

## **2637 – AquaStretch™ Self-Release Techniques**

Intermediate / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 7:30-10:45 am – 3.0 credit hours

(Classroom: 7:30-9:00 am / Pool: 9:15-10:45 am)

**Faculty: Connie Jasinkas, MSc**

**COURSE DESCRIPTION:** AquaStretch™ (A/S) is a popular aquatic manual therapy. This session will offer methods to restore range of motion through Self-AquaStretch/Self-Assisted Stretch (SAS). SAS can improve clients' ability to problem-solve soft-tissue pain and movement restriction. The result is: restored range of motion, decreased pain between visits, client empowerment, increased body-awareness, and improved client self-responsibility. People with neuropathic pain have been shown to have a positive response to SAS because it is self-administered. SAS techniques, plus static stretches for the extremities, core, and neck will be demonstrated and practiced. This session is ideal for small-group therapy, as well as 1:1 client care.

### **COURSE OBJECTIVES:**

- 1) Practice strategies for clients to self-administer AquaStretch™ procedures using Self-AquaStretch/Self-administered stretch techniques (SAS).
- 2) Demonstrate and practice static stretch techniques to compliment SAS.
- 3) Demonstrate and practice SAS for the lower extremities, upper extremities, core and neck.
- 4) Review static stretches to compliment SAS.
- 5) Consider applications of SAS plus complimentary static stretching for small groups and 1:1 client care.

**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).