



Before Your Session:

- We recommend you complete this free online course for people like you, beginning AquaStretch™ and/or therapeutic aquatic exercise:
<https://fortheloveoffit.thinkific.com/courses/success-tips-for-aquatic-clients>
- You will need to complete a health screening and informed consent / waiver form before participating. Links are on the website.
- Wear appropriate aquatic apparel. Discuss options with your AquaStretch™ facilitator.
- Bring a towel and toiletries.
- Barefoot is suggested during the session, but shoes (water sandals, flip-flops) are recommended for entering and exiting the pool.
- Please do not wear perfumes or body lotions.
- Please leave jewelry at home.
- Long hair is best tied up or back.
- You will not need to submerge your head, but the back of your head may get wet. Please inform your AquaStretch™ facilitator if you have fear of being in the water.

During Your Session:

- It's best to get comfortable, relax, breathe slowly and deeply, as you might during a massage.
- Tell your facilitator immediately to "Stop", or say "less" if you feel any "bad" pain.
- Your facilitator will take you through a series of starting positions to begin each stretch.
- You will be asked to move your body however it feels it wants to with the verbal cue, "***Move, how you want to move, or Move with me.***"
- You are actively involved in the stretching process as your body directs the speed and direction of each stretch.
- Your facilitator will ***assist*** and ***accentuate*** your movement to help relieve pain and discomfort.
- Unrestricted movement continues for a short period of time or until a release is felt by the you and / or your facilitator.

After Your Session:

- You may feel immediate and significant changes to your body, which may include increased range of motion and decreased pain.
- Be sure to drink plenty of water after your session.
- You should expect some muscle soreness, especially the 24 hours following your session. Use ice / heat or anti-inflammatories for any residual soreness as needed.

This session is not appropriate for children (under 16 years of age), people with hypermobility syndromes or unstable health conditions. Contact Connie Jasinskas or talk to your therapist if you wish to discuss your suitability to participate in this AquaStretch™ session.