



Course Title: **PNF in the Pool**

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

Credit hours: AEA 4.0, ACSM 4.0, ATRI 0.4, COPS-KT 0.4,
NFPT 1.0, NCSF 2.0, YMCA 4.0, NSPA 4.0

Author/s:

Terri Mitchell B.A., PTA, ATRI

Terri Mitchell began her aquatic fitness career in the early 80's. She has been a Training Specialist for the Aquatic Exercise Association (AEA) since 1986. Ms. Mitchell is AEA's 1992 recipient of the Aquatic Fitness Instructor of the Year award. Her aquatic therapy career began at St. David's Rehabilitation Center in Austin, Texas in 1991. In 2001 she received the Dolphin Award from the Aquatic Therapy and Rehab Institute (ATRI). Ms. Mitchell contributed to the AEA Aquatic Personal Training Manual, as well as the Leadership Training Skills curriculum. She is an experienced presenter, and has shared her skills and knowledge globally. Ms. Mitchell is currently on staff at The University of Texas at Austin, as well as a practicing PTA at St. David's at the Heritage.

Julia Meno-Fettig B.S., CTRS, ATRI

Julia Meno-Fettig is the founder/owner of Therapeutic Aquatics, Inc. and aquaticcentral.com specializing in consulting information and rehabilitation. She is a presenter for the Aquatic Therapy Rehab Institute, Inc. and is the author and publisher of The "Bad Ragaz Ring Method Visual Instructional Manual and Video". Also co-author and producer of "PNF in The Pool" Video. She is the recipient of the ATRI 2002 Tsunami Spirit Award for her innovation, creativity and implementation of new ideas. Her workshops are received enthusiastically by both national and international audiences.

David Ogden P.T., CLT, CPO

David Ogden was on the staff at Children's Hospital in San Francisco before joining a private practice (Johansen's Physical Therapy in San Francisco). In 1984 he joined the

rehabilitation staff at Maryvale Samaritan Medical Center in Phoenix, where he was introduced to aquatic therapy by Lynette Jamison, MOT, OTR/L.

Mr. Ogden has coauthored an aquatic therapy book and several aquatic articles for national publications focused on therapy and rehabilitation. He has also authored DREAMBIRDS, an award winning picture book for children, published by Illumination Arts in 1997. It has been translated into Italian and also native Hawaiian. It is used as a teaching resource in the Hawaiian school system.

Course Summary:

This course offers basic education about PNF (Proprioceptive Neuromuscular Facilitation) patterns for the arms and legs and PNF techniques appropriate for performance in the aquatic environment. PNF patterns are crucial to basic function and are the first patterns to go in the aging, injury, or disease process. Help your clients maintain and reinforce these patterns. Also shared are approaches and methods developed by the authors over a period of years working with a variety of diagnoses. A knowledge and application of PNF patterns enables the aquatic practitioner to determine functional muscular imbalances during client performance and to address them. Video demonstration of the exercises reinforce the concepts.

Objectives:

Upon completion of this course, you will be able to:

1. Explain what PNF movements are and how we use them in everyday activities.
2. Properly perform PNF diagonal movements and teach them to patients, clients or class participants.
3. Implement PNF patterns in an aquatic therapy program.
4. Implement PNF movements in a land based therapeutic setting.
5. Incorporate PNF movements into aquatic fitness classes.

Outline:

What is PNF?

The Philosophy of Using PNF Patterns

PNF Characteristics

We Use PNF Movements Everyday

How are PNF techniques primarily used in the therapeutic setting?

The Rotational Component of Movement is the First to be Lost.

PNF in Activities of Daily Living

Why Bother Learning PNF Patterns?

PNF Patterns:

PNF Patterns Overview

PNF Diagonal Patterns

PNF Diagonal Details
PNF Bilateral Patterns
Considerations
Practice the Movements

PNF in the Aquatic Environment:

Benefits of PNF in the Aquatic Setting
Progression with PNF Patterns
Increasing Intensity
Some Absolutes
Proper Warm-Up
Pre-stretch
Sample Stretches

PNF in the Therapy Pool:

Introduction
Pool Side
Free Standing
Deep Water
Seated
Gait
Training
Supine
Prone

PNF in the Fitness Pool:

Introduction
Sample Water Fitness Moves
Activities and Games

Bibliography:

1. Cole, A., and Becker, B., 2004, *Comprehensive Aquatic Therapy*, Butterworth/Heinemann, Philadelphia.
2. Jamison, L., and Ogden, D., 1994. *Aquatic Therapy Using PNF Patterns*. Therapy Skill Builders, Tucson.
3. Sova, R. 1992. *Aquatics: The Complete Reference Guide for Aquatic Fitness Professionals*, Jones and Bartlett, Boston.
4. Voss, D.E., Ionta, M., and Myers, B., 1985. *Proprioceptive Neuromuscular Facilitation (PNF) Patterns and Techniques*. Harper and Rowe, Philadelphia.

According to the International PNF Association , PNF stretching was developed by Dr. Herman Kabat in the 1940s as a means to treat neuromuscular conditions including polio and multiple sclerosis. PNF techniques have since gained popularity with physical therapists and other fitness professionals. It's easy to understand why. According to researchTrusted Source from the University of Queensland, PNF stretching may be the most effective stretching technique for increasing range of motion. How does it work? Technique. While there are multiple PNF stretching techniques, all of them rely on stretch