

AquaStretch: Intuition & Accenting



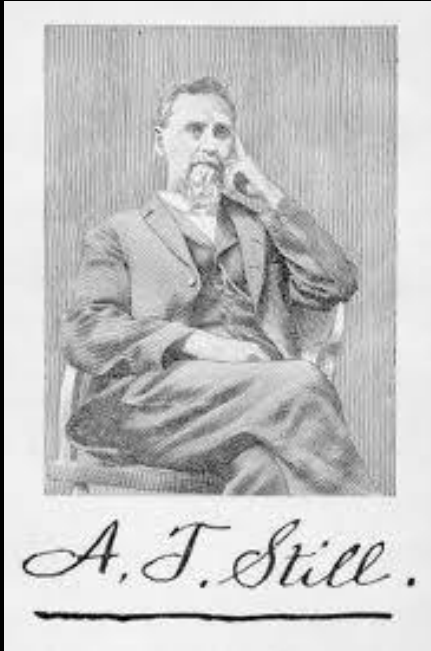
International Aquatic Therapy Symposium

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Aquatic Rehab & Wellness Center

AquaStretch: Intuition & Accenting



- Manual Techniques
 - Myofascial Release
 - Muscle Energy Techniques
 - Neuro-Developmental Training
 - Proprioceptive Neuromuscular Facilitation
 - Strain/CounterStrain
 - Joint Mobilizations
 - Crainiosacral Therapy

- AT Still University
- Manual Techniques
- Stretching
 - Dynamic vs. Static



AquaStretch: Intuition & Accenting

Traditional Manual Techniques

- Myofascial Release
 - Described by A.T. Still
 - Form of soft tissue therapy
 - Release of tissues accomplished by relaxing contracted muscles
 - Increases Circulation and lymphatic drainage
 - Stimulation of Stretch reflex of muscles and overlying fascia



John Barnes

AquaStretch: Intuition & Accenting

Traditional Manual Therapy Techniques



Neuro-Developmental Training

– Bobath Concept

- Generally performed after stroke or children with CP
- Specific handling skills to guide patients through initiation and completion of intended tasks
- Therapeutic Handling to influence quality of patient's movements
- Incorporates Facilitation and Inhibition
 - » Goal is to improve motor control



AquaStretch: Intuition & Accenting

- Traditional Manual Techniques
 - MET

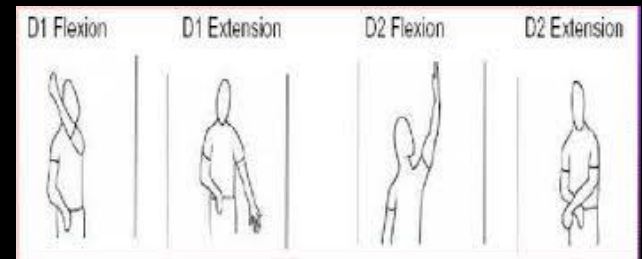


- Direct and Active Technique
- Reaches end ROM /restricted barrier
 - Patient performs an isometric contraction
 - » GTO; direct inhibition of agonist
 - » Reflexive reciprocal inhibition at antagonistic muscles
 - » Pt. relaxes; both agonist/antagonist are relaxed for further stretch into restricted movement

AquaStretch: Intuition & Accenting

Traditional Manual Therapy Techniques

- PNF
 - Designed in 1940s and 1950s to rehab patients with paralysis
 - Combination of passive Stretching and isometric contractions
 - 1980s started to be used on athletes
 - Techniques
 - Hold-Relax Agonist
 - Hold-Relax Antagonist
 - Hold-Relax –Swing/Hold-Relax Bounce
 - Rhythmic Initiation
 - Rhythmic Stabilization



AquaStretch: Intuition & Accenting

Traditional Manual Techniques

- Strain/Counterstrain
 - “passive positional release”
 - Developed in 1960s by Lawrence Jones, D.O.
 - Alleviates muscle and connective tissue tightness
 - Specific tx positions held for 90 seconds-3 minutes
 - Feeling for release of tissues



AquaStretch: Intuition & Accenting

- Traditional Manual Techniques
 - Joint Mobilizations
 - Type of passive movement of a skeletal joint
 - When applied to spine known as “spinal mobilization”
 - Grade I-V
 - V; Joint manipulation



