

## **1624 – Positioning Techniques for ADLs and Sport**

**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: Laurie Denomme, B.Kinesiology**

**Jeanmarie Scordino, MEd**

### **COURSE DESCRIPTION:**

Learn how to pair therapeutic goals and activities of interest to establish a plan of care unique to the individual. Explore upper and lower extremity positioning techniques to improve muscle activation, mobility, strength and endurance. Ortho patients who also enjoy recreational sports such as golf, tennis, or pickleball will benefit from this clinical practice aimed to improve ADLs.

### **COURSE OBJECTIVES:**

- 1) Assess why you should use positioning techniques for improved outcomes.
- 2) Apply positioning techniques to common upper and lower extremity exercise.
- 3) Integrate movement patterns of recreational sports to improve ADLs.
- 4) Utilize the 6-7 Formula to move the body within unique start positions.
- 5) Improve exercise compliance with home exercise programming patients get excited about.

**FACULTY: Laurie Denomme, B. Kinesiology**, Kinesiologist and Fellow of Applied Functional Science through the Gray Institute, is an international fitness educator and founder of WECOACH, whose expertise has been called upon by top consumer magazines including Self and Weight Watchers. She is the recipient of the 2013 AEA Global Aquatic Fitness Professional Award and 2014 ATRI Tsunami Spirit Award.

**Jeanmarie Scordino, MEd**, has over 25 years of experience as an exercise physiologist, personal trainer, and sport conditioning coach. A Fellow of Applied Functional Science™, she has had the honor of being a multi-year facilitator for the Gray Institute Fellowship program. She is a certified exercise physiologist through both the American College of Sports Medicine and the National Sports & Conditioning Association. Jeanmarie currently works at BayCare Health System, where she is actively involved in wellness education and promoting the values of Applied Functional Science™ for the hospital system and surrounding community.