

NATIONAL AQUATIC THERAPY CONFERENCE

# WASHINGTON, DC

February 18-20

The Westin Washington Dulles Airport  
2520 Wasser Terrace, Herndon, VA, 20171



Where Education is  
Never Dry!

2022



Focused Courses Combining Lecture and Discussion with Interactive Pool Labs

Courses include Hands-on Education in the Pool

Concrete Ideas to Help your Patients on Monday Morning

Education that Provides you with Cutting Edge Knowledge

Taught by the Nation's Top Aquatic Professionals

Course Certificates (Not Certifications) issued for specialized training

Sunday Luncheon Provided



The Westin Washington Dulles Airport  
2520 Wasser Terrace, Herndon, VA, 20171  
www.westindulles.com  
Reservations: 888-236-2427

## OVERNIGHT ACCOMMODATIONS & ATRI EVENT HOST SITE

# THE WESTIN WASHINGTON DULLES AIRPORT

Located just 10 minutes from Dulles International Airport, is convenient to the city center, and offers a complimentary shuttle to/from the Washington Dulles airport, local businesses, and attractions. It also connects to the Silver Line's Wiehle-Reston East station for an easy escape to downtown D.C. The indoor pool will be heated to 90 degrees for the ATRI conference.



[CLICK HERE TO  
RESERVE YOUR ROOM](#)

Book your group rate for Aquatic Therapy Conference 2022  
ATRI Conference Rate: \$99.00 single/double (plus tax)  
if you make your reservation by February 4, 2022.

- It's a great way to meet and network with colleagues
- It's convenient
- Great price at \$99.00 per night
- Rates good for 3 nights before and after the conference
- Free parking

# THE ATRI MISSION



**Ruth Sova, MS, ATRIC**

ATRI Founder & Director of Education

**The Aquatic Therapy & Rehab Institute, (ATRI) Mission is to further the education of health care professionals and practitioners working in the aquatic environment for better health and longevity of the clients and population we serve. ATRI is your leading source of multidisciplinary aquatic therapy education, training, and resources.**

## **Who Should Attend our Events?**

Whatever your profession, aquatics is the common bond...from speakers to attendees, you'll encounter a wide variety of healthcare professionals with disciplines to enhance your learning experience...PTs, PTAs, OTs, OTAs, TRs, ATs, KTs, MDs, DOs, PhDs, ExPhys, RNs, LMTs, Physical Educators, Assistants, Aids, Aquatic Fitness Professionals. Learn how your practice fits in the multidisciplinary scheme of services.

## **New to Aquatic Therapy?**

We recommend Intro. to Aquatic Therapy and Rehab (Course #1200), typically offered on the first day of all conferences. From there, you should choose beginner (1000-level) or intermediate (2000-level) courses that most suit your patient/client base.

## **The Difference Between Full-Day Certificates and ATRI Certification**

Full Day Certificates are courses for which you receive a certificate of completion at the end of the course. The certificate is given because of the educational hours you put into the course. The ATRI Certification is a 3-hour comprehensive exam that will test your ability to meet the Aquatic Therapy and Rehabilitation Industry Standards to practice. The exam is

OPTIONAL, but you must have 15 hours of education in aquatic therapy and rehab before taking the exam. The Exam requires advance purchase and registration and is offered Monthly via Zoom Exam Room. Select ATRI events may host in-person exam options but you are required to provide your own laptop to access the examination portal.

## **About The ATRI Certification**

The ATRI Aquatic Therapy & Rehabilitation (ATRIC) Exam is for competent, knowledgeable professionals in aquatic therapy, rehab and therapeutic exercise. Being ATRI Certified proves you are a knowledgeable and more well-rounded aquatic therapy practitioner. The education you gain by completing the prerequisite 15 hours of course work in aquatic therapy helps you take better care of your clients. The Certification is very popular because most practitioners want to advance themselves, expand their client base, and have the affirmation of this credential. It's why many practitioners are certified by several organizations. It is also helpful for getting jobs, raises, and pool time. It all depends on the title you want, the patients/clients with whom you're working, and your goals. If you want to grow and expand, then Certification is for you.



