

Specific Orthopedic Issues

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

- Corrective and Functional Low Back Exercises – Updated with New Material (Scalone): *Facilitate ideal movement to correct impairments including techniques to relax and stretch tight muscles combined with exercise progressions challenging all three planes of movement to strengthen and restore function*
- Shoulder/Hip Diagonals for Core and More (Lemahieu): *The key is to strengthen the weak and lengthen the tight parts, with a focus on the center of all of it: the core! Transverse movement and hip and shoulder diagonals can help in better coordination, better balance and less pain in daily tasks.*
- Ortho Application of Suspension (Pringle Burnell): *This type of body weight suspension training activates the core, shifts the center of gravity, and focuses on both mobility and stability. Translating these exercises to the aquatic environment lightens the load, and makes them accessible to a larger patient population, and older adults who need strength and balance recovery.*
- Shoulder Pathology and Protocols (Scalone): *Review of various shoulder pathologies linking key points to land and aquatic protocols to assist the aquatic therapist in the clinical decision-making process in patients with shoulder pathology.*
- Neck and Shoulder Release Points (Lewen): *The use of contract-relax, intuitive movement, accentuation, oscillation, and intentional movement for the upper and lower extremities assist in alleviating pain, spasticity, and tone; increasing ROM, restoring muscle control, and achieving neuromuscular reeducation.*

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