



Course Title: **Application of Water Exercise for Health Fitness Professionals Specializing in Pain Management**

Produced by: **Fitness Learning Systems**
1012 Harrison Ave #3 Harrison OH 45030
www.fitnesslearningsystems.com 1-888-221-1612

Course Type: **e-Learning Home Study**

Credit hours: AEA 3.0, ACSM 3.0, ATRI 0.3, COPS-KT 0.3,
NFPT 1.0, NCSF 1.5, YMCA 3.0, NSPA 3.0

Author/s:

Dr. Maria Sykorova-Pritz

Ms Sykorova - Pritz earned her doctorate in education (specialty in Physical Education and Sports) from University Comenius in Bratislava, Slovakia. Maria currently teaches and consults in Pennsylvania. Her Training methods involve integration of unique multidisplinary techniques to achieve overall health and optimized performance. She is a member of AEA Research Council.

Dr. Tomas Gregor

Dr. Gregor earned his doctorates in psychology and education (specialty in Physical Education and Sports) from University Comenius in Bratislava, Slovakia. In his professional career as a clinical psychologist he is also a lecturer of sport psychology for the Slovak National Soccer Federation, and consultant to several athletic organizations. Dr. Gregor is also a faculty member at the School of Physical Education and Sport, University Comenius in Bratislava, Slovakia.

Course Summary:

The prevalence of chronic pain in the world and associated health care costs is estimated to be \$80 billion each year in the USA alone. This indicates a growing need for effective chronic pain management.

A new approach based on the biopsychological model of pain, is the active role of patients in the treatment process. People suffering from chronic pain need to be fully educated about the process of managing pain. Knowledge is power for the chronic pain sufferer. With the information and techniques presented in this workshop, you as a health-fitness professional can increase your client's ability to manage chronic pain.

Objectives:

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

1. Understand the role of a health fitness professional in the pain management process including;
 - an understanding of terminology for pain management,
 - exploring integrative medicine,
 - an understanding of treatments for pain management,
 - proper communication with health care providers,
 - an understanding of pain, suffering, disabilities and the emotional aspects of well being,
 - the chronic pain cycle,
 - the behavioral change process,
 - and a code of ethics for working with chronic pain clients.
2. Explore the philosophy behind the structure of a water-based pain management program including;
 - benefits of water exercise,
 - structure of a water session for chronic pain management,
 - sample exercises,
 - and research supporting exercise for chronic pain management.

Outline:

Role of Health-Fitness Professionals in the Pain Management Process

Theoretical Analysis

Integrative Medicine

Population in Chronic Pain

Communication with Medical Provider

Physical Therapy / Exercise Prescription

Exercise

Understanding Pain, Suffering and Disability

The Chronic Pain Cycle

Understanding Emotional Well Being

Anxiety

Anger

Depression

Importance of Behavioral Changes that Last

Disability Questionnaire

Code of Ethics

Supervised Exercise Program Requirements

Physician's Statement and Clearance Form

Physician's Approval Form

Medical/ Health Screen Questionnaire

	Agreement and Release of Liability
	Incident/ Event Report
Philosophy behind the Structure of a Water-Based Pain Management Fitness Programs	
Water Exercise Benefits for Population in Chronic Pain	Somatic Exercises
	Flexibility
	Cardiovascular Fitness
	Muscular Strength
Structure of Water Exercise Session (SykorovaSynchro Method)	
Sample Exercises	
Warm Up Exercises	Walking Forwards
	Walking Backwards
	Walking Sideways
Somatic Exercises	Egg Shell
	Octopus
	Whale
	Swinging
Warm Down Exercises	Shifting Weight
	Open and Close Bent Knees
	Pendulum

Research

Bibliography:

1. www.aquaticfitnesssystem.com Health Benefits- Arthritis Relief.
2. Assis MR, et al. (Feb. 2006) A randomized controlled trial of deep water running: Clinical effectiveness of aquatic exercise to treat fibromyalgia. *Arthritis and Rheum.* 55.1:57-65.
3. Borgini MJ. (July 2 2007) To exercise or not to exercise: The effect of chronic pain. www.chronicpainconnection.com.
4. Burdenko I, Miller J. (2001) Defying Gravity. www.Burdenko.com.
5. Gregor, T.: (2007) Importance of physical exercise for emotional health. *Revue Mediciny v praxi*, Bratislava, MAURO Slovakia s.r.o. Rocnik 5, cislo 1, 2007, s. 29-30, 38., ISSN 1336-202X. Vplyv telesného pohybu na psychické zdravie.
6. Gusi N, Tomas-Carus P, Hakkinen A, and Hakkinen K, Ortega-Alonso A. (Feb. 2006) Exercise in waist-high warm water decreases pain and improves health-related quality of life and strength in the lower extremities in women with fibromyalgia. *Arthritis and Rheumatism.* 55.1: 66-73.
7. Jentoft SE, et al. (Feb.2001) Effects of pool based and land based aerobic exercise on women with fibromyalgia/ chronic widespread muscle pain. *Arthritis and Rheumatism.* 45.1: 42-47.
8. Lethbridge. (2004) National Health Interview Survey, Center for Statistics. *Vital Health Stat* 10:222.
9. Ortho-McNiel. (2008) About chronic pain. Ortho-McNiel Inc. Oct.29 2007.
10. Sova, R. (1988) Aquatics. Boston: Jones and Barlett Publishers.
11. Sova R, Konno J. (1986) Ai Chi. Port Washington: Port Publication.

12. Stolnick D. (2000-2008) Looking for joint pain relief. Vilage Inc.
13. Sykorova Pritz M, Gregor T. (2008) Pain management and psychophysical conditioning through water exercise. Revue 1 Mediciny v praxi, odborný zdravotnícký časopis, Bratislava, Vydava MAURO Slovakia s.r.o. Ročník 6, číslo 1, 2008, s.29, 30, 38 ISSN 1336-202X Zvládanie Bolesti a Regenerácia Telesných a Psychických Síl Cvicením vo Vodnom Prostredí.
14. Sýkorová Pritz M. (October 2007) The effect of water exercise on selected aspects of overall health on a fibromyalgia population. Aquatic Fitness Research Journal. 4(2):6-13.
15. Thearnan BH. (2007) Simple solutions to Chronic Pain. New Habringer Publication, Inc. ISBN-13: 978-1-57224-482-5.