

# Chapter 3

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## The Halliwick Concept

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### OVERVIEW AND OBJECTIVES

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This chapter will provide the theoretical basis of the Halliwick Concept in relationship with its practical applicability. The text will cover explanations of two systems: the Ten-Point-Programme and of Water Specific Therapy. Both Halliwick systems will be related to the International Classification of Functioning, Disability and Health (ICF). Equilibrium and core stability are the main issues in Halliwick, therefore applications in an obstacle course and in core stabilization exercises will be suggested.

After reading the chapter, the reader will be able to

- Relate Halliwick to ICF goals
- Gain an understanding of the Ten-Point-Program
- Understand Water Specific Therapy
- Understand the principle of Halliwick applied in core stabilization
- Explain the use of Halliwick in using an obstacle course
- Read an overview of recent Halliwick research
- Begin understanding the proper modes for assessment in water

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### HISTORICAL OVERVIEW

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The Halliwick Concept was founded by James McMillan MBE (1913-1994). In 1950 he had the opportunity to organize an event for pupils of the “Halliwick School for Crippled Girls” in Southgate, London. At that time he was a voluntary swim coach at the local swimming club. His basic idea was to integrate the children of the Halliwick School with the local community.

McMillan started Halliwick with the idea to integrate the girls of the Halliwick School with the local population. Quickly, some of the girls learned to be independent in the pool and gained the ability to swim. This was the start of swimming clubs (the first one was the Halliwick Penguin Swimming Club in 1951) and the organization of these clubs in an association (Association of Swimming Therapy –AST-, United Kingdom 1952). The goal was to provide swimming possibilities for people with disabilities and to apply those swimming skills in a swimming competition, in swimming galas and in high-low (a combination between water polo and basketball). Currently the English Halliwick AST has 106 member clubs and similar clubs