

2639 – Pain, Fascial Trauma and Release

Intermediate / Pool Workshop

Sanibel, FL / Wednesday, June 24, 2020 – 7:45-11:00 am – 3.0 credit hours

(Classroom: 7:45-9:15 am / Pool: 9:30-11:00 am)

Faculty: Lynda Keane, MSc / Julia Meno, CTRS, CMT, ATRIC

COURSE DESCRIPTION: Examine the connection between the nervous system, pain, inflammation and the myofascial system. Explore a progressive hands-on approach both on land and in the pool. These aquatic myofascial techniques are affective and at times having a profound influence on the reduction of pain derived from fascial trauma.

COURSE OBJECTIVES:

- 1) Determine the causes of fascial trauma.
- 2) Reveal how trauma and inflammation can create fibrotic changes.
- 3) Examine the relationship between fascia and the nervous system.
- 4) Practice direct and indirect myofascial techniques specifically adapted for use in aquatic therapy.
- 5) Identify how to interact with the water to create the internal and external environment for a fascial release.
- 6) Demonstrate knowledge and use of select aquatic myofascial releases via: vibration, aquatic elongation, compression, grasp and drag, traction, strain-counter-strain.
- 7) Describe how releasing the trauma can restore homeostasis within the fascia.
- 8) Apply aquatic myofascial releases to help resolve pain and thus improve mobility and quality of life.

FACULTY: Lynda Keane, MSc, specializes in aquatic rehabilitation in the UK and has a bachelor's degree in sports rehabilitation and injury prevention, as well as a master's in soft tissue techniques and exercise rehabilitation. She guest lectures at a UK university on aquatic rehabilitation and works at a leisure center associated with a London hospital specializing in orthopedic, musculoskeletal and hypermobile conditions. Lynda is the UK trainer/facilitator for AquaStretch™ and has written and accredited her course with CIMSPA & the YMCA. She has developed a passion for all things myofascial since starting her PhD using AquaStretch as the chosen technique. Lynda is director of research and education in her training company A.R.E.A.

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.