



## AquaStretch™ Foundations

CECs: ACE 0.8, AEA 8.0, AFAA 6.0, ATRI 8.0

*CE approval by APTA & OT licensure depends on course location. Contact AS Instructor for more information.*

AquaStretch™ is a groundbreaking technique that has clinically proven results in rehabilitation and athletic performance. AquaStretch™ restores mobility, decreases pain, increases training efficiency and sports performance, and enhances general well being for a wide variety of people.

AquaStretch™ is an aquatic form of myo-fascial release. Using weighted resistance in shallow water, the body is dynamically stretched in ways virtually impossible on land. It differs from other forms of fascial work because the Client is encouraged to move intuitively while the Facilitator **follows** and **accentuates** the Client's movement.

In the 8-hour, AquaStretch™ Foundations Course, you will feel the power and simplicity of the AquaStretch™ 4-Step Technique: **Play – Freeze – Pressure – Move.**

- **Learn** the many benefits of AquaStretch™. It fosters feelings of being relaxed and mobile prior to or after workouts motivating Clients to continue their exercise program with less muscle soreness following workouts.
- **Feel** the immediate freedom of movement. AquaStretch™ has been shown to restore flexibility lost from a: sedentary lifestyle, previous injury or surgery, repetitive strain or improper healing.
- **Experience** the 'feel good' potential of AquaStretch™. This technique has been reported to improve sleep, significantly reduce chronic pain and improve quality of life.

***Be the first to learn this revolutionary technique in classes that are limited to 12 participants to ensure guided practice and skill development. Participants will receive a certificate acknowledging AquaStretch™ theoretical and practical training.***

### **Who Should Attend?**

To maximize the learning process, it is recommended that course participants have experience working one-on-one with Clients / Patients because AquaStretch™ **cannot be used in group exercise.**

AquaStretch™ is a hands-on, assisted stretching technique appropriate for use by:

- Athletic Therapists
- Athletic Trainers
- Certified Personal Trainers
- Chiropractors
- Exercise Physiologists
- Kinesiotherapists
- Occupational Therapists
- Osteopaths
- Physical Therapists
- Recreational Therapists
- Physical, Occupational, or Recreational Therapist Assistants
- Registered Massage Therapists
- Yoga Instructors

## Course Objectives:

Upon completion of the course, participants will be able to:

Distinguish the two major ways AquaStretch™ differs from other forms of myo-fascial work:

- a. The Client is encouraged to, “Move, if you feel the need to move”, allowing the Client’s intuitive movement to explore and release restrictions.
- b. The AquaStretch™ Facilitator accentuates the Client’s intuitive movement, thereby improving the effectiveness of the stretch.

Demonstrate the knowledge and skills necessary to facilitate AquaStretch™, including:

- a. Describe the theory that explains how fascial adhesions / calcifications restrict flexibility and may cause pain on movement.
- b. Accurately demonstrate the AquaStretch™ 4-Step Technique: Play – Freeze – Pressure – Move, to resolve fascial adhesions.
- c. Demonstrate the ability to effectively facilitate the 11 AquaStretch™ Procedures taught in this course.

Describe the major benefits of AquaStretch™:

- a. Restore flexibility that may have been lost due to muscle imbalance or injuries.
- b. Decrease muscle soreness / tension resulting from activities of daily living (ADL), muscle overuse / overtraining, or intense exercise.
- c. Increase training efficiency by optimizing movement.
- d. Help people relax more efficiently, comfortably, and effectively.
- e. Improve sports performance by optimizing range of motion.
- f. Improve general well being (i.e. increased relaxation response, better sleep, reduction of chronic aches and pains).

Identify when AquaStretch™ is contraindicated or counter productive for a Client.

## AquaStretch™ Foundations

### Manual Authors & Course Instructors:

***A special thanks to AquaStretch™ creator, George Eversaul, for giving us the opportunity to enhance the lives of the Clients we serve through the use of this revolutionary aquatic fitness, wellness and therapy technique.***

**Laurie Denomme, B. Kinesiology, FAFS, AquaStretch™ Facilitator and Instructor**

Laurie is the co-founder of Exercise Elements, a company focused on providing aquatic exercise solutions designed to maximize the body’s “feel good” potential for quicker and longer lasting results.

Contact Laurie at [laurie.denomme@gmail.com](mailto:laurie.denomme@gmail.com) or visit [www.exerciseelements.com](http://www.exerciseelements.com).

**Connie Jasinkas, B.Sc. (H.K.), B.Ed., M.Sc. (Ex. Phys.), Certified Exercise Physiologist, AquaStretch™ Facilitator and Instructor**

Through her company, For the Love of Fit, Connie brings 30 years of experience, passion and humor to her work as an international health educator.

