with the hands as a preparation for a real propulsive activity. Important is to have automatic trunk control.
Point 10	Basic Halliwick Movement		A propulsive swimming movement with the arms (rowing). Individual adaptation because of impairment is allowed.