

2641 – Healthier Alignment thru Strengthen and Lengthen / Open Kinetic Chain

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: Katrien Lemahieu, MSEN, ATRIC – Healthier Alignment thru Strengthen and Lengthen
Connie Jasinskas, MSc – Open Kinetic Chain

Healthier Alignment thru Strengthen and Lengthen

COURSE DESCRIPTION: Finding a weakness, imbalances or dysfunction can help in general rehab and improve overall health. Kinetic Chain Movement can help in strengthening and lengthening through easy and harmonious movements for all. Everyone benefits with stronger and longer muscles!

COURSE OBJECTIVES:

- 1) Gain proper alignment for standing and in dynamic movement.
- 2) Explore and explain Kinetic Chain Movement.
- 3) Find weaknesses, dysfunction and imbalance.
- 4) Determine practical application in the aquatic environment.

FACULTY: Katrien Lemahieu, MSEN, ATRIC, has 20-plus years of experience in aquatics and has been a presenter worldwide since 2005. She studied physical education and holds a degree in Special Movement Education with an emphasis in Motoric Remedial Teaching and a focus on pediatrics. She has developed three e-learning programs on aquatic fitness (AquaMagicMoves) and is CEO of two educational institutes for aquatics: *Kataqua* for aquatic fitness and *ProOZo* for swimming. She is the organizer of the annual European Aquatic Fitness Conference (EAFC).

Open Kinetic Chain

COURSE DESCRIPTION: This session will offer rationale, strategies and techniques for open kinetic chain (OKC) stabilization and movement. The concept of OKC will be explored using a variety of suspended exercises and stretches in vertical or near vertical alignment. Methods of flotation will be experienced; applications and progressions discussed. This session is ideal for 1:1 client care as well as small-group therapy sessions.

COURSE OBJECTIVES:

- 1) Examine research-based evidence regarding open kinetic chain (OKC) efficacy and application.
- 2) Explore the benefits and uses of OKC stabilization, exercise and stretch for a variety of populations.
- 3) Practice OKC techniques relevant to client needs for pain abatement, core stabilization/strengthening, and restoration of range of motion.
- 4) Consider when and how to integrate OKC protocols into a rehab session.

FACULTY: Connie Jasinskas, 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 and www.FortheLoveofFit.com.