AquaStretch: Intuition & Accenting

- Traditional Stretching Techniques
 - Static Stretching
 - Holding same position



Dynamic Stretching has been documented to improve torque velocity and improve sport performance (Parsons et al)

Dynamic Stretching

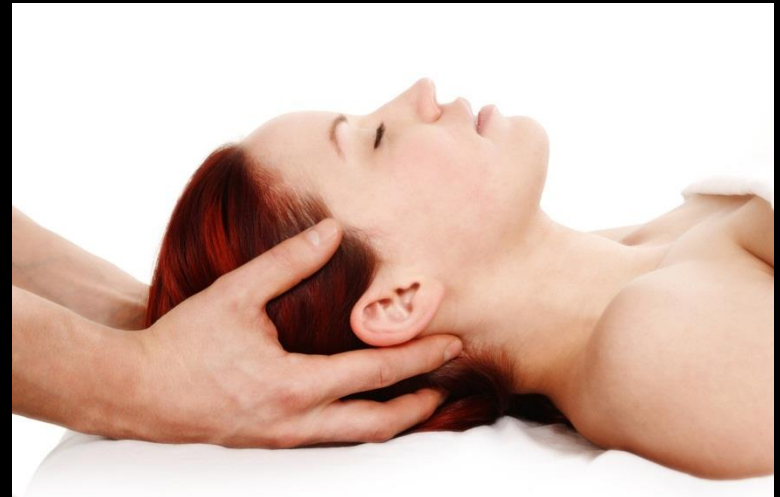
- Moving quickly in and out of end stretch position
 - Ballistic stretching



AquaStretch: Intuition & Accenting

Traditional Manual Therapy

- Craniosacral Therapy
 - Developed in 1899 by William Garner Sutherland
 - Therapist “tunes into the craniosacral rhythm”
 - Used to treat mental stress, neck and back pain, migraines, TMJ, Fibromyalgia



AquaStretch: Intuition & Accenting

- Land to Water
 - Transitioning manual techniques



Aquatic Therapy

Manual Therapy



+



+

Stretch (Static/Dynamic)



+

Intuition & Accenting

Immediately reduces
chronic aches and pains
up to 100% in 1st
Session!



Creates Profound Relaxation
Reduces muscle tension
Reduces post exercise
soreness

AquaStretch

AquaStretch: Intuition & Accenting



Two Major Differences from traditional cranial training

- Giving the participant the permission to “move if you feel the need to move”
 - Encourages “Intuitive Movement”
- Accenting
 - Amplifying the participant’s intuitive movement

AquaStretch: Getting Results Rehab Wellness and Fitness!



AquaStretch: Getting Results!

AquaStretch Rehab

- 2x More Effective at improving ROM
- 80% less treatment induced pain
 - No use of Mobilizations
- Decreased recovery time



AquaStretch
TKR

Rehab Applications:

- Chronic Pain
 - Myofascial pain
 - Frozen shoulder
 - *Osteo/Rheumatoid Arthritis
- Pre/Post-Surgical Orthopedic and Neurological conditions
 - TKR
 - MRI confirmed disc herniations
 - Multiple level spinal fusions
- Repetitive use injuries
- Pediatrics to Geriatrics

AND MANY MORE!

AquaStretch: Getting Results!

AquaStretch Wellness Programs

- Promotes Relaxation
- Alleviate Muscle Tension
- Improve Sleep and Well-being



Wellness Applications

- Occupationally aggravated adhesions
 - i.e., repetitive use
- “Over-Play” recreationally or physically train too quickly or excessively
- Genetically predisposed conditions
 - Scoliosis, Fibromyalgia
- Do something goofy
 - i.e., lift boxes/bags improperly, move as if “20 years ago”
- Those “addicted to health”



AquaStretch: Getting Results!

