

2603 – BackHab

Intermediate / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 7:30-11:00 am – 3.0 credit hours

(Pool: 7:30-9:00 am / Classroom: 9:30-11:00 am)

Faculty: Ruth Sova, MS, ATRIC

COURSE DESCRIPTION: The BackHab program focuses on relearning functional movement patterns with carryover to activities of daily living. Progressions are included to further challenge qualities such as balance, coordination, endurance, trunk stability and gait. Alignment with neutral spine is re-evaluated with every change in exercise. Precautions and modifications are included.

The program has proven to be ideal for clients with chronic pain, with shoulder, hip, knee, ankle and back disorders, and with chronic conditions such as fibromyalgia, MS, arthritis, asthma, obesity, diabetes, high blood pressure. Older adults and those recovering from strokes will also benefit. BackHab can be used in one-on-one rehab and personal training, in groups, and the client can use it independently for post-rehab conditioning.

COURSE OBJECTIVES:

- 1) Differentiate between progressions for balance, coordination, endurance, muscular strength, etc.
- 2) Compare goals for each exercise.
- 3) Analyze and practice stride length, width, swing and roll.
- 4) Experience continuous, graded resistance.
- 5) Assess patient/client with exercise-specific considerations.
- 6) Expand therapeutic tools to integrate muscular endurance and strength, balance, coordination, trunk stability, and gait training.
- 7) Evaluate balance challenges.

FACULTY: Ruth Sova, MS, ATRIC, founder/president of ATRI, is an internationally known speaker, author and consultant. She is the founder of six different businesses including the Aquatic Therapy & Rehab Institute, the Aquatic Exercise Association, Living Right Magazine, America's Certification Trainers, Armchair Aerobics Inc., and the Fitness Firm. A leader in the health and wellness industry, she also draws on her vast experience as an entrepreneur to teach others what it takes to assume the risk of business and enterprise. Ruth is the author of numerous articles and 15 books on her specialties of wellness and business. She is the recipient of numerous awards including the Sevier-McCahill Disability International Foundation Award; and the John Williams, Jr. International Swimming Hall of Fame Adapted Aquatics Award. Known for her high energy and practical teaching approaches, Ruth has brought thousands of people over the years to understand the benefits of water exercise.