

3618 – AquaStretch™ for Ortho

Advanced / Pool Workshop

Sanibel, FL / Tuesday, June 23, 2020 – 7:45-11:15 am - 3.0 credit hours

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

Faculty: Terri Mitchell, BA, PTA, ATRIC

COURSE DESCRIPTION: This 3-hour course teaches the foundations of AquaStretch™, a form of individual and facilitated aquatic exercise that may be used in wellness programs and also as a skilled aquatic therapy technique. AquaStretch™ theoretically breaks down fascial adhesions. These adhesions can inhibit flexibility, cause nerve impingements, muscle tension, vascular insufficiencies, hormonal imbalances, and pain. AquaStretch™ also functions as a cranial “unwinding” in water, with verbal psychological encouragement to “Move, if you feel the need to move”.

As a beginner to AquaStretch™, or as an experienced AquaStretch™ facilitator, you have had success with the basic techniques of AquaStretch™ with your clients/patients. Practice some tricks of the trade and advanced techniques for ortho patients. We will review the basics and add some fine tuning and advanced skills for knees, hips and the upper extremity.

AquaStretch™ is considered a breakthrough in pain management and aquatic therapy. It may quickly restore flexibility lost from accidents and surgeries, significantly and immediately reduce chronic pain or pain with movement, and/or create profound relaxation that may help improve sleep.

COURSE OBJECTIVES:

- 1) Explain the basic AquaStretch™ theories including fascial adhesions and intuitive movement.
- 2) Describe 7-9 basic AquaStretch™ procedures.
- 3) Demonstrate and execute select AquaStretch™ Positions and Grips.
- 4) Discuss appropriate equipment usage including safe application and removal of weights.

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.