Fitness Applications

- Athletic Conditioning
- Athletic Training
- Athletic Psychology



Fitness Benefits

- Restoring/Improving Flexibility
- Decrease Muscle Soreness
- Relieve pain following injury
- Compress Training Efforts
- “Get Loose” before competition
 - Cut 5 minutes off ½ Marathon
 - Drive Golf ball 20-30 yards farther



AquaStretch: Intuition & Accenting

- Intuitive Movement: The 2 Part Challenge

Part I



Stimulating Movement

Part II



Sensing Movement

AquaStretch: Intuition & Accenting

Intuition

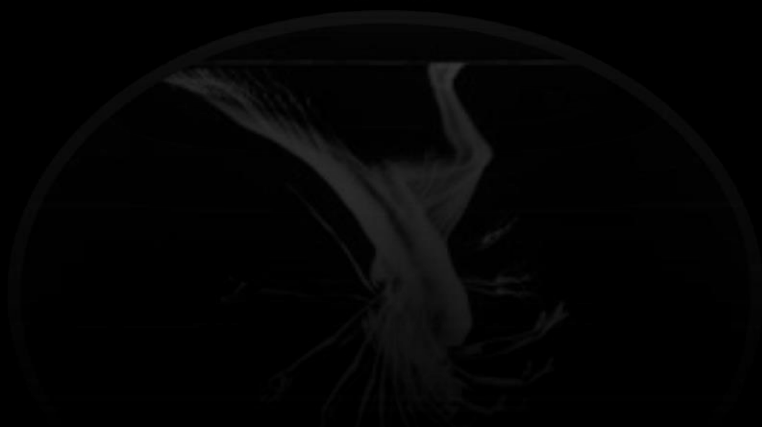


AquaStretch: Intuition; Part I

Part I: Stimulating Movement



- Patient Education
- 4 Basic Step Procedure
- Appropriate Hand Placement
- Stretch Resistance
 - Weights
 - Changing level of Buoyancy
 - Altering the pressure



AquaStretch: Intuition; Part I

Part I: Stimulating Movement



Patient Education

- What to Expect
- Let them know they will be participating
- Psychological encouragement to “move if they feel the need to move”
- PAIN INSTRUCTIONS
 - GOOD vs. BAD
 - Client Repeats!!

AquaStretch: Intuition; Part I

PAIN INSTRUCTIONS

Good vs. Bad

Stop, or less *immediately*!

Now, please tell me what I
just told you, about pain.



Bad pain, that is,
Good pain is ok!

PRACTICE

AquaStretch: Intuition

Part I: Stimulating Movement

- 4 Basic Step Procedure
 - Play
 - Freeze
 - Pressure
 - Move
 - Improves Client's self awareness
- Wait for initial Movement
 - » Apply grip and wait!

AquaStretch
One Leg
Standing

AquaStretch: Intuition; Part I

Stimulating Movement



Utilizing Stretch Resistance



Changed by

- Altering facilitator pressure
- Application of weights
- Changing level of buoyancy

AquaStretch: Intuition; Part I

Stimulating Movement:
Utilizing Stretch Resistance

AquaStretch
Weight
Application



Altering Facilitator Pressure

AquaStretch: Intuition

Clinical Pearls on teaching intuitive movement



- Have client close their eyes
- Minimize chattiness
- Utilize visualization and relaxation techniques
- Change Verbal Cuing
 - Let's get it!
- Add additional Buoyancy to add relaxation
 - Belt, collar, noodles

AquaStretch: Intuition & Accenting

- Intentional Movement
 - Used as Diagnostic Tool
 - Experienced Practitioners
 - Should be used in conjunction with “playing”
 - Heavily Calcified
 - Neurologically impaired
 - Gravity aggravated conditions



AquaStretch
Spinal Cord
Injury

AquaStretch: Intuition; Part II

- Part II
 - Sensing Movement
 - Develop Self-Intuition
 - Get AquaStretched
 - Self-palpation/Stretching
 - Awareness of Posture
 - » Wall angels
 - Facilitating AquaStretch:
 - Get heavy but light on your feet
 - Let the initiation begin
- Develop a sensitivity to change in motion
- » Try closing your eyes



AquaStretch: Accenting

The external force created by the facilitator to emphasize and or intensify the amount of stretch into the patient/ client's end range during intuitive movement.

Accentuating the Accent

As Pt/Client “unwinds”,

- Feeling for End Range
 - Going with the flow
- Maintaining the Stretch
- Develop a Sensitivity to Appropriate Release
 - Increase communication between client/facilitator
 - Restricted Movement



Clinical Pearl: Watch the Client's movement and position just prior to “Freezing”

AquaStretch: Intuition & Accenting

“Newbie” Mistakes

- Proprioceptive encroachment
- Facilitator *Unintentional* - intentional movement



AquaStretch: Intuition & Accenting

“Newbie” Mistakes

- Misuse or lack of use of weights
- Forgetting to use the weight belt



AquaStretch: Intuition & Accenting

“Newbie” Mistakes

Forgetting to allow the client to “play”



