



Course Title: **BackSplash: Aquatic Post Rehabilitation for People with Back Pain**

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and Training) 0.4 (4 Hours) Approved and Accepted by several additional organizations.

Author:

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Connie Jasinkas, M.Sc., brings over 30 years of experience, passion and humor to her work as an international health educator. In Cambridge, Canada, she provides aquatic rehabilitation and post-rehabilitation for patients with a wide variety of needs. She specializes in pain education, AquaStretch, and aquatic rehabilitation for musculoskeletal and systemic health issues. Her enthusiastic approach to active learning will help you put theory into practice.

Degrees:

Hons B.Sc. (H.K.), University of Guelph, 1976
M.Sc. (Exercise Physiology), University of Guelph, 1979
B.Ed. (Science, P.E.), Brock University, 1989

Certifications:

Faculty, ATRI (atri.org)
Certified Teacher (OTC)
Master Trainer, CALA (calainc.org)
Certified Exercise Physiologist, CSEP (csep.ca)
Certified Aqua Fitness Leader, AEA (aeawave.com)
Can Fit Pro (FIS)
Certified Laughter Yoga Leader (laughteryoga.org)
AquaStretch Approved Trainer (www.aquastretch.com)
CPR, First Aid, Canadian Red Cross

Course Summary:

This course shows how vertical aquatic exercise can be used in post-rehabilitation for back pain by aquatic rehabilitation practitioners, aquatic personal trainers and aqua fitness leaders providing individual or group exercise for this population. Videos and pictures give you a clear understanding of the exercises and progressions shown in the course. If you want to get exceptional results with your back pain clients, this course is a must.

Objectives:

After completing this course you will:

1. Discuss aquatic applications for back rehabilitation, common causes of back pain, and back injury issues.
2. Identify 3 common steps to reduce back pain and the 3 phases of recovery and care for a back pain client.
3. Discuss the 6 recommendations for back pain recovery and three characteristics/benefits of vertical aquatic exercise for low back pain.
4. Discuss core training strategies for a back pain client including progression, what to avoid, and potential limitations.
5. Describe 3 key elements and 7 exercises for teaching abdominal bracing and core stabilization in the aquatic environment.
6. Identify equipment and methods that can be used for training the core and back in the aquatic environment.
7. Explain how to safely and effectively perform 7 aquatic core exercises with variations.

Outline:

Aquatic Exercise and Back Rehabilitation
Common Causes of Back Pain
Back Injury Issues
Steps to Reduce Back Injury/Pain
Phases of Recovery and Care Defined:

Acute Phase
Sub-Acute Phase
Integration / Advanced / Chronic Phase

Recommendations for Back Pain Recovery:

Decrease Pain
Increase Awareness
Teach Abdominal Bracing
Increase Endurance
Translate to ADLs
Build Cardiovascular Endurance

Vertical Aquatic Training and Back Pain:

- Reduced Gravitational Loading
- Soothing Sensory Stimuli
- Characteristics of Immersion

Research in Action

Core Training Strategies

Teaching Abdominal Bracing/Core Stabilization:

- Establish Power Posture
- Tips to Reinforce Power Posture
- Reinforce and Strengthen Power Posture

Power Posture Progressions in the Pool:

- Stationary Isometrics
- Power Posture with Movement
- Balance and Hold
- Balance and Hold: Incline
- Balance and Move: Incline
- Anchored Upper Extremity
- Cardiovascular Conditioning

Equipment Use

Aquatic Core Exercises:

Prone Aqua Plank

Aqua Plank Variations:

- Short Noodles
- Jacks
- Push Ups
- Combined Arm/Leg Actions
- Prone Arm Raises
- Lateral Planks
- Scissors Leg
- Add Arm Movement
- Deep Aqua Plank

Gait Training Techniques:

- Introduction to Gait Training
- Reminders for Effective Gait Training
- Gait Training Exercises

Anchored Stabilization Work:

- Anchored Stabilization Introduction
- Anchored Stabilization Exercises

Powerful Stillness:

- Powerful Stillness Exercises

Partner Work:

Partner Work Exercises

Cardio and Core:

Ski
Single Leg Ski
Run, March, Walk
Jack
Cycle
Swivel

Sample Programs:

Class Design for Warm Pools
Class Design for Recreational Pools

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