



The Eivissa and Formentera Association of People with Special Needs (APNEEF, or Associació de persones amb necessitats especials d'Eivissa i Formentera in Catalan), in collaboration with the Formentera Council's Office of Sport, is organising a pioneer course in hydrotherapy for this Saturday.

This special course, led by Sara Hierro, teaches participants about the benefits of water in the prevention and treatment of illnesses and injuries. Water – in any form, state or temperature – is a valuable therapeutic tool in the treatment of many pathological symptoms, whether related to trauma, rheumatism, or digestive, respiratory or neurological problems.

The therapeutic properties of water form the base upon which patient treatment is founded. Water pressure increments the pressure inside the human body, which effects a sense of relaxation in the patient, simultaneously favouring corporal stimulation via water-based and other types massage.

The hydrotherapy course will be held at the municipal swimming pool over the course of one day, from 10:00 am to 8:00 pm. It will address the theory behind the technique before moving on to practical application in the pool.

The course will have a cost of 40€. Use of swimming pool facilities is provided free of charge by the Council in the planning of this event. In the interest of boosting numbers of hydrotherapy-trained teaching staff for future courses, Antoni Blanc Sports Centre teaching staff will be eligible for a tuition discount.

Class size will be approximately 12.