



Where Education is  
Never Dry!

# 2022 PROFESSIONAL DAYS MORGANTOWN, WEST VIRGINIA MARCH 5-6

Encompass Health Rehabilitation Hospital of Morgantown  
1160 Van Voorhis Rd, Morgantown, WV 26505

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.



# 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 Registration Prices



## Register by February 8, 2022

Early Bird Member	\$575 <sup>00</sup>
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## 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>

Add One-Year ATRI/AEA eMembership	\$48 <sup>00</sup>
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### 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, March 5, 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 Lunch on own: 1:00 PM -2:00 PM Classroom: 2:00 PM - 5:00 PM	10:00 AM-1:00 PM
8:00 AM - 5:00 PM	2333 – Pain Science Applications (Beth Scalone, PT, DPT, OCS, ATRIC)	Classroom: 10:00 AM-12:00 PM Lunch on own: 12:00 AM - 1:00 Classroom: 1:00 PM - 2:00 PM	8:00 AM -10:00 AM & 2:00 PM -5:00 PM
<b>Sunday, March 6, 2022</b>			
8:00 AM -11:30 AM	2625 – Ai Chi for Ortho and Neuro (Sova)	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
12:00 PM - 3:30 PM	2518 – New Innovations and Applications for Spine Rehab (Mary Wykle, PhD, ATRIC)	Classroom: 12:00 PM - 1:45 PM	1:45 PM - 3:30 PM
12:00 PM -3:30 PM	3618 – AquaStretch for Ortho (Scalone)	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.



**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 O. 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

Saturday, March 5, 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.

## 2333

### Pain Science Applications

Beth Scalone, PT, DPT, OCS, ATRIC  
8:00 AM-5:00 PM  
8.0 CEUs/credit hours  
Intermediate / Full-Day Course

What we know about pain has changed over the last 20 years. Did you know there is no specific place in the brain for pain? We already know everyone experiences pain differently and there is a good reason why. Our brain receives nociceptive input from our body, but the brain processes this information in several places within the brain and what the patient reports should be described as the patient’s pain experience. Additionally, the longer the pain lasts, the brain signals are altered, leading to reduced proprioception, increased sensitivity to stimulus and a myriad of additional health issues. Understanding pain neuroscience and how to educate a client on why they hurt and how to manage their pain is an essential tool a therapist needs to successfully treat chronic pain patients in today’s environment. In this course, the lecture will review key aspects in pain neuroscience education, providing both the science behind and practical ways to educate your client to improve outcomes. The lab portion will present aquatic exercise progressions with the goal of reducing central sensitization, improving proprioception of deep postural muscles and reducing the patient pain experience for successful progression of functional movement.

# Course Descriptions

Sunday, March 6, 2022 Half-Day Morning Sessions (3.5 hours)

## 2625

### Ai Chi for Ortho and Neuro

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

Implement specific ways to apply Ai Chi to clients for their special issues such as pain, balance (some great balance 'tricks' for neuro during weight shifting and turning skills), extension for those who need it and tissue relaxation for those with spasticity or rigidity. Imagine adding some skin brushing to your Ai Chi practice or using eye and hand positioning to improve balance – we can try it all. For ortho, we'll focus on back, hip and shoulder (and a little bit of knee) modifications to make the practice work better for them. Those of us who know and use Ai Chi have seen the myriad of benefits it offers our clients. Balance (along with core stability) improves, muscles tone and strengthen, systemic issues (blood pressure, diabetes, pulmonary) and cardio improve, and the calming of the reticular (part of the fight or flight sympathetic) system. This decreases stress, hyperactivity, sensory, anxiety, etc. If you're already using Ai Chi and are interested in a different focus, please let us give you some ideas/options to allow your Ai Chi practice to increase client benefits.

## 3606

### Loaded Movement Training

Beth Scalone, PT, DPT, OCS, ATRIC  
8:00-11:30 AM  
3.5 CEUs/credit hours  
Advanced / Half-Day Course

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.



# Course Descriptions

Sunday, March 6, 2022 Half-Day Afternoon Sessions (3.5 hours)

## 2518

### New Innovations and Applications for Spine Rehab

Mary Wykle, PhD, ATRIC  
12:00-3:30 PM  
3.5 CEUs/credit hours  
Intermediate / Half-Day Course

80-90% of people have severe neck or back pain at some point. Physical therapy is the first option, but a spinal surgeon should first interpret a patient's history (including family history, environmental), physical examination and diagnostic images to understand where the pain is coming from. Spinal fusions are often associated with Degenerative Disc Disease, Spondylolisthesis, and Ankylosing Spondylosis which are common in the cervical and lumbar spine. The most common cause of low back pain is associated with inter-vertebral disc degeneration. Advanced conditions may require spinal fusion surgery – purpose is to resolve pain caused by motion of the vertebrae by fusing them together and successfully eliminating pain at that level for misalignment or instability. This places increased stress on adjacent levels of the spine. This course will look at the future of spine surgery and the advancements in spinal fusion surgery including hybrid cervical spine surgery, artificial disc replacement, robotic guided spine surgery, use of augmented reality for surgery, artificial intelligence and machine learning algorithms improving surgical outcomes. These will impact traditional aquatic therapy to include revised protocols and timing when different treatments are safely initiated based on the literature available

## 3618

### AquaStretch for Ortho

Beth Scalone, PT, DPT, OCS, ATRIC  
12:00-3:30 PM  
3.5 CEUs/credit hours  
Advanced / Half-Day Course

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. Please Note: Due to the fast pace of information and the number of techniques presented, the participant will get the most out of this course if they have participated in a previous AquaStretch™ course or taken the ATRI Online Ed Intro to AquaStretch™ Course.