

## **2640 – Ai Chi for PTSD and Mobility**

Intermediate / Pool Workshop

Sanibel, FL / Wednesday, June 24, 2020 – 7:45-11:15 am – 3.0 credit hours

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

Faculty: Mary Wykle, PhD, ATRIC – Ai Chi for PTSD

Ruth Sova, MS, ATRIC – Ai Chi Mobility

### **Ai Chi for PTSD**

**COURSE DESCRIPTION:** Ai Chi promises to be an effective treatment for brain trauma patients experiencing pain, anxiety, stress, depression and balance deficiencies. Ai Chi is an active relaxation technique in warm water using postural control, static and center of gravity changes with slow, contemplative movements, helping lower blood pressure and inducing a feeling of calm. PTSD was first brought to the attention of the medical community by war veterans. However, PTSD can occur in anyone who has experienced a traumatic event that threatens death or violence. People who have been abused as children or who have been repeatedly exposed to life-threatening situations are at greater risk for developing PTSD. Victims of trauma related to physical and sexual assault face the greatest risk for PTSD.

A pilot study initiated by Dr. Mary Wykle, PhD, identified Specific Aims and the selection of valid instruments. The hypothesis of this study was to assess that Ai Chi performed in thermo neutral water will reduce pain, relieve anxiety, and improve balance as a reasonable and prudent treatment process for traumatic brain injury.

- **Aim 1: Pain** – The symptoms of chronic pain with multiple diagnoses are triggered in the nervous system. Ai Chi will measure the effect on chronic pain using the Visual Analog Scale. Blood pressure and Heart Rates will be taken during each session.
- **Aim 2: Anxiety** – Patients often exhibit mood alterations, hypervigilance and restlessness leading to panic attacks. Ai Chi will produce a significantly valid reduction in anxiety as measured each session with specific validated questions and completion of the State-Trait Anxiety Inventory at beginning and end of patient's participation.
- **Aim 3: Balance** – Dizziness challenges balance. Clinical Ai Chi movements include postural sway and changes in the center of buoyancy over the base of support with progressive narrowing base of support. The progressive movements of Ai Chi will be measured by the Neurocom Limit of Stability and Sensory Organization Scale assessments.

Proving the hypothesis put forth in these Aims supports the recommendation of Ai Chi as an addition to the recommended Standard of Care treatment for traumatic brain injury. Ai Chi was chosen because it provided meditation, and the integration of body, mind, and spirit.

### **COURSE OBJECTIVES:**

- 1) Recognize and understand basic brain function, symptoms of PTSD and how it impacts 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) Discuss aims and objectives that show outcomes for patients with PTSD.
- 4) Provide and practice modification to Ai Chi with specific emphasis on aquatics that address those specific movement impairments associated with various brain-related disorders.
- 5) Learn the importance of appropriate setting for patients with PTSD.

**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).

## **Ai Chi Mobility**

**COURSE DESCRIPTION:** Research shows that Ai Chi is excellent at many things including mobilizing tissue. Ai Chi Mobility will focus on reducing stiffness of connective tissue in and around muscles. It's simple and effective to focus on improving ROM. Slow movements in warm water, while maintaining alignment, require approximately 25% of the muscular force of identical land-based activity. This can offset tightness, contractures and spasticity. Come and try it!

### **COURSE OBJECTIVES:**

- 1) Practice turning and reaching skills in the Ai Chi Practicel
- 2) Focus on decreasing tone with Ai Chi Postures.
- 3) Employ a variety of focal points to assist in specific function.
- 4) Feel various shoulder positioning for pain and mobility issues.
- 5) Review evidence.

**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.