

3307 – Lower Extremity Release

Advanced / Pool Workshop

Sanibel, FL / Friday, June 26, 2020 – 8:30-12:00 pm – 3.0 credit hours

(Pool: 8:30-10:00 am / Classroom: 10:30 am-12:00 pm)

Faculty: Beth Scalone, PT, DPT, OCS, ATRIC

COURSE DESCRIPTION:

Effective and efficient rehabilitation of lower extremity impairments involves releasing muscle tension and fascial adhesions prior to a strengthening program. This course will focus on aquatic manual techniques and releases for the hips, knees and ankles. The lecture will focus on current evidence and clinical pearls for various aquatic manual release techniques including AquaStretch™ and PNF techniques. The pool lab will focus on hands on practice of these techniques.

COURSE OBJECTIVES:

- 1) Describe the importance and influence of fascia on human movement.
- 2) List precautions and contraindications to aquatic manual techniques.
- 3) Apply manual release techniques for hip flexors, ITB, distal quadriceps, gastrocnemius.

FACULTY: Beth Scalone, PT, DPT, OCS, ATRIC, is a licensed physical therapist with many years of experience in orthopedic and aquatic therapy. As the owner of North County Water and Sports Therapy Center in San Diego (www.waterpt.com), she continues with hands-on clinical care in addition to her role as educator. Since graduating from the University of Connecticut in 1991, Beth has belonged to the American Physical Therapy Association and has achieved certification as a Clinical Specialist in Orthopedic Physical Therapy. In January 2006, she graduated from Boston University with a Doctor of Physical Therapy degree. Additional certifications include Certified STOTT Pilates™ instructor and Master Instructor for the Burdenko Method.

Beth not only provides continuing education for health care professionals, she is an adjunct faculty in the San Diego Mesa College PTA program, teaching Orthopedic Rehabilitation and Introduction to Pathology courses. She also provides the learning module/instruction on aquatic therapy to the University of St. Augustine San Diego Campus DPT program. She is the recipient of the 2010 ATRI Tsunami Spirit Award and the 2012 ATRI Professional Award.