

CALA Wellness Conference

hosted by the
City of Mississauga
September 9, 10, 2011
Clarkson Community Centre

Release, Realign
Re-educate, Rebuild -
A Water and Land Based
Approach to Healing
and Prevention of
Illness and Injury



Accredited by

CALA
CanFitPro
AFLCA
BCRPA
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YWCA

Our Sensational Schedule and Sessions – Earn 8 CALA CECS



Bender Ball



H₂O Wear



Gymstick

Our Featured Poster Presentations Available All Day in the Exhibitor Hall

Osteoporosis and Bone Geometry...
Does Aquatic Therapy Address Bone Health? - Alison

Fibromoves...
A Warm Water Program for Chronic Pain - Kathy

Diabetes...
The Role of Nutrition and Aquatic Exercise

Multiple Sclerosis... Exercise and Fatigue
Creating the Right Balance

Falls Prevention...
Helping People Lead Independent Lives

The Healing Team... Creating Connections

- Athletic Therapy • Aqua Therapy • Chiropractic Treatment
- Kinesiology • Massage Therapy • Naturopathy
- Occupational Therapy • Osteopathy • Personal Training
- Physiotherapy • Sports Therapy

Our Featured Sponsors – Products available for purchase onsite.



Bender Ball for land & water



Aquatic Wear



HydroRider, Noodles,
Aqua Equipment



**Remington
Medical**

Gymstick for land
& water; Nordic
Walking Poles

7:00am – 7:45am: Registration: Meet & Greet, Exhibitor Show with Poster Presentations & Nourishment

7:45am – 8:00am: Move to First Session

8:00am – 12:00pm: Three Morning Sessions to Choose From; includes a thirty minute Exhibitor Show with Poster Presentations and a Nourishing Energy Booster

FRI-1 Ai Chi-Aquatic Energy Flow with Ruth

Ai Chi is a water exercise and relaxation program created by Jun Konno of Japan. This technique combines Tai Chi, Qigong and Shiatsu techniques in shoulder depth water using breath with slow, broad movements of the arms, legs and torso. Designed for instructors, personal trainers, therapeutic practitioners, anyone who stays true to Jun Konno's Ai Chi program can use the name. This practice increases oxygen and caloric consumption through correct form, relaxes stressed, over-challenged clients and is ideal for improving range of motion and mobility. *Sponsored by City of Mississauga

(First Therapy Pool > Then Theory)

OR

FRI-2 Aqua Stretch - Lower Extremity and Core with Connie

Created and practiced for 20 years, by George Eversaul, Aqua Stretch, utilizes myofascial stretching techniques that decrease pain and increase range of motion. Open minded, and willing to share, George practices in Las Vegas and invites people to experience, first hand, the unique techniques he has developed. Appropriate for specialists in kinesiology, therapy and personal training, this session focuses on one-on-one facilitated stretching of the lower extremity and core. Aqua Stretch techniques have provided excellent results for a variety of populations, including: athletes, post-joint replacement, post MVA, FMS, arthritis and chronic pain. *Sponsored by CALA Inc.

(First Theory > Then Therapy Pool)

OR

FRI-3 Return to Function – Post-Rehab Reactivation with Brian

Following an introduction to the theory and practice of active rehab training and how it applies to the water, review real life progressions of a Gentle Aqua Arthritis class to a vigorous Warm Water Strength Training class. Discuss why water is an ideal training environment while identifying the principles of Aquatic Resistance Training that make it all possible. Observe or experience the progressions necessary to achieve dramatic functional improvement. Community members and practitioners are invited. *Sponsored by CALA Inc.

(First Theory > Then Therapy Pool)

12:00pm – 12:30pm: Thirty minute Exhibitor Show with Poster Presentations and Networking

12:30pm – 1:15pm: Luncheon and Welcome by Charlene Kopansky, Keynote Address by Ruth Sova
***Sponsored by City of Mississauga. Access to Exhibitor Show with Poster Presentations and Draw Prizes**

1:15pm – 1:30pm: Move to Next Session

1:30pm – 2:30pm: Two Mid day sessions to choose from

FRI-4 An Intro to the 'FibroMoves' Concept with Kathy

(Therapy Pool)

Following a brief intro to FMS, community members and practitioners alike are invited to experience a warm water class specifically designed to facilitate movement for people with chronic pain conditions and to learn how to design movements in water for people with FMS. *Sponsored by CALA Inc.

