

Provided Pain Instructions:

“There is good pain’ and ‘bad pain’. ‘Good Pain’ is okay, ‘bad pain’ is not okay. If you experience any ‘bad pain’ you are going to tell me to stop, or say “less” immediately.”

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- Asked the patient / client “Now, please tell me what I told you about pain.” Made sure the patient replied appropriately.

Procedures for AquaStretch™ Session

Performing these Procedures in order will help you remember the preferred sequence:

Procedures	Correct Hand Placement?	Prompt to Move Intuitively?	“PLAY, FREEZE, PRESSURE, MOVE”?
Wall Hang Procedures:			
Foot Grip			
Ankle Grip			
Toe Grip			
Calf Release			
IT Band pump/ palpation			
Hip Sway, Roll & Rock			
Weighted Procedures:			
One leg Standing			
Two Heavy Feet			
Lean Back			
Arch Forward			
COPS - Assume the Position			
Back Against the Wall / Supine			
(Modified) Head Hang			
Other			

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- Performed Procedures
- in the preferred order**
- listed above.
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- For
- Wall Hang Procedures**
- , cued the Client / Patient to
- bend or soften knee**
- first, then encouraged intuitive movement: “
- move if you feel the need to move**
- ”, or “
- move how you want to, and I will follow**
- ”.
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- With all starting Procedures, demonstrated
- Proprioceptive awareness**
- : provided enough space between the Client and Facilitator to avoid inhibiting the Client’s intuitive movements.