Contact Connie at [conniejaskas@mac.com](mailto:conniejaskas@mac.com) or visit [www.fortheloveoffit.com](http://www.fortheloveoffit.com).

## ***A Note from Laurie & Connie ...***

We are excited about the launch of our AquaStretch™ Foundations Course in 2012!

In anticipation of upcoming events, we have had the opportunity to offer demonstrations of this amazing technique to industry professionals. Once those participating experienced the power of AquaStretch™ they were hooked. Courses are selling out quickly!

### ***Below are some of the comments we received after the demonstrations:***

- I had a rotator cuff injury from 3 years ago, did therapeutic exercises, but my right arm still had range of motion limitations reaching backward. After one session with Laurie, I was able to reach behind my back further than I have in years. I look forward to another session to restore more mobility. – *Anne, Founder of Peyow™ Aqua Pilates Program & Recognized Industry Presenter*
- My low back feels great this morning. I noticed when I woke up that there was less tension there than usual. Can't wait for the 'full body' effect! – *Cheryl, Personal Trainer*
- Laurie worked on me the other day and I thought it was fantastic. It is an amazing concept for intense athletes. Check it out ... it is cutting edge in aquatics. I am already signed up... Income builder and sport enhancer. – *Melinda, Personal Trainer*
- I am definitely planning to attend the AquaStretch Foundations Course. I am sooooo excited about AquaStretch and what we can do for people here! The "tweak" in my back hasn't come back since that day in the pool (4 weeks ago)! – *Sue, Personal Trainer*
- In just four sessions, AquaStretch has restored flexibility and sped up the healing process from my overuse sports related injuries. It has relieved the chronic pain in my ankles and increased movement in my hips and low back. – *Ann, Personal Trainer & Recognized Industry Presenter*
- Laurie, I cannot thank you enough for the session yesterday. I felt almost a complete release through my body a little while after I left. I understand why you are excited about this technique. Thank you for your time and effort. I want to learn more! – *Lauren, Personal Trainer*

### ***Below are some comments from our fellow AquaStretch™ Instructors:***

- AquaStretch has demonstrated to be 2x more effective at improving daily ROM measurements than traditional land-based methods. (5 degrees v. 10 degrees) Overall, patients report 60-80% less treatment induced pain. Also, I would say that AquaStretch empowers individuals to be able to participate and remain compliant with their land based physical therapy and/or home exercise programs.  
– *Jessica Huss, PT, DPT, CCI*
- I gave an AquaStretch™ session to a retired police officer who has had multiple injuries over her career. After a single session, said she "felt so good and slept through the night for the first time in 6 years". She wrote a letter to the police commissioner recommending it to all active officers.  
– *Julia Fettig, CTRS, CMT, ATRIC*

- AquaStretch works! Here is a testimonial from one of my clients: "A couple of years ago, I irritated my SI Joint during a workout session which caused my entire left side to become chronic with tightness and pain. I tried everything: massages, medicine, and even injections. All of these treatments helped somewhat, but did not fully restore my range of motion. However, after just one Aqua Stretch Treatment, my range of motion was restored and my chronic discomfort was relieved. This unique treatment was able to get into such a difficult area and release the constriction. I am now able to endure my workouts and continue with my normal daily activities without constant pain and irritation. I truly am so surprised and thankful that this unique water therapy is available because I know that it will be the first thing that I turn to if I need help in the future."

– *Beth Scalone, PT, DPT, OCS*

- I'm excited to see all of the people taking AquaStretch. You will love it! Here's a testimonial from one of my clients who had a THR one year ago. "I was feeling some hip discomfort and had two ten minute AquaStretch treatments. I was able to get rid of the lift in my shoe after having worn it for the last year and my pain is gone!" I used AquaStretch with another client three months post-op after having a TKR. She commented, "My doctor wanted to surgically manipulate my knee because I only had 90 degrees of knee flexion. After four AquaStretch treatments my ROM improved so much I didn't need the surgery. I'm now at 137 degrees!"

– *Donna Adler, BA, ATRIC*

**Please visit our websites for a listing of upcoming AquaStretch™ Foundations Courses.** Contact us if you would like to book a course at your facility.

Connie Jasinkas  
For the Love of Fit  
[www.fortheloveoffit.com](http://www.fortheloveoffit.com)  
e-mail: [conniejaskins@mac.com](mailto:conniejaskins@mac.com)

Laurie Denomme  
Exercise Elements  
[www.exerciseelements.com](http://www.exerciseelements.com)  
e-mail: [laurie.denomme@gmail.com](mailto:laurie.denomme@gmail.com)

