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## THINKING OUTSIDE THE BOX WITH AQUASTRETCH™

In May of 2011, Connie Jasinkas, ATRI Faculty and AquaStretch™ Trainer, gave me an AquaStretch™ treatment at the International Aquatic Fitness Conference in Orlando, FL. My personal results were so far beyond my expectations that I began to study AquaStretch™ (A/S) immediately following that event. Since then, I have logged almost 700 treatments, witnessing healing take place immediately for a wide variety of clientele. Of course, I became curious why there were such profound results with A/S.

As I've studied and experienced many different types of holistic concepts along with my aquatics background, the intuitive movement and kinesthetic skills I personally have developed over the years naturally worked for me when implementing AquaStretch™. I was able to find adhesions, accent the client's intuitive movement, and 'follow the adhesions' with my hands, to resolve the adhesions. According to George Eversaul, Founder of AquaStretch™, "resolving fascial adhesions with the use of resistance in the water is the most important objective and what makes AquaStretch™ different from most forms of floatation based aquatic therapy." Having an innate, intuitive understanding of 'following the movement and accenting the movement and removing fascial adhesions' makes AquaStretch™ unparalleled to any other aquatic wellness/therapeutic technique I have utilized in the past 23 years in my personal aquatic practice.

AquaStretch™ - including the four components - 'play/freeze/pressure/move' along with intuitive movement - and accentuation of movement- to resolve fascial adhesions - is the foundation of AquaStretch™. AquaStretch™ has given me the ability to think outside the box with traditional aquatic therapies and wellness programming, looking at all of the intuitive wisdom I have been honored to be a part of in my lifetime. It's made an impact on how I perform much of my therapeutic aquatic and wellness programming as well as to how I use Intuitive Dynamic Stretching as my home-exercise prescription for clients who have received AquaStretch™ treatments.

As I've learned, there are energetic 'flows/pathways' on the body. With AquaStretch™ we allow the client/patient to intuitively move as they see fit (play), freeze where they have the most tension or discomfort, we apply pressure, and then, together, resolve or remove fascial adhesions. Clients will naturally move where they need to, and I theorize, open up energetic pathways on their bodies, facilitating their own healing process. AquaStretch™ allows the body to have the healing move to where it's needed first. I've seen clients with vascular, joint, and neuromotor issues also have immediate results from AquaStretch™. Here are just a few of their comments.

*"I have suffered from a heel spur for the past two years. I went to a Podiatrist, had cortisone shots, expensive orthotics with minimal improvement. Also, hobbling around with a heel spur negatively affected my other joints during these two years. The two AquaStretch™ treatments have completely stopped the discomfort in my heel and I can now walk normally and my other joints appear to be back to the way they were prior to my heel spur. Really quite amazing. I*

*will certainly recommend you to my friends. I will be back if I have any more bone and joint issues.”*

*Sharon L., RN*

*“In mid-October I had a total knee replacement. After three weeks in a rehab facility and several weeks of out patient therapy, my surgeon and I were very disappointed in my lack of flexibility and healing progress. He said the problem was internal adhesions, which caused stiffness and pain. The surgeon strongly recommended a return to the hospital where I would be put under and he would force the knee to break up the adhesions - a very unpleasant and painful prospect. I refused. I started water exercises at our senior center. I mentioned my dilemma [to Donna] and she suggested AquaStretch™. My knee flexion was at 90° when I started. With only one treatment, I was measured at 121° of knee flexion! In just four - half hour AquaStretch™ treatments, the bulk of the adhesions were broken up. The results were immediate. The improvement in flexibility was remarkable. I’m now at 137°.” Joan M.*

With Ai Chi, QiGong and Tai Chi Training, we are taught to allow the body to move in directions that will open up energetic pathways, allowing for anything ‘stuck’ in the body to release as needed, providing healing. Many participants in AquaStretch™ trainings have asked what is the significance of the order of the grips in AquaStretch™. I theorize that the first few grips correlate to the liver and gallbladder meridians, (when worked on/stretched in combination), balance the central nervous system, providing homeostasis. What a great way to get the body/mind working together to provide homeostasis - the perfect balance. But the magic comes with removing fascial adhesions and the properties of water.

My aqua fitness and AquaStretch™ recipients also enjoy Intuitive Dynamic Stretching as part of their home exercise program. It is not AquaStretch™, rather, it is dynamic stretching that assists in the outcomes of AquaStretch™. It involves using ‘play/freeze/stretch/move’, and is a wonderful stretching technique to enhance your therapeutic and wellness programming. It involves various stretches and neuromuscular unwinding at the end of aqua fitness classes, or therapy treatments, allowing your own individual body stretching/movement as each individual sees fit. This may assist in maintaining the releases that occurred from their A/S treatment. In addition, as an AquaStretch™ Facilitator the Intuitive Dynamic Stretching will help alleviate sore muscles and adhesions that may develop from our profession.

I look forward to seeing you at another AquaStretch™ training this year at ATRI. AquaStretch™ will change the way you perform aquatic therapy.

