



Course Title: Post Polio Water Work: Conserve to Preserve

Produced by: **Fitness Learning Systems**  
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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:

**Mary Essert BA, ATRIC** (with Vickie Ramsey RN, CPC)

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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## Resources

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- Aquatic Therapy and Rehab Institute: [atri@atri.org](mailto:atri@atri.org)
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- Central Arkansas Polio Survivors: Betty Schmidt, [bschmidtmt@hotmail.com](mailto:bschmidtmt@hotmail.com)
- Dietary Guidelines: <http://www.health.gov/dietaryguidelines/>
- Dr. Matheson- <http://nonprofits.accesscomm.ca/polio/Mavis.htm>
- Essert, Mary B. B.A., ATRIC "Why Water?" Preparation for Living, Benefits of Water from Fibromyalgia WaterWork video, [www.maryessert.com](http://www.maryessert.com)
- Exercise Fatigue Advice: [www.nutracheck.co.uk/Library/Exercise/exercise-fatigue-advice\\_1.html](http://www.nutracheck.co.uk/Library/Exercise/exercise-fatigue-advice_1.html)
- Fibromyalgia Partnership: [www.fmpartnership.com](http://www.fmpartnership.com)
- <http://nonprofits.accesscomm.ca/polio/Exercise.htm>Click here: Dr. Matheson
- <http://nonprofits.accesscomm.ca/polio/Mavis.htm>
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