OR

FRI-5 HydroRider Demo: Progressions: Conditioning the De-conditioned with Carol and Dylan

(Therapy Pool)

The use of the 'state of the art' HydroRider® to progress de-conditioned clients to conditioned functioning adults is an ideal way to motivate the sedentary population. Obesity, instability, insecurity with respect to engaging in movement, lack of motivation, osteoporosis, pre and post op knee and hip replacement and arthritis are a few conditions that will respond favourably to cycling in water. *Sponsored by AQUAM



2:30pm – 2:45pm: Move to Next Session

2:45pm – 6:45pm: Three Afternoon Sessions to Choose From; includes a thirty minute Exhibitor Show with Poster Presentations and a Nourishing Energy Booster

FRI-6 Ai Chi Focus on Core with Ruth

(First Therapy Pool > Then Theory)

Apply weight bearing core stability, range of motion and fall prevention techniques to enhance balance, coordination and lumbar stabilization and address back and hip problems due to OA, trauma, surgery, injury, aging or overuse. Ai Chi is excellent for pain reduction, balance, range of motion and re-patterning. Experience spinal rotation, flexion and extension with slow movements to decrease pain and increase back mobility. With a focus on the deep muscles, learn to use the trunk muscles to initiate movement in the extremities. Balance, mobility and stability all in one! *Sponsored by City of Mississauga

OR

FRI-7 Aqua Stretch – Upper Extremity & Core Focus with Connie

(First Theory > Then Therapy Pool)

See FRI-2 description. This session focuses on one-on-one facilitated stretching of the upper extremity and core. *Sponsored by CALA Inc.

OR

FRI-8 Falls Prevention Strategies in Water and on Land with Charlene, Carol, Pat

(First Active Theory > Then Therapy Pool)

Fall-related injuries are common among older persons and a major cause of pain, disability, loss of independence and premature death. The financial cost of fall-related injuries is increasing at an alarming rate and has become a serious burden to health care systems worldwide. A review of the current literature will identify key injuries and financial, personal, and emotional outcomes related to falls. Experience well constructed land and water based movements aimed at improving balance, core stabilization, vestibular acuity, coordination, agility, flexibility, active daily function and introducing novel movement sequences. Creative exercise ideas will enhance your current programs or spur you to introduce a falls prevention program to your facility. Try a mix of equipment in water and on land, including everyday accessories, and other tools generally available in most recreation and rehabilitation facilities. Get ready to explore how to use the Bender Ball®, aqua treadmill, a chair, the water, a noodle, Gymstick®, a flotation belt and so much more! *Sponsored by CALA Inc., AQUAM, Fitness Marketing Group

6:45pm – 7:00pm: Exhibitor Show with Poster Presentations, Nourishment and Draw Prizes

Our Sensational Schedule and Sessions – Earn 8 CALA CECS

7:00am – 7:45am: Registration: Meet and Greet, Exhibitor Show with Poster Presentations and Nourishment

7:45am – 8:00am: Move to First Session

8:00am – 11:15am: Two Morning Sessions to Choose From; includes a fifteen minute Exhibitor Show with Poster Presentations and a Nourishing Energy Booster

SAT-1 Cardiac Care – A Magical Partnership: HydroRider®, HydroTreadmill® and VWT: The Kopansky Method® with Andrée, Carol (First Theory > Then Therapy Pool)

In conjunction with Vertical Water Training: The Kopansky Method®, or as 'solo acts', the HydroRider® and the HydroTreadmill®, are proving to be effective exercise tools for people with healthy hearts as well as for people with chronic heart failure (CHF) and coronary heart disease (CHD). Discuss current research on how to use the aquatic bike, treadmill and VWT to strengthen cardiac muscle function and performance. Find out how to create a profitable program at your facility. Learn techniques for screening, training prescription, monitoring, interval training and tips on including other special populations. Experience riding, walking and moving your body while catching the current to change the landscape for hearts everywhere! *Sponsored by CALA Inc., AQUAM

OR

SAT-2 The Hip: New Treatment Strategies, Rehab Approaches, Post-Rehab Strategies w/Janet (First Therapy Pool > Then Theory)

A brief review of the anatomy and the latest surgery treatment protocols for the hip, will demonstrate the vast changes that have occurred over the past 8 years. Younger patients with high work and/or athletic demands are now undergoing hip surgery. Accompanying the new surgical trends, are innovative 'pre-op', 'post-op', 'rehab' and 'post rehab' strategies that are proving to be effective. Identification of the appropriate indications and contraindications for hip therapy will complement both land based and water based demonstrations. Choose to observe from the deck or get in the water to experience these novel ideas. *Sponsored by CALA Inc.