# CONTINUING EDUCATION CREDITS/UNITS (CEUs)

Numerous therapy and aquatics-related organizations accept ATRI courses and award credit as appropriate. Specific information will be available at the conferences. All attendees will receive a Continuing Education Credit/Unit Record Sheet as proof of attendance. You may use the proof of attendance and the course descriptions and biographies from the ATRI website ([atri.org](http://atri.org)) to obtain credit. ATRI always provides attendees with any additional information they need to obtain credit.



## The following organizations routinely approve ATRI educational events for continuing education hours:

- American Kinesiotherapy Association (AKTA)
- American Therapeutic Recreation Association (ATRA)
- Aquatic Exercise Association, Inc. (AEA)
- Florida Board of Occupational Therapy
- Florida Physical Therapy Association (for courses in Florida)
- Physical Therapy Board of California
- Illinois Department of Financial and Professional Regulation
- Texas Board of Physical Therapy Examiners (for courses in Texas)

Many state Physical Therapy and Occupational Therapy organizations require pre-approval of conference courses. If you are in need of PT or OT CEU approval, please check with your state PT or OT organization to determine their requirements. Every state is different and ATRI does not automatically obtain PT or OT continuing education pre-approval for all states because the cost is prohibitive. Each therapist must follow the guidelines given by his/her state PT or OT organization for approval. Please email Angie Fischer with any questions – [afischer@atri.org](mailto:afischer@atri.org).

# NATIONAL CONFERENCE

## GENERAL REGISTRATION FEES

### Register by January 19, 2022

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Early Bird Member - Save 20% \$716<sup>00</sup>

### Register after January 19, 2022

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Member \$895<sup>00</sup>

Non-member \$995<sup>00</sup>

### Ala Carte Pricing (For ATRI/AEA Members Only)

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Pay by Day \$375<sup>00</sup>

One-Year ATRI/AEA eMembership \$48<sup>00</sup>



### Cancelation/Transfer Policy

No cash/credit card refunds are permitted. Due to the nature of this event and the limited number of participants allowed, ATRI/AEA will not provide refunds should you find the need to cancel your registration for any reason. Cancels/Transfers must be received in writing 10 days prior to the event start date and are subject to a cancelation transfer fee. In the event you have an emergency or medical condition that would prohibit you from attending, a \$50.00 cancelation/transfer fee will be assessed. The remaining balance of registration only fees paid will be available for you to use for any ATRI Educational Event (In-Person on location, Virtually Live through Zoom or Recordings, ATRI specific Online Education) no later than December 31, 2022. **NOTE: If for some reason this in-person event is canceled due to COVID or related issues, it will be rescheduled to virtually live through Zoom. If you do not wish to participate, please see standard policies above for your cancel/transfer options.**

### Jalkanen Foundation Scholarships

The Jalkanen Foundation provides educational scholarships for courses in aquatic therapy and rehab. For more information on scholarships, please email [atri@atri.org](mailto:atri@atri.org) for application details.

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Aquatic Therapy & Rehab Institute  
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Toll Free: 877-774-2874 | [atri@atri.org](mailto:atri@atri.org)

