

2333 – Bend, Lift and Twist for Spine

Intermediate / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 1:00-4:00 pm – 2.5 credit hours

(Pool: 1:00-2:15 pm / Classroom: 2:45-4:00 pm)

Faculty: Mary Wykle, PhD, ATRIC

COURSE DESCRIPTION: BLT (bending, lifting, twisting) precautions are the bane of therapy interventions. Most commonly, we connect these with any type of back or spinal procedure. They also apply to most general surgeries and fractures of the upper extremity, specifically the wrist. The general rule for spinal procedures is to wait three months before some or most of the restrictions are lifted. With surgery, even minimally invasive, any incision must be completely healed.

The first requirement for aquatic therapy is developing core strength. Aqua Pilates, Yoga and modified Ai Chi initiate the development of core strength for movement in the water. Without a strong core, water activity is not appropriate because of the properties of the water. Leg strength can also be addressed in the pool. Walking in chest deep water once core stabilization occurs is basic, but must be made interesting. Supported squats advancing to squats with lifting an object that provides adjustable resistance increases leg strength.

COURSE OBJECTIVES:

- 1) Realize the importance of complying with Bending, Lifting, Twisting precautions.
- 2) Discuss the role of the physical therapist and occupational therapist working together as a team.
- 3) Review research demonstrating why bending, lifting, and twisting are primary contraindications after surgery, especially back surgery or abdominal surgery.
- 4) Explore ideas in the pool of progressions and innovative exercises for patients.

FACULTY: **Mary 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).