11:15am – 11:30am: Move to Next Session

11:30am – 12:30pm: Two Mid day sessions to choose from



SAT-3 Gait and Strength Training Techniques: Gymstick® & Nordic Walking w/Dylan (First Therapy Pool > Then Active Dry Land)

Experience progressions necessary to ensure the safe and effective transition of clients from water to land based walking with confidence and stability. Community members and practitioners have the option to observe or to participate in this combination land and water based session using the Gymstick® and Nordic Walking Poles. *Sponsored by Remington Inc.

OR

SAT-4 From Strength for Stability to Stable Mobility with Gymstick® and Bender Ball® with Carol (Active Land Session)

The path from sit to stand to walk can be full of 'mis-steps'. Learn simple chair exercises for strength and progress them safely to complex, multi-joint motions. Gymstick® and Bender Ball® are used to adapt exercises to create variations that accommodate a range of abilities. Learn to activate core muscles that are required for essential stability. A focus on safety, stability, and sensitivity will yield positive results for a number of conditions. *Sponsored by CALA Inc., Remington, Fitness Marketing Group

12:30pm – 12:45pm: Fifteen minute Exhibitor Show with Poster Presentations

12:45pm – 1:40pm: Sponsored Lunch with Welcome Address by CALA Founder and President, Charlene Kopansky and Access to the Exhibitor Show with Poster Presentations and Draw Prizes

1:40pm – 1:45pm: Move to Next Session

1:45pm – 6:15pm: Two Afternoon Sessions to Choose From; includes two, fifteen minute Breaks, Exhibitor Show with Poster Presentations and Nourishment

SAT-5/6 What the Doctor Ordered – Aqua Therapy! with Dr. Serge Goulet

(Theory only)

Get the Doctor's View of an inter-professional collaborative model for referring patients to aquatic rehab. Learn why, when and what the Doctor prescribes with respect to water aqua therapy. Utilizing a case study approach including a variety of conditions such as Chronic Pain, FMS, Metabolic Syndrome, Frailty and Neuromuscular Challenges the Doctor will explain his perspective on the therapeutic benefits of water. *Sponsored by CALA Inc.

AND

SAT-5/6 Posture, Alignment, Low Back Stability Training with Karl

(First Theory > Then Therapy Pool)

Employing self-analysis and partner work, explore the importance of posture and dynamic movement through alignment and somatic education. Experience low back stabilization techniques that prepare clients for safe movement experiences that will transcend into daily living patterns. Infused with a touch of land and modified water based yoga moves blended perfectly with vertical water training moves using the Kopansky Method™, Karl will lead you through a series of exercises that will open your mind, free your spirit and release and retrain your body. *Sponsored by CALA Inc.

OR

**SAT-7: Biomechanical Approach to Individualized Assessment at Honsberger Physiotherapy with Efan, Nora, Jason, Kevin
(First Theory > Then Therapy Pool > Then Theory)**

Learn to utilize land-based, clinical, biomechanical evaluations to develop individualized hydrotherapy sessions. Create the bridge between land-based assessments that identify the needs of the client and a hydrotherapy plan that fulfills these needs. Observe a step-by-step evaluation protocol focusing on joint biomechanics, movement patterns and functional and/or sports specific movements. Then experience a series of individualized warm water exercise progressions that work! *Sponsored by CALA Inc.

6:45pm – 7:00pm: Exhibitor Show with Poster Presentations, Nourishment and Draw Prizes



**Aqua Rehab from
the Spring 2011
Conference**

Our Professional Line Up of Presenters

Alison Bonnyman is a registered Physiotherapist, graduate of U of T, 1985. She has specialized in aquatic therapy since 2000 completing aquatic courses at ATU in the USA. She is a member of CALA, ATRI and ATU. She is an Independent Hydrotherapy Practitioner and has consulted in aquatic program development. She has taught aquatic exercise classes at Huron Park since it opened in 2000. Alison lectures at U of T on Aquatic Therapy and is a teaching assistant and clinical lab assistant at U of T and McMaster Universities, in the Masters of Physiotherapy programs. She is presently completing a Masters in Rehabilitation Science at McMaster University. Her research is on Osteoporosis and aquatic exercise. She has presented her research at the Ontario and Canadian Physiotherapy Associations Congress in 2011.

