Course Title: Post Polio Water Work: Conserve to Preserve

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Course Type: e-Learning Home Study

Credit hours: AEA 3.0, ATRI 0.3, ACSM 2.0, COPS-KT 0.2,
NFPT 1.0, NCSF 1.0, YMCA 2.0, NSPA 2.0

Author:
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Mary B. Essert, B.A., ATRIC, has been involved in the aquatic industry since 1949. Her leadership and experience in teaching swimming, water fitness and therapeutic intervention techniques are internationally recognized. Adapted Aquatics has brought her to more active involvement and employment in rehabilitation and therapy. She serves as a trainer for the Arthritis Foundation, Red Cross WSI, AAHPERD Adapted Aquatics, and holds many instructor certifications from organizations including AEA, USWFA, Medical Health & Fitness Cancer Well-Fit, and the MS Society. She is an assistant teacher for Watsu® and a Jahara practitioner. She received the Aquatic Exercise Association Lifetime Achievement Award, the Aquatic Therapy and Rehab Institute (ATRI) Aquatic Therapy Professional of the Year Award for 2002. She was recognized in Who's Who in Aquatic Leadership in the US for the past 5 years. She was honored to receive the Arkansas State Senior Fitness Leadership Award in 2009. Mary Essert presented a workshop on the Aquatic Management of Fibromyalgia and also a workshop on Watsu® for Chronic Pain Management at the Jornadas Naionales y Internacionales de Hidroterapia y Actividad Acuatica Adaptada at El Picacho Consejeria de Education, Junta de Andalucia in Sanlucar de Barrameda, Cadiz - Andalucia Spain on July 19, 2011. These were part of a week-long workshop which centered on adapted aquatics for children and adults with special needs. Her seminars, workshops and videos on subjects such as older adults, rheumatic conditions, post polio, breast cancer and warm water bodywork have helped many instructors and individuals since she began to present in 1980.

Course Summary:
As a health-fitness professional, you may encounter clients with Post Polio Syndrome. In this case it is imperative to understand how to effectively and safely work with these clients without causing harm to occur or symptoms to re-occur.

Mary Essert, BA, ATRIC, Pioneer Aquatic Specialist and Vickie Ramsey, R.N.,CPC, and a post polio survivor herself, present an effective warm water exercise program designed for polios. This course may be utilized by health-fitness professionals as a guide in working with those persons who have post polio syndrome. Although the exercise program is designed for warm water, all health-fitness professionals can benefit from the general information provided in this course. Techniques to increase range of motion, strength, endurance and relaxation are clearly shown. The design makes it user friendly for group or individual education. Emphasis on independence and functional fitness is the goal.

Objectives:

- Learn about the etiology of Post Polio Syndrome (PPS) including causes, vaccines, common symptoms, criteria for diagnosing, and treatment for PPS.
- Understand the benefits of exercise for PPS and the differences the aquatic environment provides.
- Understand general programming guidelines and exercise program guidelines including program options, water variables, monitoring intensity, precautions, and equipment use.
- Learn warm up, breathing and posture, strength and range of motion, lower extremity, aerobic, and cool down aquatic exercises recommended for clients with Post Polio Syndrome

Outline:

What is Post Polio Syndrome?
- What Causes PPS?
- Post Polio Vaccine
- Common Symptoms
- Criteria for Diagnosing PPS

Treatment for PPS
- Pharmaceuticals
- Complimentary / Alternative Therapies
- Recommended Management Tactics

Benefits of Exercise for PPS

Benefits of an Aquatic Exercise Program for PPS
Hydrodynamic Principles
Skeletal System
Muscular System
Other Effects

General Programming Guidelines
Assessment Considerations
Fear of Falling

Exercise Guidelines
Program Options
General Guidelines
Water Variables
Stretching
Monitoring Intensity
Precautions and Pool Safety Measures
Equipment for the Program

Post Polio Syndrome Exercises
Warm-up
Breathing and Posture Work:
  Ai Chi Exercise 1
  Ai Chi Exercise 2
  Ai Chi Exercise 3
  Ai Chi Exercise 4
  Head Turn
  Head Lateral Flexion
  Chin Retract / Extend
  Sculling

