

Flotation Therapy: Rejuvenating the Body in a Body of Water

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Professor R. H. Brian Costello

PhD FCP (Lond) Dip FAB Med Psych FAAIM FACFE MACE

United States Sports Academy Proposed Australian Course Module

Please Note: On first appearance it may appear that the flotation buoyancy program covered advanced water skills that would be too difficult to master.

Preliminary skills leading up to this advanced level are not difficult at all. For simple flotation buoyancy skills, people do not need to know how to swim. There are graded exercises so individuals are not set up to fail. For example within five minutes, respiration fear desensitization is achieved in simple under-water buoyancy exercises.

Time out is the key Training session of one half hour is used at the heated swimming pool. Fifteen minutes is spent in the spar before leisurely showering and changing after training, the entire session takes one hour. Separate muscle stretching and body balancing exercises are taught for visual fractal afterimage and used later in the warm spar.

Thought Stopping Stand relaxed with legs slightly apart and looking upward and focus on a light that is not too bright. Use around 10-15 seconds and blink a few times to sharpen focus. Drop your head to your chin and dissolve all tension as you view a moving visual fractal pattern, similar to the light which gradually moves and changes color. This process is not color therapy and does not resemble meditation. It is solely a psychophysical reaction. Keeping the eyes closed, start stretching slowly and gradually while thinking of people you love or even saying a few short prayers but do NOT think about problems.

Muscle Stretching and Balance Exercises An essential component of visual fractal adjunct stress relief is muscle stretching and body balancing as a reward for the mind and body and especially to start a fresh day. We need to limber up before exercise but also after awakening before breakfast. It may have been eight hours or more since using our muscles. Noticeably, animals and even our pet dogs or cats enjoy a good stretch after sleeping.

Pre-Post BP & Respiration Measurement for Flotation & Exercise (Please see attached form). Body balancing and stretching should be self designed as your own made up exercises that feel good and rejuvenating but without over-stretching. These can involve Western Isometric Triangulation pressure or maybe the ancient arts of Hatha Yoga, Feldenkrias, Pilates and Tai Chi as a stress of modern day life antidote. The 5-10 minutes is used to loosen and strengthen your muscles, improve your posture and flexibility while applying the visual fractal technique. This prevents injury and creates pain free relaxed muscles and mind. Exercises are designed to help relaxation and harmony to improve strength and posture to relieve tension and stress.

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*Neuropsychology Rehabilitation and Mind-Body Sports Medicine
Medicare Health Service Provider No 26800361F ABN 63199569021*

Name of referring GP and Date

Account Ref: Medicare TAC WorkCover Private Medical Insurance

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BUOUANCY WATER SKILLS STRENGTHENING	LOG Number
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Trainee Instructor.....

Date Time session started Time concluded.....

Date faxed OR mailed to Number of Laps

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1. Pre Training Measurement

Post Training Measurement

Blood Pressure

Blood Pressure

Pulse reading

Pulse reading

Spirometry

Spirometry

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2. Spar Pool Stress Reduction Observation Remarks

Remarks: Fractals Visualization Stress Thought Stopping Afterimage

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3. Progress Observation Report

Instructor's Observation Score Trainee Self Assessment Score

Instructor Self-Assessment Score **Signed**

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4. Important Reminders Post training diet, Body and skin care hygiene, Facial hand and foot self-massage Trainees are invited to download research articles on Heart-Risk Factors, Biofeedback and Afterimage Pain Control please visit website www.cassel.edu.au For additional Mind-Body Medicine articles and references; www.icimedicine.com

"The Ibis Lodge Biofeedback Clinic" PO Box 1114 Pearcedale, 3912
Tel 359 786888 Fax 359 787323

PRELIMINARY FLOTATION & STRENGTHENING EXERCISE PROGRAM

(Exercises are selected after testing and then marked in the following)