# SCHEDULE

COURSE TIME	COURSE TITLE	COURSE BREAKDOWN	POOL TIME
<b>Friday, February 18, 2022</b>			
12:30 PM - 4:00 PM	2348 – How to Fall Safely (Ruth Sovo, MS, ATRIC)	Classroom: 1:30 PM - 4:00 PM	12:30 PM - 1:30 PM
1:30 PM - 5:00 PM	1624 – Unpredictable Command Technique (Donna Lewen, BA, ATRIC)	Classroom: 1:30 PM - 3:15 PM	3:15 PM - 5:00 PM
1:30 PM - 5:00 PM	2347 – Functionally Based Outcomes Outcomes (Beth Scalone, PT, DPT, OCS, ATRIC)	Classroom: 3:15 PM - 5:00 PM	1:30 PM - 3:15 PM
<b>Saturday, February 19, 2022</b>			
8:00 AM - 5:00 PM	1200 – Intro to Aquatic Therapy and Rehab (Sova)	Classroom: 8:00 AM - 11:30 AM Lunch on own: 1:30-2:30 PM Classroom: 2:30-5:00 PM	11:30 AM - 1:30 PM
8:00 AM - 11:30 AM	1632 – Muscle Tension Release (Maria Pritz, EdD)	Classroom: 9:45 AM - 11:30 AM	8:00 AM - 9:45 AM
8:00 AM - 11:30 AM	3606 – Loaded Movement Training (Scalone)	Classroom: 8:00 AM - 9:45 AM	9:45 AM - 11:30 AM
1:30 PM - 5:00 PM	2634 – AquaStretch for Peds/Neuro (Lewen)	Classroom: 3:15 PM - 5:00 PM	1:30 PM - 3:15 PM
1:30 PM - 5:00 PM	3618 – AquaStretch for Ortho (Scalone)	Classroom: 1:30 PM - 3:15 PM	3:15 PM - 5:00 PM
<b>Sunday, February 20, 2022</b>			
8:00 AM - 11:00 AM	2652 – Spiraling Ai Chi (Sova)	Classroom: 8:00 AM - 9:30 AM	9:30 AM - 11:00 AM
8:00 AM - 11:00 AM	3323 – 3D Spinal Rehab (Scalone)	Classroom: 9:30 AM - 11:00 AM	8:00 AM - 9:30 AM
11:30 AM-1:15 PM	MEAL-Luncheon & Keynote		
1:30 PM - 4:30 PM	2202 – Fascia Basics (Scalone)	Classroom: 3:00 PM - 4:30 PM	1:30 PM - 3:00 PM
1:30 PM - 4:30 PM	2650 – AquaStretch for Lumbar Spine and Hips (Lewen)	Classroom: 1:30 PM - 3:00 PM	3:00 PM - 4:30 PM

## Looking for a Comprehensive Mix of General Aquatic Therapy Education?

We've got it for you! If you have a broad base of clients or are new to aquatic therapy and rehab, we offer a comprehensive mix of general education courses. Check out the schedules and go to [atri.org](http://atri.org) events for more details.

## Course Levels

1000 = Entry Level

2000 = Intermediate

3000 = Advanced

Course numbers are designated and used in the session selection process once you begin your Online Registration.

REGISTER ONLINE

EVENT SUMMARY

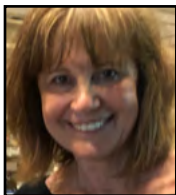
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# PRESENTER BIOGRAPHIES



## **Donna Lewen, BA, ATRIC**

Donna has dedicated her life to aquatics for more than 25 years, and currently works with aging adults and persons with disabilities. She was an Arthritis Foundation Trainer for over 20 years, a consultant at Ability360, and an AquaStretch™ Facilitator/Trainer. She was the recipient of the 2016 ATRI Aquatic Therapy Professional Award, the 2012 ATRI Tsunami Spirit Award, and the 2013 Arthritis Foundation Regional Public Service Award-University of Pittsburgh Community Service Award. She continues her studies in Energy Medicine and is a Reiki Master/Trainer. Beyond her active practice, she offers intuitive guidance and wellness coaching.



## **Dr. Maria Pritz, Ed.D**

Maria earned her doctorate in education (specialty in Physical Education and Sports) from University Comenius in Bratislava, Slovakia. She was a member of the AEA Research Council for seven years. She is also an author of health fitness articles and FLS CE classes, and a presenter for national and international fitness conferences. In her professional career of 34 years, Maria has combined academic knowledge with hands-on experience in functional fitness (athletic recovery, active aging), pain management via land-based and aquatic fitness. Her unique training method (SykorovaSynchro Method<sup>SM</sup>) involves integration of multidisciplinary techniques to achieve overall health and optimized performance. Maria was awarded the Aquatic Exercise Association's 2020 "Global Lifetime Achievement Award" for years of leadership, dedication and contribution in Aquatic Fitness. She was also given the "Tsunami Spirit Award" by the Aquatic Therapy and Rehab Institute in 2021.