Brian Cook, B.Sc. Human Performance, has extensive experience developing and managing private fitness clubs and employee fitness programs, fitness consulting, and training staff in fitness, sport training and rehabilitation. He has competed in a variety of sports and has trained athletes at all levels. At times a runner, cyclist and swimmer, he has always pursued a regular resistance training routine. Brian has worked as the senior Kinesiologist at physiotherapy and rehabilitation clinics, instructing the Aquatic Exercise Therapy class for MVA, WSIB and private physiotherapy patients. Brian has co-authored several books and training manuals: Strength Basics - Your guide to Resistance Training for Health and Optimal Performance; CF Express Programme Guide to Strength and Muscular Endurance and GET STRONG - A Sensible Guide to Strength & Muscular Endurance. Brian is a CALA Trainer (since 1995!) in the CALA Healing Waters Program.

Janet Davis, a Registered Physiotherapist, University of Toronto, and co-owner of Club Physio, has over 25 years experience working in the sports medicine field. A Level II Sports Physiotherapist, a CALA Certified Trainer, Certified Acupuncturist and CPTN Pilates Certifier, career highlights also include her former roles as the physiotherapist for the Under-19's Ontario Rugby Union, Medical Director for Koop Cup - Rhythmic Gymnastics Meet, chief physiotherapist for the Ontario Tennis Association, and medical coordinator for the Ontario Rugby Union. Janet enjoys biking and looking after her two young girls in her spare time!

Nora de Graaf holds a Master's degree in Physiotherapy from the University of Alberta, and an honours degree in Kinesiology from the University of Western Ontario. She has post graduate courses in manual therapy, acupuncture, and has attained level C from the McKenzie Institute. She has unique understanding of post traumatic and surgical rehabilitation from her own personal experience. Nora has been dancing since the age of three and although she no longer performs or competes, she still enjoys taking new classes. Among other areas, she enjoys treating dance injuries and post-mastectomy rehab.

Andrée Dionne is a PhD candidate in Kinesiology at the University Laval, a certified exercise physiologist with an MBA from University of Quebec in Montreal (UQAM) and University Paris-Dauphine, and a Bachelor's degree in Kinesiology from the University of Calgary. Co-founder, and former administrator of Cœur Action, a cardiac rehabilitation center and Médiforme, a physical conditioning center for people with health problems. Currently, Andrée is coordinator of the health promotion program and the University Training Center at UQAM. Andrée is a HydroRider bike and treadmill Specialty Trainer and introduced the aquatic bike and aquatic treadmill to Aquam!

Efan Gonsalves is the Clinical Director of the Markham clinic and company General Manager. Efan has 15 years of experience in the fields of orthopaedics and sports medicine. He is a registered Physiotherapist with a degree from McMaster University and also a certified Athletic Therapist. Efan has worked with all levels of clients, including professional baseball players, and elite figure skaters and track athletes. He is currently working on continuing education in the area of advanced manual therapy techniques and has completed level 5 and has obtained his Intermediate Diploma in Manual and Manipulative Therapy. Current areas of focus include children's issues, concussion management, soccer and performance vision training.

Dr. Serge Goulet, is a Family Physician and Clinical Professor of Medicine, UMF Charles Lemonyne of Sherbrooke University. Graduated from University of Montreal, and completed masters studies in Pedagogy and Echography at University of Sherbrooke. Dr. Goulet is in charge of the Muscolo-Squelletique Clinique and a committee member of Continuous Medical Education (CME). A co-founder of CœurAction, a cardiac rehabilitation center and Médiforme, a physical conditioning center for people with health problems, Dr. Goulet will soon publish a book he co-authored.

Dylan Harries, B.Rec., B.Sc. HK, C.A.T. with over 18 years of fitness experience, Dylan is the Executive Director for Body Rock Fitness and the HFR Coordinator for Nepean Sportsplex. In his spare time, he is a renowned athletic trainer and performance coach for world level figure skaters. He is CFPPro (PTS/FIS), CALA (Trainer), YMCA (T For T), Exter-Ball, Bosu Balance Trainer, Gliding, Gym-Stick, Bender Ball, SPI (2), Mad Dog Spinning (star 2) and NCCP (2) certified.

