

## **2341 – Core for the Spine / Core for Pelvic Floor**

Intermediate / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 1:00-4:00 pm – 3 credit hours

(Classroom: 1:00-4:00 pm)

Faculty: Connie Jasinkas, MSC / Mimi Adami, BA, BS

### **Core for the Spine**

**COURSE DESCRIPTION:** This session will address the benefits of aquatic (post) rehabilitation modalities for core strengthening. Research on back pain and core training will be applied to create effective core training strategies. Practitioners requiring core strengthening exercises will discover useful techniques to help clients improve functional trunk strength while decreasing or preventing back pain.

This session is intended for practitioners of aquatic rehabilitation and post-rehabilitation, who require information and skills related to aquatic exercise for people with musculo-skeletal back pain. Exercise progressions from sub-acute pain management to post-rehabilitation strategies will be addressed. Treatment of spinal cord injury is outside the scope of this session.

### **COURSE OBJECTIVES:**

- 1) Review relevant literature regarding best practices for spinal post-rehabilitation.
- 2) Discuss aquatic techniques and strategies to decrease pain, build alignment awareness, core stability, endurance and strength.
- 3) Review potential limitations/contraindications for this population.

**FACULTY:** **Connie Jasinkas, MSc**, has been bringing passion and humor to her work as an international author and educator since 1984. AquaStretch™ Foundations and AquaStretch™ Certificate Course co-author, Connie specializes in AquaStretch™ and aquatic rehab for chronic pain, breast cancer, musculoskeletal and systemic health issues. Visit her websites to learn more: [www.AquaStretchCanada.com](http://www.AquaStretchCanada.com) and [www.FortheLoveofFit.com](http://www.FortheLoveofFit.com).

### **Core for Pelvic Floor**

**COURSE DESCRIPTION:** An often-overlooked part of the core is the pelvic floor, a structure composed of bone, muscle and connective tissue. Core stability cannot be obtained without strong considerations on pelvic floor function for both men and women. In this workshop we will look at the pelvic floor, see how it is constructed, how it is supposed to support all the organs and how intra-abdominal pressures as well as other traits can disrupt its efficiency and proper function. We will explore how to correct these causes of pelvic floor dysfunction in a non-invasive and relatively simple way.

### **COURSE OBJECTIVES:**

- 1) Educate participants on the structure and importance of the pelvic floor.
- 2) Examine the thoracic breathing technique, expanding the rib cage to mobilize the diaphragm and avoid upper chest breathing.
- 3) Determine basic hypopressive posture including myofascial release, and how to apply it to the various positions to be assumed on land and in the water.

**FACULTY:** **Mimi Rodriguez Adami, BA, BS**, an American born European, Mimi has been living in Italy for 42 years. She is the director of Italy's first EU accredited training provider for fitness professionals. With a degree in Exercise Science from Rome's TorVergata University, she developed the AquaZumba exercise program, coordinated the EU's eLF (eLearning Fitness) Project and wrote *Aqua Fitness*, published by Dorling Kindersley, Ltd. She also specializes in Pelvic Floor Fitness and represents the Low Pressure Fitness method in Italy where she is the lead trainer and collaborates with the medical community for the prevention and rehabilitation of pelvic floor dysfunction.