



Where Education is  
Never Dry!

# 2022 PROFESSIONAL DAYS GREEN BAY, WISCONSIN FEBRUARY 26-27

The Aquatic Center at CP  
2801 South Webster Avenue, Green Bay, WI 54301

Focused  
Courses  
Combining  
Lecture and  
Discussion with  
Interactive Pool  
Labs

All 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



Ruth Sova, MS, ATRIC  
ATRI Founder & Director of Education

# The ATRI Mission

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 multi-disciplinary 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.

A photograph of an outdoor swimming pool with a metal fence in the background. Several people are swimming in the pool. In the foreground, a person wearing a white t-shirt and a large, patterned hat stands with their back to the camera, looking towards the pool. The text "Continuing Education Credits/Units (CEUs)" is overlaid on the image in a large, white, sans-serif font.

# 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).

# Professional Days

## General Registration Fees



### Register by February 8, 2022

|                   |                     |
|-------------------|---------------------|
| Early Bird Member | \$575 <sup>00</sup> |
|-------------------|---------------------|

### Register after February 8, 2022

|            |                     |
|------------|---------------------|
| Member     | \$635 <sup>00</sup> |
| Non-member | \$675 <sup>00</sup> |

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

|                      |                     |
|----------------------|---------------------|
| Full Day Course Only | \$375 <sup>00</sup> |
| Half Day Course Only | \$195 <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.

# Schedule

## 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.

| COURSE TIME                        | COURSE TITLE   | COURSE BREAKDOWN   | POOL TIME                                 |
|------------------------------------|--|--|---|
| <b>Saturday, February 26, 2022</b> |  |  |   |
| 8:00 AM - 5:00 PM                  | 1200 – Intro to Aquatic Therapy and Rehab (Ruth Sova, MS, ATRIC)                             | Classroom: 8:00 AM -10:00 AM<br>Lunch on own: 1:00 PM -2:00 PM<br>Classroom: 2:00 PM -5:00 PM    | 10:00 AM - 1:00 PM                        |
| 8:00 AM - 5:00 PM                  | 2634 – AquaStretch for Peds/Neuro (Donna Lewen, BA, ATRIC)                                   | Classroom: 10:00 AM-12:00 PM<br>Lunch on own: 12:00 PM - 1:00 PM<br>Classroom: 1:00 PM - 2:00 PM | 8:00 AM - 10:00 AM &<br>2:00 PM - 5:00 PM |
| <b>Sunday, February 27, 2022</b>   |  |  |   |
| 8:00 AM - 11:30 AM                 | 2212 – Balance Exercises and Progressions in Preparation for Function (Ruth Sova, MS, ATRIC) | Classroom: 9:45 AM - 11:30 AM  | 8:00 AM - 9:45 AM                         |
| 8:00 AM -11:30 AM                  | 2650 – AquaStretch for Lumbar Spine and Hips (Donna Lewen, BA, ATRIC)                        | Classroom: 8:00 AM - 9:45 AM   | 9:45 AM -11:30 AM                         |
| 12:00 PM - 3:30 PM                 | 1201 – Arthritis and Aquatic Therapy (Donna Lewen, BA, ATRIC)                                | Classroom: 12:00 PM - 1:45 PM  | 1:45 PM -3:30 PM                          |
| 12:00 PM -3:30 PM                  | 2603 – BackHab (Ruth Sova, MS, ATRIC)  | Classroom: 1:45 PM - 3:30 PM   | 12:00 PM -1:45 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.



# Presenter Biographies



**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.



**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.

# Course Descriptions

Saturday, February 26, 2022 Full-Day Sessions  
(8 hours)

## 1200

### Intro to Aquatic Therapy & Rehab

Ruth Sova, MS, ATRIC  
8:00 AM-5:00 PM  
8.0 CEUs/credit hours  
Beginner / Full-Day Workshop

“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.

## 2634

### AquaStretch™ for Peds/Neuro

Donna Lewen, BA, ATRIC  
8:00 AM-5:00 PM  
8.0 CEUs/credit hours  
Intermediate / Full-Day Course

This course is intermediate level and 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 applications of AquaStretch™ to this specialized group. AS 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.



# Course Descriptions

Sunday, February 27, 2022 Half-Day Morning Sessions (3.5 hours)

## 2212

### Balance Exercises and Progressions in Preparation for Function

Ruth Sova, MS, ATRIC  
8:00-11:30 AM  
3.5 CEUs/credit hours  
Intermediate / Pool Workshop

Sometimes we must regress before progressing. We'll use seated balance from static to multi-planer dynamic balance and then static standing balance and dynamic balance. We will sit on floatation devices with feet touching the pool bottom and then NOT touching the pool bottom. Various perturbations will be used to give you a wide range of options for each of your clients. We'll also go through a complete vertical trunk control – from simply standing, then adding eye and head movement, UE perturbation progressions, weight shifting, bending, and turning skills, LE action including touching, lunging and trunk glide. This will be evidence based AND fun – as well as eye-opening. Come and play!

## 2650

### AquaStretch™ for Lumbar Spine and Hips

Donna Lewen, BA, ATRIC  
8:00-11:30 AM  
3.5 CEUs/credit hours  
Intermediate / Half-Day Course

This course includes techniques that can be sequenced into your aqua 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.



# Course Descriptions

Sunday, February 27, 2022 Half-Day Afternoon Sessions (3.5 hours)

## 1201

### Arthritis and Aquatic Therapy

Donna Lewen, BA, ATRIC  
12:00-3:30 PM  
3.5 CEUs/credit hours  
Beginner / Half-Day Course

Discover creative and fun techniques to benefit clients with arthritis conditions of various states. Explore how to integrate aquatic techniques to relieve chronic pain associated with various forms of arthritis and the aging population. In this course, we will define aging adults and musculoskeletal system and determine how aquatic exercise benefits the aging population, those suffering from arthritis and related issues, and those with auto-immune issues. Learn how to integrate techniques to assist with fall prevention, balance and gait issues. Learn with hands-on practical lab on how to apply techniques for special populations including those with arthritis (osteoarthritis, osteoporosis, sarcopenis and fibromyalgia).

## 2603

### BackHab

Ruth Sova, MS, ATRIC  
12:00-3:30 PM  
3.5 CEUs/credit hours  
Intermediate / Half-Day Course

The program focuses on relearning functional movement patterns with carryover to activities of daily living. Progressions are included to further challenge qualities such as balance, coordination, endurance, trunk stability and gait. Alignment with neutral spine is re-evaluated with every change in exercise. Precautions and modifications are included. The program has proven to be ideal for clients with chronic pain, with shoulder, hip, knee, ankle, and back disorders, and with chronic conditions such as fibromyalgia, MS, arthritis, asthma, obesity, diabetes, high blood pressure, and older adults and those recovering from strokes. BackHab can be used in one-on-one rehab and personal training, in groups, and the client can use it independently for post-rehab conditioning.