

Faculty Available for Hosting Your Own ATRI Courses

Donna Adler, BA, ATRIC, is founder of Lyu Ki Dou™ and owner of Liquid Assets for Fitness. She is a trainer for the Arthritis Foundation and works with geriatrics and clients with health challenges. She has been an AEA Advisory Board member and is a recognized national provider for AEA and ATRI. Donna attends a Medical Intuitive Training Program at the Center for Applied Energy Medicine. Beyond her active aquatic and private healing practice, Donna facilitates workshops on healing and spiritual self-mastery.

Topic List:

Ai Chi
AquaStretch™ and the IT Pump
AquaStretch™ and the Lower Extremity
AquaStretch™ for Pediatrics
AquaStretch™ Using Intentional Movement
Aquatics and Diabetes ...”Reverse Pyramid”
ATRI AquaStretch™ Specialty Certificate Program
Contra- and Ipsilateral Benefits of AquaStretch™
Functional Shoulder
Holistic Essentials
Integrated Balance
Intro to AquaStretch™
Neurological Energy Techniques
Ortho-Based Energy Techniques
Tai Chi for Arthritis
Tai Chi for Back Pain

**Other faculty and topics are available.
Contact: Anne Miller - amiller@atri.org**

Marty Biondi, PT, CSCS, ATRIC, is co-owner of Therapeutic & Wellness Specialists, an outpatient orthopedic clinic with two locations and contracts to perform aquatic therapy. She has been involved in various aspects of aquatics for over 30 years including pool administration, design and program implementation, risk management, and now as a physical therapist using water to treat various diagnoses.

Topic List:

Aquatic Management of Low Back Pain
Athletic Rehab
Balance Treatment Techniques
Gait Training
Hip Diagnoses
Lower Extremity Conditions
Lumbar Stabilization
Orthopedic Conditions
Spinal Cord Injury
Upper Extremity Conditions

Laurie Denomme, B.Kinesiology, is the co-founder of Exercise Elements, a company focused on providing exercise solutions that maximize the body’s ‘feel good’ potential. She is the creator of numerous aquatic exercise education products including the AquaStretch™ Foundations Manual and signature Stretch Fusion DVDs. A Fellow of Applied Functional Science™ and AquaStretch™ instructor, Laurie is dedicated to mentoring and motivating others.

Topic List:

AquaStretch™ Foundations (8 hour)
AquaStretch™ Pro: One Leg Standing
HI-YO Empower
HI-YO Ortho: A Focus on Knees & Hips
Integrated Core Training
Stretch Fusion 3D Warrior
The Body says YES to AquaStretch™
Tri-Plane Total Body Tune Up

Faculty/Courses Available (continued)

Julia Fettig, CTRS, CMT, ATRIC, is the founder/owner of Therapeutic Aquatics, Inc. and provides aquatic fitness and wellness at the North Myrtle Beach Aquatic & Fitness Center in SC. She instructs therapeutic exercise classes and provides individual Myofascial Aquatic Body Work®, AquaStretch™ and adaptive aquatic sessions. She is the author and publisher of the *Bad Ragaz Ring Method* Visual Instructional Manual and Video; and co-producer of *PNF in The Pool* and *Myofascial Aquatic Body Work* DVDs. She is the recipient of the ATRI 2002 Tsunami Spirit Award for her innovation, creativity and implementation of new ideas.

Topic List:

AquaStretch™ Skill Enhancement
ATRI AquaStretch™ Specialty Certificate Program
ATRI Ortho and Neuro Treatment Progressions Specialty Certificate Program
ATRI Pediatric Specialty Certificate Program
Aquatic Modalities for Spasticity and Contractures
Aquatic Therapy for Acute and Chronic Pain
Aquatic Therapy Techniques and Applications
Bad Ragaz Ring Method
Hydrodynamics
Myofascial Aquatics
Neurological Aquatics
Pediatric AquaHab

Susan Grosse, MS, president of Aquatic Consulting & Education Resource Services, has over 40 years experience in aquatic education, specializing in aquatics for individuals with disabilities, as well as lifeguarding, water safety, and swim instruction. An author and international speaker, her books *Water Learning* and *Lifeguard Training Activities and Games* are published by Human Kinetics. She received the ATRI Tsunami Spirit Award in 2006 and the International Swimming Hall of Fame John K. Williams Award in 2009.