## **Ruth Sova, MS, ATRIC**

The Director of Education of ATRI and an internationally recognized leader in the Aquatic Therapy industry, Ruth, is dedicated to the growth and betterment of the industry through her development efforts. She has founded six successful businesses and holds numerous awards and honors. She educates and energizes audiences with her presentations on personal growth, entrepreneurship, aquatic therapy-fitness, and business development. Sova founded the Aquatic Therapy and Rehab Institute, Inc. (ATRI) a nonprofit educational organization dedicated to the professional development of health care professionals involved with aquatic therapy. She is founder of the Aquatic Exercise Association (AEA). Ruth has authored over 170 articles, 18 books, and has produced over 50 DVDs and CDs.



## **Beth Scalone, PT, DPT, OCS, ATRIC**

Beth is a physical therapist specializing in orthopedic and aquatic therapy, and owner of North County Water & Sports Therapy Center in San Diego. Beth earned her PT degree from the University of Connecticut and earned her Doctor of Physical Therapy degree from Boston University. She has achieved Certification and re-certification as a clinical specialist in orthopedic physical therapy. As a Certified STOTT Pilates™ instructor, Beth incorporates the use of Pilates basic principles into her exercise programs. Beth has a passion for education and the ability to motivate and facilitate professional growth and lifelong learning among physical therapy students and graduates. Applying evidence-based material to daily clinical treatment makes her one of the most recognized speakers in the USA and abroad.



## **Mary Wykle, PhD, AEA, ATRIC, Ai Chi Master Trainer**

Mary is the President of MW Associates and specializes in aquatic program development for all populations for the Aquatic Therapy & Rehab Institute, AEA and the National Spine Health Foundation where she is one of four national advocates advising patients on spinal questions. Certifications include ATRIC, AEA, Ai Chi Master Trainer, and Hydrorevolution Trainer. She has received all levels of awards from ATRI, the AEA Lifetime Achievement Global Award, ISHoF, American Red Cross and Defense Department Awards.



# COURSE DESCRIPTIONS

## FRIDAY AFTERNOON FEBRUARY 18

**2348**

### How to Fall Safely

Ruth Sova, MS, ATRIC

12:30-4:00 PM

Intermediate / Half-Day Course

3.5 CEUs/credit hours

Have clients fall in the pool. Analyze it and teach them effective compensatory skills for falling. Give them exercises they can do on their own to maintain strong fall-response skills. The pool is a safe place to practice falling. We'll review each person's fall (and video of others) to see what compensation strategies are used to stay upright. Then we'll find fall techniques and fall exercises that can be used in the pool that transfer to land. This course will review common compensatory skills for different populations and explore ways to change non-effective to effective response. Experience falling, fall exercises and fall techniques and apply them to home exercises.

**1624**

### Unpredictable Command Technique

Donna Lewen, BA, ATRIC

1:30-5:00 PM

Beginner / Half-Day Course

3.5 CEUs/credit hours

This workshop will focus on the Unpredictable Command Technique and integrate techniques from the Mini-Mental State Exam. Learn to increase clients' proprioception, balance, and reaction time to decrease falls. Retrain thought processes to do tasks that we do not normally do during regular activities, ultimately building positive neuroplasticity. Teach the mind and body to work together in case of an emergency.

**2347**

### Functionally Based Outcomes

Beth Scalone, PT, DPT, OCS, ATRIC

1:30-5:00 PM

Intermediate / Half-Day Course

3.5 CEUs/credit hours

In rehabilitation, the main goal is to return to or maintain function. There are seven foundational movements found in function. All are essential to restore and enhance movement, improve daily activities, develop sport performance, and expand well-being. Pull, Push, Squat, Lunge, Hinge, Twist and Walk are the basics. From these seven, other exercises become a variation. Performing these movements recruits multiple muscle groups simultaneously. Implementing all these movements into a program ensures you are engaging all major muscle groups for your client with the goal of improving functional outcomes. Lecture will present the current research and clinical pearls to maximize your aquatic therapy exercise. Lab portion will allow participants to apply and cue aquatic exercise progressions addressing each of the seven foundational movements.



