



Aquatic Therapy & Rehab
INSTITUTE

Where Education is
Never Dry!

2022 PROFESSIONAL DAYS SEATTLE, WASHINGTON FEBRUARY 5-6

Horizon House
900 University Street, Seattle, WA 98101

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) 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.

Professional Days

General Registration Fees



Register by January 8, 2022

Early Bird Member	\$575 ⁰⁰
-------------------	---------------------

Register after January 8, 2022

Member	\$635 ⁰⁰
Non-member	\$675 ⁰⁰

Ala Carte Pricing (For ATRI/AEA Members Only)

Full Day Course Only	\$375 ⁰⁰
Half Day Course Only	\$195 ⁰⁰

One-Year ATRI/AEA eMembership	\$48 ⁰⁰
-------------------------------	--------------------

Cancellation/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 cancellation transfer fee. In the event you have an emergency or medical condition that would prohibit you from attending, a \$50.00 cancellation/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 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
Saturday, February 5, 2022			
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 Classroom: 2:00 PM - 5:00 PM	10:00 AM-1:00 PM
8:00 AM - 5:00 PM	2651– Translating Science into Application for Low Back (Camella Nair, Swami, C-IAYT)	Classroom: 10:00 AM-12:00 PM Lunch on own: 12:00 AM - 1:00 PM Classroom: 1:00 PM - 2:00 PM	8:00 AM -10:00 AM & 2:00 PM -5:00 PM
Sunday, February 6, 2022			
8:00 AM -11:30 AM	2212 – Balance Exercises and Progressions in Preparation for Function (Sova)	Classroom: 8:00 AM - 9:45 AM	9:45 AM - 11:30 AM
8:00 AM -11:30 AM	2622 – Pelvic Floor Health with Yoga (Nair)	Classroom: 9:45 AM - 11:30 AM	8:00 AM - 9:45 AM
12:00 PM -3:30 PM	2623 – Therapeutic Aqua Yoga (Nair)	Classroom: 12:00 PM - 1:45 PM	1:45 AM - 3:30 PM
12:00 PM -3:30 PM	2625 – Ai Chi for Ortho and Neuro (Sova)	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 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.



Camella Nair, Swami, C-IAY

Camella is one of the few ordained female Swamis currently teaching in the Kriya Lineage. It is an unbroken line of gurus dating back thousands of years. She pioneered Aqua Kriya Yoga 20 years ago and travels to certify teachers in this field. As a female disciple, she authored "Prenatal Kriya Yoga" which is a mystical journey into pregnancy and motherhood. A registered Yoga Therapist and Prenatal Yoga Alliance registered teacher, she has a comprehensive online home-study in prenatal yoga at www.prenatalkriyayoga.com.

Course Descriptions

Saturday, February 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.

2651

Translating Science into Application for Low Back

Camella Nair, Swami, C-IAYT
8:00 AM-5:00 PM
8.0 CEUs/credit hours
Intermediate / Full-Day Course

We don't know how to identify new or persistent low back pain in most cases, even though it is the second most common cause of disability in the USA. Most popular treatments are spine surgery, opioids, steroid injections (people love a quick fix). Evidence is increasing around the use of alternative therapies and exercise programs (once doctors have ruled out serious cases), like strength training, aerobics, meditation, yoga, tai chi, etc. We will explore the “Back Builders Strategy” that Sports Medicine Specialist Vijay Vad has introduced and the importance of reducing stress. Yoga offers some of the best evidence in support of managing back pain in adults and the emotional stress that goes along with that as it is a mind-breath-body protocol base on a Panchamaya Kosha model. (Physical, energetic, mind, intellect, and contentment considerations of the individual).



Course Descriptions

Sunday, February 6, 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!

2622

Pelvic Floor Health with Yoga

Camella Nair, Swami, C-IAYT
8:00-11:30 AM
3.5 CEUs/credit hours
Intermediate / Land Workshop

A healthy pelvic floor is defined as one that can be controlled volitionally and automatically, and fully integrates with surrounding musculature. Age, childbirth, surgery, and accidents, however, can create major problems 'down there' and cause pain, embarrassment, and avoidance of social groups, therefore limiting leading a happy and contented lifestyle. People with lumbar instability can challenge a healthy pelvic floor. Yoga is an effective and inexpensive self-managed solution to many issues, especially bladder control. Headaches and fibromyalgia tend to have myofascial imbalances and restrictions in the pelvis. After age 55, issues like incontinence and prolapse increase and pelvic problems become more common.

Course Descriptions

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

2623

Therapeutic Aqua Yoga

Camella Nair, Swami, C-IAYT
12:00-3:30 PM
3.5 CEUs/credit hours
Intermediate / Half-Day Course

Yoga is an increasingly popular form of exercise in the world today. It differentiates itself from other exercises because it makes connections between mind and body and has protocol beyond physical movements such as controlled breathing to develop focus and attention, which helps with pain management strategies. "Yoga Therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of Yoga," as defined by the International Association of Yoga Therapists. "Yoga therapy is a self-empowering process, where the care-seeker, with the help of the Yoga Therapist, implements a personalized and evolving Yoga Practice, that not only addresses the illness in a multi-dimensional manner, but also aims to alleviate suffering in a progressive, non-invasive and complementary manner, depending on the nature of the illness. Yoga therapy can not only be preventative or curative, but also serve as a means to manage the illness or facilitate healing in the person at all levels."

2625

Ai Chi for Ortho and Neuro

Ruth Sova, MS, ATRIC
12:00-3:30 PM
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.