

1617 – Better Balance with the Clockwork Approach / Unpredictable Command Technique

Beginner / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 7:30-11:00 am – 3.0 credit hours

(Pool: 7:30-9:00 am / Classroom: 9:30-11:00 am)

Faculty: Katrien Lemahieu, MSEN, ATRIC – Better Balance with the Clockwork Approach

Donna Lewen, BA, ATRIC – Unpredictable Command Technique

Better Balance with the Clockwork Approach

The clockwork approach is a visualization technique on the large and small clock arrows of a clock, for both anchored moves and stepping skills to achieve better balance during proper alignment. It gives a great variation for muscle and mind connected exercises, helps participants achieve more efficient gait, balance and functioning, and it's fun! In this workshop, many combinations will be learned and practiced, including the following:

- Ab/adduct
- Flex/extend
- Internal/external rotation
- Circumduction
- Touches
- Lunges

Progressions:

- Loaded Movement Training
- Deeper water
- With turning and weight shifting
- Heavy concept

Clinical purpose:

- Balance
- Coordination
- Fall prevention
- Tolerance to complete weight shifts and transfers
- Trunk glide

COURSE OBJECTIVES:

- 1) Examine the clockwork approach.
- 2) Determine the essentials for balance and fall prevention.
- 3) Incorporate techniques of Loaded Movement Training.
- 4) Connect muscle and mind and vice versa through turns and shifts.
- 5) Apply the Clockwork Approach for different populations.

FACULTY: Katrien Lemahieu, MSEN, ATRIC, has 20-plus years of experience in aquatics and has been a presenter worldwide since 2005. She studied physical education and holds a degree in Special Movement Education with an emphasis in Motoric Remedial Teaching and a focus on pediatrics. She has developed three e-learning programs on aquatic fitness (AquaMagicMoves) and is CEO of two educational institutes for aquatics: *Kataqua* for aquatic fitness and *ProOzo* for swimming. She is the organizer of the annual European Aquatic Fitness Conference (EAFC).

Unpredictable Command Technique

COURSE DESCRIPTION: This workshop will focus on the Unpredictable Command Technique and integrate the Folstein Mini-Mental State Exam to challenge patients and clients to increase their proprioception, balance, and reaction time to decrease falls. We retrain our thought processes and learn to do tasks that we do not

normally do in our regular activities. The reason for this is so that our mind and body can work together in case of an emergency.

We include the use of sensory information (smell, taste, touch, sight and hearing) and the central nervous system collects this information in order to provide awareness of movement or body position. Normally, knowing where we are is unconscious thought, but as we age, this can change. As we age, we take our proprioceptive skills for granted, and as a result, we notice that we can't do the same things we did when younger. Sensory receptors in the joints, muscles and connective tissues gather information about the body's position, process the information, and enable the central nervous system to make the appropriate response. For example, if you start to fall, proprioception allows the brain to know the fall is occurring, and what corrections need to be made to regain your balance. Messages are sent to the muscles to contract and avoid falling.

COURSE OBJECTIVES:

- 1) Implement the Unpredictable Command Technique into water aerobics and water walking.
- 2) Discover simple foot exercises to improve balance.
- 3) Implement techniques from the Mini-Mental State Exam in the pool.
- 4) Retrain our thought processes and learn to do tasks that we do not normally do in our regular activities so that our mind and body can work together in case of an emergency to prevent falls.

FACULTY: Donna Lewen, BA, ATRIC, has dedicated her life to aquatics for more than 25 years, and currently works with aging adults and persons with disabilities. She was an Arthritis Foundation Trainer for over 20 years, a consultant at Ability360, and an AquaStretch™ Facilitator/Trainer. She was the recipient of the 2016 ATRI Aquatic Therapy Professional Award, the 2012 ATRI Tsunami Spirit Award, and the 2013 Arthritis Foundation Regional Public Service Award-University of Pittsburgh Community Service Award. She continues her studies in Energy Medicine, and is a Reiki Master/Trainer. Beyond her active practice, she offers intuitive guidance and wellness coaching.