Confusing flexibility with Speed



AquaStretch: Intuition & Accenting

“Newbie” Mistakes

- Over-Gripping
 - Firm grip, loose wrist
- Releasing grip too early
 - Missing secondary adhesion release



AquaStretch: Intuition & Accenting

Review: The Fascial Adhesion Theory

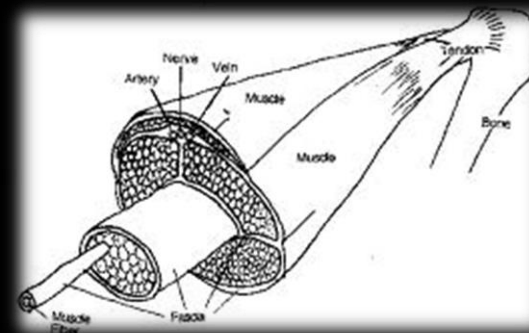


Getting through the Fascial Forest

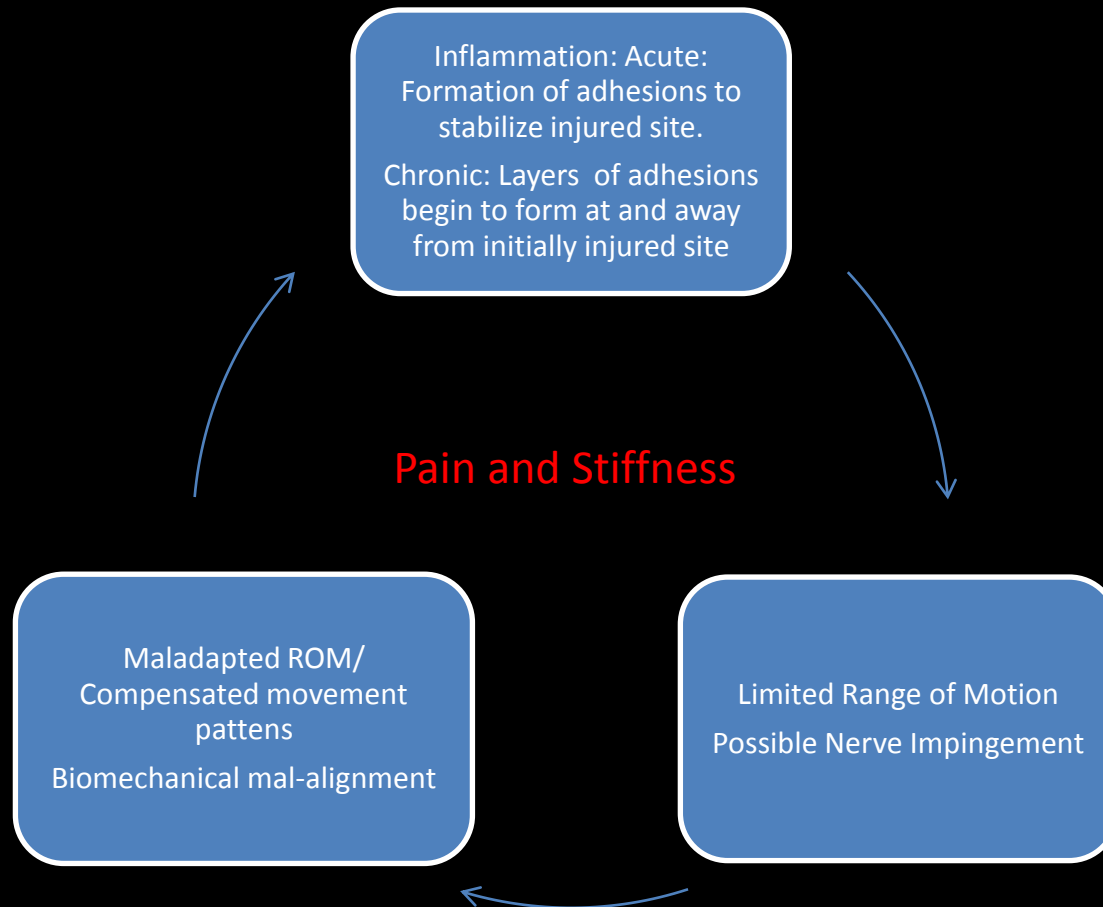
AquaStretch: Intuition & Accenting

Fascia (Fa-Sha)

