

## ***3311 – Ten Go-To Hip and Back Exercises***

**Advanced / Pool Only**

**Sanibel, FL / Friday, June 26, 2020 – 7:00-8:00 am– 1.0 credit hour**

(Pool: 7:00-8:00 am)

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

**COURSE DESCRIPTION:** As the song goes, the hip bone is connected to the backbone. This course will focus on 'go to' exercises addressing hip and back impairments. In this pool only class, the participants will progress through ten hip and back-focused aquatic exercises.

### **COURSE OBJECTIVES:**

1) Progress and cue client through at least 10 isolative to integrative hip and back focused exercises.

**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](http://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.