

## ***1632 – Resolving Tech Neck / Muscle Tension Release***

**Beginner / Pool Workshop**

**Sanibel, FL / Tuesday, June 23, 2020 – 7:45-11:15 am – 3.0 credit hours**

(Pool: 7:45-9:15 am / Classroom: 9:45-11:15 am)

**Faculty: Donna Lewen, BA, ATRIC – Resolving Tech Neck**

**Maria Pritz, EdD – Muscle Tension Release**

### **Resolving Tech Neck**

**COURSE DESCRIPTION:** Learn where pain may refer from using technical equipment, including a cell phone, computer, iPad, Kindle, etc. Discover common hand and wrist pain diagnoses resulting from Tech Neck, as well as specific manual techniques for the upper extremities. Review general myofascial release techniques, including skin rolling, oscillation, Advanced Aquatic Release and AquaStretch™ techniques. Use Myofascial release to form an integrated approach. Dorsal and radial pain, thumb and wrist pain and epicondylar pain techniques will be explored, along with upper extremity sequencing to alleviate neck and shoulder pain. This workshop is ideal for those with limited shoulder and neck ROM, as well as general aquatic stretching techniques for clients/patients with UE issues.

### **COURSE OBJECTIVES:**

- 1) Explore Advanced Aquatic Release for the upper extremities, and hand-wrist pain.
- 2) Apply a combination of contract-relax, intuitive movement, accentuation, skin rolling and intentional movement to optimize manual aquatic therapy treatments.
- 3) Experience Trigger Points and their interrelation to UE Intentional Sequencing.
- 4) Demonstrate benefits for neck and shoulder pain, hand/wrist pain, and lack of ROM.

**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.

### **Muscle Tension Release**

**Participants: Please bring a mat or towel to the classroom.**

### **COURSE DESCRIPTION:**

Muscular tension release done by hydraulic pressure and water current drag effect can be applied to stimulate body neuro system, which will help to loosen up the most superficial layer of tissue where dysfunction appears (pain, tension or rigidity) and helps move oxygenated blood into all muscular system. Once the tight tissue is stimulated, somatic/ intuitive movement will accrue, blood flow to the area increases and the tight tissue will become suppler. This allows the therapist to access the next layer of tissue without applying excessive pressure. This pattern is repeated until all layers of dysfunctional tissue are restored and the tight, rigid tissue is replaced with supple and mobile tissue. Supple and mobile tissue will be free of pain and have a greater range of motion.

Benefit of somatic/ intuitive movement is the ability to release muscular tension independently and one must learn how to align their body and mind while experiencing an alert but relaxed state of awareness. The application of the SykorovaSynchro Method<sup>SM</sup> (which is an educational tool with positive impacts to patients mentally, physically and emotionally) - has three stages/progressive levels:

1. To balance function of sensory-motor cortex via sensory stimulation mental imagery (sometimes called visualization, guided imagery), progressive muscular relaxation and controlled breathing. - Result is relaxed but alert state of awareness with awoken biofeedback.

2. To enhance sensory integration/awareness of somatic movement (movement regulated by feeling, mental imagery, sensation). - Result is ability to perform movement which releases muscular tension and increases blood circulation in desired areas of one's body also called "Freedom of the Movement".
3. Ability to perform conscious exercises – via mental imagery, sensation. Positive result is in neuro muscular conditioning/ function - postural improvement, balance, coordination, flexibility and agility.

The concept of "Freedom of the Movement" can be achieved by anyone! This includes chronic pain sufferers to athletes. It resets the posture by corrective exercises, and will prepare/warm up muscles before exercise. In post-exercise recovery, will assist with removing metabolic byproducts/toxins along with numerous neuro-muscular benefits. Implementing foam rolling movement in a variety of directions and speed, one stimulates and enhances balance, coordination, and flexibility, and inspires the neuromuscular system to become more expansive and creative. Moving at different speeds is an aspect of our physical capabilities that must be practiced in order to maintain a sense of health and well-being.

#### **COURSE OBJECTIVES:**

- 1) Increase knowledge in theory of Functional Neurology, Sensory Stimulation, Sensory Integration and Somatic Awareness.
- 2) Examine theory and philosophy of SykorovaSynchro Method<sup>SM</sup>- as an educational tool.
- 3) Gain knowledge and apprentice skills of the Progressive Muscular Tension Release Protocol for clinical applications.
- 4) Experience and perform progressive exercises to release muscular/myofascial tension for clinical applications.
- 5) Explore knowledge in theory of Methodology and Didactics of Muscular Tension Release in water environment and master skill to apply it into practice.
- 6) Increase skill to develop, design and apply neuromuscular exercises for muscular tension releases into practice.

**FACULTY: Maria Pritz, EdD**, is an exercise physiologist with 28 years of experience in developing and implementing health, fitness and wellness programs for corporations, health clubs, and schools. She earned her doctorate in education (specialty in Physical Education and Sports) from Comenius University in Bratislava, Slovakia. Her unique training method involves integration of multidisciplinary techniques to achieve overall health and optimized performance. She is a member of Aquatic Exercise Association (AEA) Research Council, author of health fitness articles, and presenter for national and international conferences. She has researched and developed an aquatic fitness exercise program targeting pain management (e.g. fibromyalgia, posttraumatic stress release, neuromuscular conditioning, and reconditioning of athletes).