

## **2516 – Brain Balance: Link to Function**

Intermediate / Land Workshop

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

(Classroom: 12:45-4:00 pm)

Faculty: Mary Wykle, PhD, ATRIC / Steph Toogood, AS

**COURSE DESCRIPTION:** Improving common brain issue function evaluates diagnoses such as congestive heart failure, stroke, aphasia, cerebral aneurisms, and trauma from the impact to the head from resultant falls; and medical conditions that may lead to the challenges of daily physical functioning and quality of life. It is important to evaluate how participation in water rehabilitation can positively affect the brain. This course shows the importance of aquatic rehab to support our mental health and well-being. Explore how water immersion, water exercise, water views, and water sounds help to heal our minds from the effects of chronic stress, depression, and other illnesses resulting from the common diagnoses that impact the functioning of the brain and thus, the movement of the entire body and the interaction with others.

### **COURSE OBJECTIVES:**

- 1) Recognize and understand basic brain function and how deficits impact all aspects of daily life.
- 2) Gain a basic exposure to current research associated with the use of aquatic interventions for brain-related disorders.
- 3) Examine the progressive disease processes associated with CVA (stroke, cerebral aneurisms, coronary heart disease).
- 4) Explore common muscular dysfunctions associated with brain-related disorders to assist in providing appropriate treatment progressions.
- 5) Provide therapeutic exercise interventions that address those specific movement impairments associated with various other brain-related disorders.
- 6) Determine appropriate aquatic therapeutic exercises to address various movement impairments associated with common brain-related disorders.

**FACULTY: Mary O. 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).

**FACULTY: Steph Toogood, AS**, is the UK AEA training specialist, international educator and presenter of water fitness. She was a Fab After 50 Health Achiever nominee for *Fitness Professionals* Fitness Leader of the Year Award, named as one of the Top 10 Fitness Instructors in the UK by the *Independent on Sunday*, and has received the AEA Global Award for Educational Excellence.