

2645 – ROM and Autogenic Stretch

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: Connie Jasinskas, MSc / Terri Mitchell, BA, PTA, ATRIC

Range of Motion and Autogenic Stretch

COURSE DESCRIPTION: Stretching techniques are commonly used in aquatic fitness classes and in one-on-one aquatic therapy to promote long term flexibility, and to enhance both active and passive range of motion to improve motor performance and aid rehabilitation. This session will offer methods to restore/improve range of motion using a combination of Self AquaStretch™ (SAS), static, dynamic stretching and PNF stretching. Typically done on land, all stretches have a place in the pool for a variety of health issues. SAS is self-administered and has a positive response with persons with neuropathic pain. This workshop will show you new ways of using different types of stretching, including PNF stretching in the pool for the extremities, core and neck. This workshop is ideal for 1:1 client care as well as in small group sessions.

COURSE OBJECTIVES:

- 1) Experience the different types of stretching techniques and their use in aquatic fitness: Ballistic, Dynamic, Active, Passive, Static, Autogenic AquaStretch™ and PNF
- 2) Examine research-based evidence regarding stretching terminology, efficacy and application.
- 3) List benefits and use of Self AquaStretch™/Self-Administered Stretch (SAS) procedures and technique for restoration of movement range.
- 4) Review and practice on land and in the pool, various stretching techniques for the aquatic environment for the lower extremities, upper extremities, core and cervical spine.
- 5) Use a case-study approach to select and practice SAS and complimentary stretches appropriate for a variety of client needs.
- 6) Practice using a noodle to assist with the different types of stretches.
- 7) Practice stretching a partner using PNF contract/relax stretching technique.

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.

FACULTY: Terri Mitchell, BA, PTA, ATRIC, has been involved with aquatic fitness since 1982. She is a Training Specialist with the Aquatic Exercise Association, a Licensed Physical Therapist Assistant (PTA) specializing in aquatic therapy, and instructor of a variety of aquatic fitness classes to persons of all ages and abilities. Terri holds certifications from AEA, ATRI, and IAR; and is a Certified Personal Trainer for both land and water. She is co-author of “Applications of PNF Techniques in the Aquatic Setting” manual and co-producer of “PNF in the Pool” video. She is the 2001 recipient of ATRI’s Dolphin Award and the 2010 recipient of the ATRI Professional Award.