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# COURSE DESCRIPTIONS

## SATURDAY MORNING FEBRUARY 19

**1200**

### **Intro to Aquatic Therapy and Rehab**

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Ruth Sova, MS, ATRIC

8:00 AM-5:00 PM

Beginner / Full-Day Workshop

8.0 CEUs/credit hours

"Intro" is an informative full day workshop for those health professionals who would like to expand skills into aquatic therapy and rehab, review for the ATRI Certification, or see what changes have occurred in the field. Aquatic therapy and rehabilitation is a growing market and provides an excellent service to clients. "Intro" offers the most current essential information you need to get confident in the concepts, compare the efficacy and outcomes to land-based therapy, try several popular aquatic therapy protocols during the in-pool lab, and access resources for more in-depth knowledge.

**1632**

### **Muscle Tension Release**

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Maria Pritz, EdD

8:00-11:30 AM

Beginner / Half-Day Course

3.5 CEUs/credit hours

Muscular Tension Release is based on the fundamental idea, backed by research, that stress, tension and trauma are both psychological and physical. To have the ability to release muscular tension independently, one must learn how to align their body and mind while experiencing an alert but relaxed state of awareness, which can be also facilitated by hydraulic pressure. The water current/drag effect can be applied to stimulate the body's neuro system. This will help to soften up the most superficial layer of tissue where

dysfunction appears (pain, tension, or rigidity) and help move oxygenated blood into the muscular system. Once the tight tissue is stimulated, somatic/intuitive movement will accrue, blood flow to the area increases and the tight tissue will become suppler. This allows the therapist to access the next layer of tissue without applying excessive pressure. This pattern is repeated until all layers of dysfunctional tissue are restored, and the tight, rigid tissue is replaced with supple and mobile tissue.

**3606**

### **Loaded Movement Training**

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Beth Scalone, PT, DPT, OCS, ATRIC

8:00-11:30 AM

Advanced / Half-Day Course

3.5 CEUs/credit hours

An emerging trend known as Loaded Movement Training (LMT) is an effective way to help clients develop strength by training all the muscles together as one system. The benefits of loaded movement training include integration of physiological systems, lower compressive forces on the joints and skeletal structures of the body, and multidirectional stability, mobility, strength, and power. Integrating multiple-joint motions moves stress away from specific areas in the body and introduces stress to the whole system as it shares the load. Studies have found that loaded movement training challenges and conditions muscle, fascia, the nervous system, skin, and other systems of the body. The intention is not to replace current training methods with LMT, but rather to add LMT into a protocol. This concept applies to athletes as well as lower functioning clients and can be a key component of a well-balanced therapeutic protocol.

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# COURSE DESCRIPTIONS

## SATURDAY AFTERNOON FEBRUARY 19

**2634**

### **AquaStretch™ for Peds/Neuro**

Donna Lewen, BA, ATRIC

1:30-5:00 PM

Intermediate / Half-Day Course

3.5 CEUs/credit hours

This course includes techniques that can be used with pediatric and neuro clients. Applications for individuals with limited ability to express themselves will be explored. Stimulate neurological function, relieve pain, facilitate ease of movement, and improve quality of life through application of AquaStretch™ to this specialized group of individuals. AquaStretch™ techniques are holistically based and clinically effective; treatment is hands-on and can be implemented as part of any health and wellness program. Resources to enable expansion of AquaStretch™ techniques will be provided.

Experience basic AquaStretch™ procedures with modification to maximize the following grips for Peds and Neuro patients: Teeth Grinding Grip, IT Pump and Scap Release. Explore intuitive movement and its interrelation to energy congestion in the body. Perform AquaStretch™ techniques to maximize effectiveness for pediatric and neurodiverse clients/patients including intentional movement and contract-relax. Discover how to read the energy of your patients with holistic techniques added to your kinesthetic awareness skills to optimize AquaStretch™ treatments for individuals that may not be able to verbally or physically express themselves. Enhance knowledge of myofascial meridians and learn how to optimally facilitate through AquaStretch™.

