

Functional Alignment, Balance And Gait

Chicago conference (April 11-14) has it all! Here's a sampling...

- Gait and Balance (Marty Biondi, PT, DPT, CSCS): *gait and balance discrepancies as they relate to various diagnoses and what we can do to address such conditions using aquatics.*
- Healthier Alignment through Strengthen and Lengthen (Katrien Lemahieu, MSEN, ATRIC): *Kinetic Chain Movement can help in strengthening and lengthening through easy and harmonious movements*
- Progressions to Improve Functional Gait (Lemahieu): *variations and progressions will be structured for better gait and fewer falls*
- Better Balance with the Clockwork Approach (Lemahieu): *helps participants achieve more efficient gait, balance and functioning*
- Seated to Standing Balance for Function (Ruth Sova, MS, ATRIC): *use Seated Balance from static to multiplaner dynamic balance and then Static Standing Balance and Dynamic Balance*
- Effective Balance and Mobility Protocols (Beth Scalone, PT, DPT, OCS, ATRIC): *various aquatic balance activities/protocols and progressions for functional mobility, based on the individual body systems related to balance*
- Aquatic Pilates for Balance (Anne Pringle Burnell, ATRIC): *protocols for preventing falls and Aqua Pilates exercises applied together to quicken reaction time and recovery*

To Register for Chicago:

Click Here to Register - <http://www.atri.org/Register.htm>. You can click on www.atri.org to read complete course descriptions.

If you want to register by phone, please call 866-462-2874. Have your credit card and registration form in front of you with courses chosen.

Questions: atri@atri.org