Topic List:

ATRI Fall Prevention Specialty Certificate Program
ATRI Therapeutic Aquatic Assessment Specialty Certificate Program
Autism Spectrum Disorders
Balance and Gait Training I
Balance and Gait Training II
Brain Gym in the Pool
Pediatric Aquatic Interventions
Therapeutic Aquatics for Individuals with Severe and Profound Multiple Disabilities

American Red Cross courses:

Lifeguarding
Lifeguarding Instructor
Water Safety Instructor
CPR-Pro (land only)
CPR and First Aid Lay Responder
WPRA Webinar CEU courses:
Risk Management: Train Your Plan
Privacy issues in Recreation
Contagion Issues
Publish!
Design Your Own Learn-to-Swim Program
Lifeguarding Activities and Games
Intro to Autism for Recreation Professionals

Faculty/Courses Available (continued)

Connie Jasinkas, MSc, is an international educator through her company: For the Love of Fit. She is the author and trainer of numerous aquatic post-rehab workshops and courses, including Aquanatal, Back Splash and Aqua Arthritis. She is currently providing aquatic rehabilitation for the Canadian Back Institute Physiotherapy and Rehabilitation Centre.

Topic List:

ATRI AquaStretch™ Specialty Certificate Program
ATRI Pain and Function Specialty Certificate Program
Arthritis
Balance and Core
Breast Cancer
Cervical Aquatic Treatment
Hip Strategies
Hydrodynamics
Lower Extremity
Lymphedema and Breast Cancer
Post-Rehab for the Spine

Melissa Lewis, MPT, ATRIC, has been involved in aquatics for the past 13 years, after being introduced to the field through Paula Briggs' Aquatic Therapy Program at West Virginia University. Melissa is currently working in North Carolina as an outpatient physical therapist, specializing in aquatic therapy. She is a recipient of the 2008 ATRI Tsunami Spirit Award.

Topic List:

Balance
Fall Prevention
PolyTrauma
Return to Running/Walking after Injury

Dori Maxon, PT, MEd, is a physical therapist providing aquatic services since 1978. In 1991 she founded SNAP, which provides services to infants, children, and teens in a community based setting. Dori has been honored with 1999 Tsunami Award and the 2001 Professional of the Year award from ATRI as well as the 2004 John K. Williams Jr. Adapted Aquatics Award from ISHOF.

Topic List:

Pediatrics including:
Early Intervention
Flexibility for Function in Children with CP
Mobility and Developmental Gait in Children
Pediatric Decision Making
Pediatric Handling

Terri Mitchell, BA, PTA, ATRIC, has committed her livelihood to aquatic fitness, therapy and wellness for more than 25 years. She is an AEA Training Specialist and Physical Therapist Assistant in Austin, Texas where she works with college kids, older adults and baby boomers in various indoor and outdoor pools. She holds certifications from AEA, ATRI, and IAR. Terri is a Certified Personal Trainer for both land and water. She is an experienced presenter, having shared her ideas globally. She is the 2001 recipient of ATRI's Dolphin Award and the 2010 recipient of the ATRI Professional Award. She was named Fitness Professional of the Year by AEA in 1992.

Topic List:

ATRI AquaStretch™ Specialty Certificate Program
ATRI Orthopedic Specialty Certificate Program
Bad Ragaz
Intro to AquaStretch™
Joint Replacement Rehab
Lumbar Stabilization
Ortho Aquatic Rehab
PNF in the Pool
Supine Shoulder Solutions

Faculty/Courses Available (continued)

Mary Rosenberg, PT, DPT, ATRIC, is a full-time physical therapist, specializing in aquatic-based rehab at YMCA Healthy Living Center in the Des Moines, Iowa metro area. She works with a variety of patient populations including cardiopulmonary, orthopedic, neurological, general debility, sports medicine and chronic pain diagnoses. Mary is also a certified clinical instructor and has participated in Diabetes Education programming. She has completed the ATRI Lumbar Stabilization and AquaStretch™ Specialty Certificate Programs.

