

2636 – Chronic Pain Techniques

Intermediate / Pool Workshop

Sanibel, FL / Tuesday, June 23, 2020 – 12:45-4:15 pm – 3.0 credit hours

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

Faculty: Julia Meno, CTRS, CMT, ATRIC / Maria Pritz, EdD

COURSE DESCRIPTION: People suffering from chronic pain need to be fully educated about the process of managing pain. Effective integrated treatment fosters self-awareness and teaches appropriate and effective self-care. With the great wealth of information and techniques presented in this workshop, you will be able to increase your client's ability to manage his/her chronic pain.

The exercise prescription for a population in chronic pain should be designed to gradually build muscle with the ability to perform more intense exercise for a longer period of time, without straining or forcing to the point of injury, and also to increase the overall well-being and function in everyday life (Elrod, 2002). The three areas of exercise and fitness to focus upon are cardiovascular fitness, muscular strength and flexibility.

Develop self-management and coping skills in those who suffer from chronic pain. They work actively together to meet the important goals of increasing function, managing pain and setting reasonable goals in order to return to an appropriate level of day-to-day activities.

COURSE OBJECTIVES:

- 1) Increase knowledge in theory of Chronic Pain - Functional Neurology, Sensory Stimulation, Sensory Integration, Somatic and Chronic Management Process.
- 2) Gain knowledge and apprentice skills in progressive muscular relaxation via mental imagery protocol and the SykorovaSynchro MethodSM as an educational tool.
- 3) Experience and perform somatic movement/intuitive movement to release muscular tension triggered by habitual muscular contractions which cannot be voluntarily relaxed, which leads to sequences of functional exercises.
- 4) Explore the methodology and didactics of Muscular Tension Release as a pain free movement technique.
- 5) Examine the methodology and didactics of neuromuscular conditioning.
- 6) Develop, design and apply neuromuscular exercises for muscular tension release, its sequencing, and progression into practice.

FACULTY: Julia Meno, CTRS, CMT, ATRIC, is the founder/owner of Therapeutic Aquatics, Inc. and provides individual Myofascial Aquatic Body Work, AquaStretch™ and adaptive aquatic classes. She is the author and publisher of *The Bad Ragaz Ring Method Visual Instructional Manual and Video*; and co-producer of the *PNF in The Pool* and *Myofascial Aquatic Body Work* DVDs. She received the 2014 Aquatic Therapy Professional Award and the 2002 ATRI Tsunami Spirit Award.

FACULTY: Maria Pritz, EdD, is an exercise physiologist with 28 years of experience in developing and implementing health, fitness and wellness programs for corporations, health clubs, and schools. She earned her doctorate in education (specialty in Physical Education and Sports) from Comenius University in Bratislava, Slovakia. Her unique training method involves integration of multidisciplinary techniques to achieve overall health and optimized performance. She is a member of Aquatic Exercise Association (AEA) Research Council, author of health fitness articles, and presenter for national and international conferences. She has researched and developed an aquatic fitness exercise program targeting pain management (e.g. fibromyalgia, posttraumatic stress release, neuromuscular conditioning, and reconditioning of athletes).