- Connective tissue
 - Surrounds muscles
 - groups of muscles
 - blood vessels
 - Nerves
 - Binds some structures together, while permitting others to slide smoothly over each other
- Fasciae is layered throughout the body
 - Superficial to deep



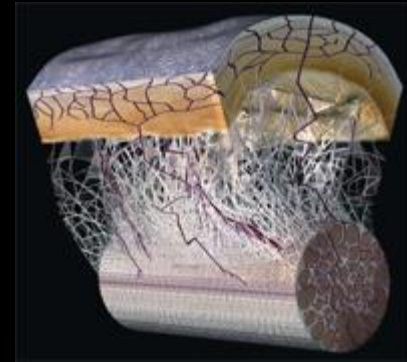
The Fascial Adhesion Cycle



AquaStretch: Intuition & Accenting

Reaching Deep Layers of Adhesions

- Cue patient/client for slower movement
- Increase Stretch Resistance
- Increase/Decrease Buoyancy
- Increase the Accent
- Change Pressure/Grip
- Apply Different Vector forces on an adhesion
- Encourage relaxation



AquaStretch: Intuition & Accenting

Review of Starting Positions and Grips



Wall Hang



Foot Grip



Ankle Grip

AquaStretch: Intuition & Accenting

Review of Starting Positions and Grips



Wall Hang

AquaStretch *IT Pump*



AquaStretch: Intuition & Accenting

Review of Positions and Grips



One Leg Standing

Foot Grip with Traction



AquaStretch: Intuition & Accenting

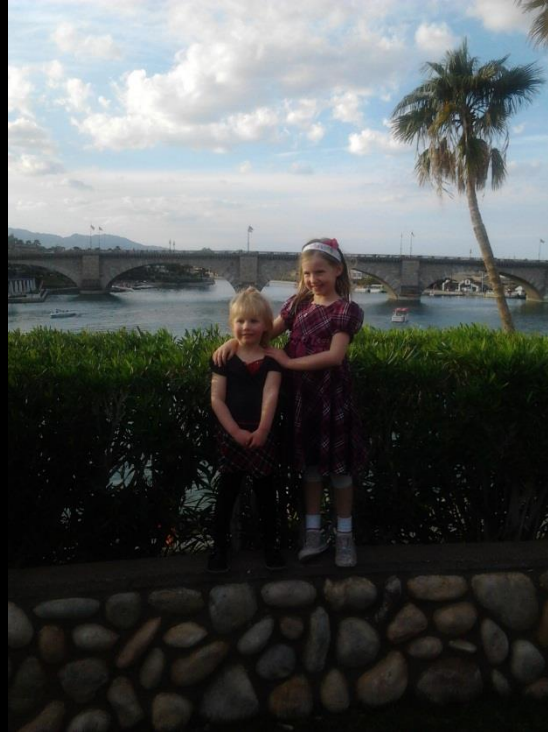
Review of Positions and Grips

Two Heavy Feet

- Assume the Position
 - “Cops”
- Inferior pressure on SI joint



AquaStretch: Intuition & Accenting



Thank you!
Questions?

Aquatic Rehab & Wellness Center

- AquaStretch Physical Therapy
- AquaStretch Wellness Program
 - Occupationally aggravated adhesions
 - i.e., repetitive use
 - “Over-Play” recreationally or physically train too quickly or excessively
 - Genetically predisposed conditions
 - Scoliosis, Fibromyalgia
 - Do something goofy
 - i.e., lift boxes/bags improperly, move as if “20 years ago”
- AquaStretch Fitness
- Independent/Group Exercise Classes

Aquatic Rehab & Wellness Center

- AquaStretch Physical Therapy
- AquaStretch Wellness Program
- **AquaStretch Fitness**
 - Reduces Soreness from overtraining
 - Alleviates pain in early stages of exercise programs
 - Improving compliance
 - Compress training
 - Enhance Sports Performance
 - Get loose before competition
 - Decrease muscle tension and improve sleep
- Independent/Group Exercise Classes



Aquatic Rehab & Wellness Center

- AquaStretch Physical Therapy
- AquaStretch Wellness Program
- AquaStretch Fitness Program
- Independent/Group Exercise Classes
 - Independent Aquatic Exercise
 - Senior group exercise class



THANK YOU

QUESTIONS?



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