Kevin Honsberger graduated with degrees in Physical and Health Education, qualified as a teacher and received his Bachelor of Science - Physiotherapy in 1982 from U of T. He has worked primarily in the sports medicine field with Dr. Ron Taylor at the Mt. Sinai Sports Injury Clinic and at the Fitness Institute where he was instrumental in reviving the Olympic High Performance Center. Kevin's focus has been on the biomechanical nature of injuries and how to treat them. He also has a special interest in the role of orthotics and injury management and the assessment and treatment of low back and pelvic injuries.

Connie Jasinskas, B.Sc., B.Ed., M.Sc. Exercise Physiology, CEP, AEA, CALA Master Trainer, ATRI Faculty Member, AquaStretch Trainer. Connie brings 30 years of experience, passion and humour to her work as an international health educator. She works both wet and dry, with 'regular' people, as well as those with chronic pain, musculoskeletal injuries and a variety of health conditions.

Charlene Kopansky, B.Sc. Human Kinetics, B. Ed., CALA Inc. was founded by this dynamic, dedicated individual who embodies a vision of excellence. Charlene taught Biology, Science and PHE. and dance fitness classes at university. Her skills in dance choreography, water running, personal training, fitness and aqua fitness leadership have made her a popular presenter in Brazil, Trinidad and Tobago, Mexico, Australia, Germany, Cuba, Dominican Republic, UK, Israel, South Africa and New Zealand. Awards include 'Top Presenter' and Presenter of the Year-Germany, Volunteer Recognition and Leadership Awards-OFC, Who's Who of Canadian Women in Fitness-Chatelaine Mag., Fitness Leader of the Year-Fitness Institute, and Specialty Presenter of the Year-CanFitPro.



Karl Notargiovanni: B.F.A. Choreography; CALA Trainer; Massage Therapist, Yoga Instructor, co-owner of One Yoga for the People in Vancouver. Karl is skilled at blending several disciplines to connect movement, memory and imagery encouraging the practice of engaging the body through consciousness. Teaching for over 14 years, he has developed a unique edge to his leadership. Karl is passionate about exploring these connections and sharing them through energetic classes and workshops.

Pat Richards: B. P.H.E., CALA trainer. Pat has a passion for water exercise working with special needs clients, competitive athletes, the disabled & those seeking recreational level fitness. She coaches a Dragon Boat Team of Breast Cancer Survivors. Involved in the fitness industry for over 30 years & recently retired from the supervisor of the lifestyle/fitness program, at University of Guelph, Pat believes that all people, young and older, are happiest when they are active.

Jason Varghese is a Certified Athletic Therapist and Kinesiologist and graduated from York University in 1998. Jason has several years experience in the athletic, clinical, and hospital-based community, including hydrotherapy and is the director of Industrial Rehabilitation (including Functional Ability Evaluations and Ergonomics). With a strong interest in visceral manipulation to complement other manual therapy treatments, Jason was previously an assistant Athletic Therapist with the Canadian Mens Field Hockey team.

Carol Weerdenburg: M.Sc. CALA Master Trainer, Gymstick, BenderBall Master Trainer, Professor Algonquin College, CFP. As lead research consultant and presenter, Carol is developing and refreshing a host of projects exclusively for CALA Inc. Current projects include CALA Pre and Post Cardiac Conditioning, Older Adult-Falls Prevention, Aqua PT and CALA-HydroRider Specialty Training and Certification. Get charged up by Carol's motivational presentation style that blends the facts of science with the spirituality of Reiki and the physical training of resistance work.

Kathy Zador, OCT & CALA Certified in Healing Waters. A schoolteacher for over 30 years, Kathy has enjoyed a lifetime involvement with water including swimming, boating and beach lifeguarding. Having developed a successful community based 'Fibromoves' program, Kathy is currently working with CALA to design a comprehensive resource package for participants and leaders interested in aqua classes for FMS. Nominated in the Health and Wellness category for the KW Oktoberfest Rogers Women of the Year, Kathy was selected as a Patient Ambassador for Fibromyalgia and has shared her story through the media. Kathy lobbies for the construction of more facilities that are appropriate for aqua therapy programs such as FibroMoves.