Strength and Range of Motion:
  Prayer Hands / Elbows Back
  Door Knobs
  Shoulder Circles
  Biceps / Triceps Curls
  Deltoid Press
  Stretch Forward / Stretch Back
  Side Stretch
  Triceps Stretch
  Cross Over Shoulder Stretch
  Runner's Stretch
  Achille's Tendon Stretch
  Hamstring Stretch
  Quadriceps Stretch

Lower Extremity Exercises:
  Leg Forward
  Side Leg Raise
  Leg Circles
  Hip Range of Motion
  Foot Pedaling

Aerobic Exercises:
Bicycling
Jog with Scull
Jog with Arm Circles
Rocking Horse
Jumping Jacks
Cross Country Ski
March in Place

Cool Down:
Runner's Stretch
Wall Curl
Swing and Sway
Reach for the Sky
Cross Over Shoulder Stretch

Closing
Course Reviews

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Publications

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- Aquatic Therapy and Rehab Institute: atri@atri.org
- Arthritis Foundation Publications www.arthritis.org
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• Rotary International, [www.rotary.org](http://www.rotary.org)

• San Francisco Bay Area Polio Survivors: [www.hometown.aol.com/sfbaps](http://www.hometown.aol.com/sfbaps)


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- Wise, Holly H., PT, PHD; Effective intervention strategies for management of impaired posture and fatigue with post-polio syndrome: a case report; Physiotherapy Theory and Practice; Sept.9, 2005

Books
- Silver, Julie, Post Polio Syndrome: A guide for Polio Survivors, Yale University, 2002/ISBN 0300088086
- Vargas. L, Aquatic Therapy, Interventions & Applications, Idyll Arbor.

Resources
- Aquatic Exercise Association- www.aeawave.com
- Aquatic Resources Network: www.aquaticnet.com
- Aquatic Therapy and Rehab Institute: atri@atri.org
- Central Arkansas Polio Survivors (CAPS) Brochure and also from the Social Security Medical Listing of Post Polio Syndrome 11.11 found at http://www.ssa.gov/disability/professionals/bluebook/index.htm
- Central Arkansas Polio Survivors pdsphd@suddenlink.net
• Central Arkansas Polio Survivors: Betty Schmidt, bschmidtmt@hotmail.com
• Dietary Guidelines: http://www.health.gov/dietaryguidelines/
• Dr. Matheson- http://nonprofits.accesscomm.ca/polio/Mavis.htm
• Exercise Fatigue Advice: www.nutracheck.co.uk/Library/Exercise/exercise-fatigue-advice_1.html
• Fibromyalgia Partnership: www.fmpartnership.com
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• http://www.post-polio.org/edu/pphnews/BrochExercise.pdf Click here: Polio Regina - Exercise
• http://www.post-polio.org/net/10thConfBenefitsAquatic.pdf
• Bill Gates Foundation, www.gatesfoundation.org
• National Institute of Neurological Disorders and Stroke (NINDS) www.ninds.nih.gov
• Mayo Clinic: http://www.mayoclinic.com/health/post-polio-syndrome/DS00494/DSECTION=treatments-and-drugs
• Medical Articles: http://i-sites.net/Post Polio Syndrome/medindx.html
• Physiatrist: http://www.aapmr.org/
• Polio Regina- http://nonprofits.accesscomm.ca/polio/Exercise.htm
• Polio Survivors Network: http://www.poliosurvivorsnetwork.org.uk/index.php
• Post Polio Health Newsletter: www.post-polio.org
• Post-Polio International Articles: http://www.post-polio.org/edu/pphnews/BrochExercise.pdf **
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• San Francisco Bay Area Polio Survivors: www.hometown.aol.com/sfbaps
• The Year Of Polio Awareness Resolution”, dated 11/29/03 from the International Post-Polio Task Force at the International Center for Post-Polio Education and Research at Englewood Hospital and Medical Center, Englewood, NJ 07631 http://www.englewoodhospital.com/PostPolio/

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