**3618**

### **AquaStretch™ for Ortho**

Beth Scalone, PT, DPT, OCS, ATRIC

1:30-5:00 PM

Advanced / Half-Day Course

3.5 CEUs/credit hours

AquaStretch™ is a one-on-one, myofascial release technique performed in shallow water. The primary application of AquaStretch™ for rehabilitation of orthopedic diagnoses is to improve mobility and reduce pain allowing for more rapid progression of strengthening and return to function. This course integrates the general AquaStretch™ wellness program techniques with advanced techniques and modifications most used with clients with orthopedic problems. During the pool lab participants will perform and perfect the manual skills required for basic and advanced AquaStretch™ applications. Lecture will include evidence-based material related to fascial connections and the AquaStretch™ theoretical principles. Clinical decision-making component of the course includes specific applications of the technique along with review of precautions and contraindications related to a variety of orthopedic diagnoses. Integration of the AquaStretch™ technique into a comprehensive rehabilitation program will be included in class discussion.

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# COURSE DESCRIPTIONS

## SUNDAY MORNING FEBRUARY 20

### 2652 Spiraling Ai Chi

Ruth Sova, MS, ATRIC  
8:00-11:00 AM  
Intermediate / Half-Day Course  
3.0 CEUs/credit hours

Spiraling! It is thought that the education and reinforcement of repeated spiral/diagonal patterns increases coordination while promoting joint stability and neuromuscular control. It should be incorporated during functional training to effectively influence improved motor programming. We'll review all the Ai Chi postures with the application of spiral movements. Spiraling uses a 'working from the outside-in' concept. By stimulating the distal segments, the proprioceptors in the more proximal segments became stimulated. One purpose of Spiraling Ai Chi is to enhance and create movement in areas where the neuromuscular system has been compromised. Overall, Spiraling Ai Chi is designed be multi-planar, multi-positional, movement-focused with variable speeds and a large freedom of movement.

### 3323 3D Spinal Rehab

Beth Scalone, PT, DPT, OCS, ATRIC  
8:00-11:00 AM  
Advanced / Half-Day Course  
3.0 CEUs/credit hours

We function in all directions. To effectively rehabilitate and or prevent lower back injuries, the aquatic therapist needs to incorporate exercises to improve mobility and stability in all three major planes. This course will focus on improving spine and hip flexibility and stability in the sagittal, frontal, and transverse plane with aquatic exercise. The lecture portion will review key movements and functional components related to each plane including quick assessments to help guide the aquatic therapist with program design and exercise prescription. The pool lab will cover a variety of exercises including progressions based on challenging one to all three planes of movement with suspended and shallow depth exercise.



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# COURSE DESCRIPTIONS

## SUNDAY AFTERNOON FEBRUARY 20



### **2202** **Fascia Basics**

Beth Scalone, PT, DPT, OCS, ATRIC  
1:30-4:30 PM  
Intermediate / Half-Day Course  
3.0 CEUs/credit hours

Fascia plays several important roles in our physical function. Mobility, hydration, and strength of our body's connective tissues is essential for efficient and effective movement. Injury, illness and activity level all influence the health of these tissues. This class will discuss the connections and importance of fascia and provide practical fascial release techniques, combined with follow-up exercise progression to maintain mobility and improve the functional balance of our connective tissue. Current research is presented alongside clinical pearls promoting evidence-based clinical recommendations. Pool lab will focus on techniques for releasing fascial adhesions and strengthening the myofascial network. Experience hands-on application of at least three aquatic fascial release techniques around knee, hip and shoulder. You will learn to integrate and progress the five fascial fitness principles to aquatic exercise for clients of all levels.

### **2650** **AquaStretch for Lumbar Spine and Hips**

Donna Lewen, BA, ATRIC  
1:30-4:30 PM  
Intermediate / Half-Day Course  
3.0 CEUs/credit hours

This course includes techniques that can be sequenced into your aquatic therapy treatment plan. Lower extremity sequencing techniques will explore the use of contract-relax, intuitive movement, accentuation, and intentional movement. Discussion on the myofascial meridians and how they relate to sequencing will be learned. The Intentional Sequencing Technique will assist therapists limited in time available to see patients/clients, who want to quickly begin integrating myofascial work into their manual therapy treatments. This workshop is ideal for those with lumbar and hip pain. This treatment method is hands-on and can be implemented as part of any health and wellness program.

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