1. DEPTH CHANGE: SINKING - EXHALING SLOWLY FOR DECREASED RESPIRATION LUNG EXPANSION -- BREATH EXTENSION TIME TO THE LIMIT BEFORE SURFACING TO INHALE.
2. SKY-DIVE FLOTATION EXERCISES THEN, BACK SKULLING 15 - 25 METERS (increasing daily).
3. TUMMY WAIST TWISTS - SPEED DANCING STATIONARY FROM HIPS 30-45 SECONDS CLOCKED.
4. FROG KICK [ON BACK 20-25 METERS] THEN PLAYTIME DOLPHIN UNDER WATER SWIMMING.
5. CORKSCREW – VERTICAL - ARMS FOLDED (CROSSED ON CHEST FOR BODY SWIVEL).
6. STAR JUMPS 30-45 SECONDS (HEAD SUBMERGED WITH EACH STAR JUMP).
7. EXTENSION WORK - 25 METERS FREESTYLE, 25 METERS BACKSTROKE [2 MINS REST RESPITE]
8. UNDER WATER SEAL AND DOLPHIN UNDER WATER SWIMMING FREE PLAY EXERCISES.
9. RESPITE PERIOD (2 MINUTES) AND TAKE PULSE – TIMED ON LAPS WALL CLOCK
10. CATHARINE WHEELS - CLOCKWISE & ANTI-CLOCKWISE [2-3 ATTEMPS ONLY].
11. RESPITE 2 MINUTES – *EXTENSION (ONLY IF PLANNED)* 4-8 LAPS FREESTYLE IN SLOW LANE.
12. TUMMY TUCKS [FORWARD] 30 SECONDS AND THEN, BACKWARDS [30 SECONDS].
13. REST RESPITE [2] MINUTES AND TAKE PULSE BEFORE FAST WATER WALKING [ONE MINUTE]
14. CORKSCREW – HORIZONTAL - ARMS & HANDS STRETCHED FOR CLOCKWISE SWIVEL.
15. TUMMY TUCKS BACKWARDS OR FORWARDS [30-45 SECONDS CLOCKED].
16. STAR JUMPS 30-45 SECONDS HEAD NOT SUBMERGING WITH EACH STAR JUMP.
17. ADJUSTMENT SUBLUX, LEG STRETCHING [WARMING SLOW DOWN] THEN SLOW DOWN SPAR.
18. SPOTLIGHT FOCUS EXERCISES IN SPAR FOR COLOURED FRACTALS & VISUAL AFTERIMAGE.

Reminders GOGGLES & NOSE CLIP ESSENTIAL – Essential please EXIT POOL FOR SPAR AT THE ONSET OF ANY INDICATION OF CRAMPING.

- TAKE BLOOD PRESSURE & PULSE TRACKING PRE AND POST WATER EACH TRAINING SESSION.
- DAILY SWISSE MULTIVITAMIN SUPPLEMENT & SUGAR FREE SWEETS FRUIT JUICE SUBSTITUTES.
- SHOWERING – VIGOROUS SOFT LOOFA SCRUB FOR INCREASED VASO-CAPILLARY CIRCULATION.
- CHLORINE SKIN IRRITATION PRECAUTION -- SHAMPOO & CONDITIONER, FOLLOWED WITH SKIN MOISTURIZER MASSAGE & EAR BUDS.
- ESSENTIAL WARM UP ADJUSTMENT IN GENTLE MUSCLE & LIGAMENT STRETCHING EXERCISES.
- **CERVICAL:** HEAD ROTATION AND LEFT RIGHT GENTLE EXTENSION TO EITHER SHOULDER.
- **THORACIC:** BODY VERTICAL WITH ARMS AT 90 – LEG HORIZONTAL AND GENTLE TWIST.
- **LUMBAR * LOWER LUMBAR:** LEFT AND THEN RIGHT LEG RAISED SEPARATELY TO 45 AND GENTLE TWIST.
- **SACRAL:** BODY PERPENDICULAR TO POOLSIDE AT 90 LEFT & RIGHT LEG AT 10-15.
- LIMBERING UP -- POOLSIDE LEFT & RIGHT CALF THIGH STRETCH -- BOTH KNEES FOR SOFT STOMACH CRUNCHING.