Topic List:

Athletic Rehab
Complex Medical Patient

Beth Scalone, PT, DPT, OCS, is a licensed physical therapist with over 20 years of experience in orthopedic and aquatic therapy. As the owner of North County Water and Sports Therapy Center in San Diego, she continues with hands-on clinical care in addition to her role as educator. She is a member of the American Physical Therapy Association and has achieved certification as a Clinical Specialist in Orthopedic Physical Therapy. Additional certifications include Certified STOTT Pilates™ instructor and Master Instructor for the Burdenko Method. She not only provides continuing education for health care professionals, she is an adjunct faculty in the San Diego Mesa College PTA program, teaching orthopedic rehab and introduction to pathology courses. She also provides the learning module/instruction on aquatic therapy to the University of St. Augustine San Diego Campus DPT program.

Topic List:

AquaStretch™ Intro
AquaStretch™ Courses for Spine, Upper Quadrant and Leg
ATRI AquaStretch™ Specialty Certificate Program
ATRI Athletic Rehab Specialty Certificate Program
ATRI Total Joint Replacement Specialty Certificate Program
Balance: Reducing Fall Risk
Burdenko Method
Cervical Spine
Clinical Pilates
Closed Chain Functional Focus
Deep Water Exercise
Effective Documentation (lecture only)
Evidence-Based Practice (lecture only)
Interactive Posture
Lumbar Stabilization Linking Land and Pool
Lumbar Spine Stabilization (from half day to 15-hour Specialty Certificate Program)
Neuro Rehab
Ortho and Neuro Progressions
Reimbursement (lecture only)
SCI: Beyond the Chair/ Going Vertical
Upper Quadrant

Faculty/Courses Available (continued)

Ruth Sova, MS, ATRIC, is an internationally known speaker, author and consultant. She is the founder of six different businesses including the Aquatic Therapy & Rehab Institute, the Aquatic Exercise Association, Living Right Magazine, America's Certification Trainers, Armchair Aerobics Inc., and the Fitness Firm. She received the Governor's Entrepreneurial Award, the IDEA Outstanding Business Award, the first Presidential Sports Award in aquatic exercise, and AEA's 1994 Contribution to the Industry Award. She has authored 15 books.

Topic List:

Ai Chi I – Flowing Aquatic Energy
Ai Chi II – Cultivating the Chi
Ai Chi III – The Visualization Journey
Ai Chi Certification
BackHab Certification
BackHab I
BackHab II
Balance and Pain Treatment Techniques
Evidence-Based Fall Prevention Using Ai Chi
Intro. to Aquatic Therapy and Rehab
Post-Stroke Treatment Plan
Shoulder, Hip and Knee Progressions/Modifications
The Heavy Concept
Vertical and Seated Hip and Back Protocols

Mary O. Wykle, PhD, ATRIC, presents for ATRI and AEA. Course development includes aquatic re-conditioning programs for the Army and USMC. Additional programs include Aqua Pi-Yo-Chi™, Core Stabilization and Safety Training. Aquatic recognitions include: AEA Global Award for Lifetime Achievement (2010); ISHOF Adapted Aquatics Award (2007); ATRI Aquatic Professional of the Year (2006); ATRI Tsunami Spirit Award (2004) and ATRI Dolphin Award (2002).

Topic List:

Aqua Pilates
Aqua PiYoChi
Aqua Yoga
Aquatic Strength Exercise for Re-Conditioning
Basic Ai Chi
Deep Water Cadence Training
Lumbar Stabilization for Spinal Fusions
Risk Awareness and Safety Training Certification (RAST)
Training the Injured Warrior

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