

2336 – Asymmetrical Loading for Ortho Function

Intermediate / Pool Workshop

Sanibel, FL / Tuesday, June 23, 2020 – 12:45-4:00 pm – 3.0 credit hours

(Classroom: 12:45-2:15 pm / Pool: 2:30-4:00 pm)

Faculty: Terri Mitchell, BA, PTA, ATRIC

COURSE DESCRIPTION: An emerging trend known as Loaded Movement Training (LMT) is an effective training program which includes integration of physiological systems, lower compressive forces on the joints and skeletal structures of the body, and multidirectional stability, mobility, strength and power. Taking the LMT concepts to the pool uses PNF patterns and buoyant and drag equipment to challenge and condition muscles and fascia and other systems of the body.

COURSE OBJECTIVES:

- 1) Describe the history of Loaded Movement Training (LMT) and evidenced-based benefits.
- 2) Review four PNF patterns and the different lines of stress on LMT.
- 3) Differentiate between buoyant, drag and weighted equipment and its effect with LMT to build stability and mobility in the aquatic environment.
- 4) Identify patient diagnoses to benefit from PNF LMT in the pool.

FACULTY: Terri Mitchell, BA, PTA, ATRIC, has been involved with aquatic fitness since 1982. She is a Training Specialist with the Aquatic Exercise Association, a Licensed Physical Therapist Assistant (PTA) specializing in aquatic therapy, and instructor of a variety of aquatic fitness classes to persons of all ages and abilities. Terri holds certifications from AEA, ATRI, and IAR; and is a Certified Personal Trainer for both land and water. She is co-author of “Applications of PNF Techniques in the Aquatic Setting” manual and co-producer of “PNF in the Pool” video. She is the 2001 recipient of ATRI’s Dolphin Award and the 2010 recipient of the ATRI Professional Award.