

Flotation Therapy: Rejuvenating the Body in a Body of Water

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Introduction

Our program was gifted with honor the US for its benevolently applied "Good Neighbor Policy", generously offering fine research facilities for which any postgrad could wish for in democratic practice.

Originally, units evolved from the Moonraker Swimming with Dolphins Programs, chartered off the Mornington Peninsula coast of Sorrento. Participants learned buoyancy at Cranbourne YMCA swimming pool before Moonraker excursions. These comprised of groupwork and larger workshops for patients, doctors, health professionals, teachers, business executives and IT staff members.

During a year's course development, water skills were increasingly refined with unexpected proficiency. Similar training was only for the Australian Royal Life Saving Society in 1977 following Bronze Cross examination, prerequisite for the advanced Award of Merit. Finally, these skills were deleted from RLSS swimming examinations because degrees of difficulty were considered obviously too difficult to accomplish.

As a clinical neuropsychologist and former RLSS Award of Merit Examiner, it was observed that all patients achieved advanced respiratory and flotation skills. Even non-swimmers attained successful mastery. Selected exercises are individually self-paced, graded and timed progressively. Exercises are designed to improve increased health through applied Mind/Body Medicine. For enjoyment and motivation results are measured daily to feel and see uniform improvements in:

- (a) Blood Pressure,
- (b) Core and Peripheral body temperature,
- (c) Weight reduction,
- (d) Calorific nutritional intake
- (e) Detoxification
- (f) Computerised Biofeedback Surface EMG

Accelerated physical and psychological fitness strengthening is achieved for

- (a) Work or accident related injuries
- (b) Pain control and stress reduction
- (c) Reactive depression and anger disinhibition
- (d) Blood pressure and Hypertension reduction
- (e) Chronic and acute backache
- (f) Auto-immune rejuvenation and strengthening
- (g) Stroke and TBI treatment rehabilitation
- (h) Heart and cancer risk factors
- (i) Obesity and weight reduction
- (j) Medication and drug dependency

Note: Water skills are unlike deep-water aerobics but use similar principles. This Mind/Body fitness program combines seven new techniques including:

- (a) Flotation buoyancy relaxation.
- (b) Visual Perception Afterimage conditioning.
- (c) Isometric Triangulation; simplified Tai Chi suited to Western or non-denominational philosophy.
- (d) Self-subluxation techniques for Autonomic NS
- (e) New Technique for Depression, Pain Control & Stress Reduction: Afterimage Visual Perception Thought Stopping. Note: Download 1st article from Reference Materials www.cassel.edu.au Australian Institute of Criminology & VRAS
- (f) Subliminal underwater induction using Walkman Budzynski stress reduction scripted tapes.
- (g) Fractal visual cortex afterimage relaxation.

Program Content

1. Water Readiness (Desensitization techniques).
2. Warm Up (Muscle and ligament stretching)
3. Basic Relaxation Exercises (Water treading for shallow flotation)
4. Basic Fitness Exercises (Extended buoyancy).
5. Advanced Buoyancy (RLSS 1977 water skills)
6. Relaxation (Floating and soft skulling)
7. Advanced Fitness Exercises.
8. Warm Down (Afterimage Relaxation training)
9. Isometric Triangulation. (Western Tai Chi)
10. Self-Subluxation (Cervical,T,L, LL and Sciatic)

Note: Please view the Associated Video Arts and Hyatt demo tapes before commencing this program.

Water Comfort Readiness Assimilation Training

1. New learning in shallow and deep breathing is learned through systematic desensitization before attempting water skills training
2. Pre-skills of sculling on their back and front.
3. Participants are taught 'en group' and a few individually, after diagnostic needs assessment.
4. Most people join groups immediately but a few require initial supportive personalised instruction.
5. Muscle cramp prevention and treatment techniques are pre learned.
6. Participants are taught the correct use of goggles and nose clips, hygiene and moisturization.

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7. Physical impairment/water trauma is assessed for a few individualized program adjustments.

Warm up Exercises

1. Neck torsion muscle flexors stretching.
2. Lateral head tilt rotations.
3. Self massage technique for stiffness locations.
4. Cervical, Thoracic, Lumbar, LL and Sciatic vertebral subluxation. (Underwater Limbs positioning - mid lumbar stretch - both sides
5. L & R Leg horizontal positioning at 45 degrees - lumbar stretch - both sides
6. L & R Leg and thighs at 15 degrees – lower lumbar stretch - both sides
7. Walking up wall for calves and thigh muscles
8. Waist twisting
9. Stretching at hips - arms at 90 degrees - from left to right rotation limit - massage any stiff muscles
10. Floating face down and swivel from waist
11. Floating on back with swivel from waist.

Relaxation Exercises (BASIC)

1. Subliminal underwater Walkman for Dolphin sounds and Budzynski Stress reduction tapes.
2. Slow swimming respiration technique.
3. Oxygenation for increased lung expansion in deep and shallow breathing techniques.
4. Soft and slow gentle water treading.
5. Floating on back and face down.
6. Triune contemplative hand glide combinations
7. Back floating: expanding lungs with arm extension for buoyancy control (can be ball assisted for sinkers)
8. Slow submersion air expulsion to pool floor.
9. Fun-floating
10. Sun Floating
11. The Twist and Twist Again
12. Tummy muscle Tightening & Relaxation
13. Inguinal muscle tightening and strengthening,
14. Floating Fractals Visual Perception After Images.
15. Slow relaxing gliding techniques

Fitness Exercises (BASIC)

1. The Eagle group circle thrusting propulsion.
2. Walking in water - moving arms - feet on bottom
3. Variations on above stretch at hips arms in different positions.
4. Soft boxing and with torsion twist
5. Hard and fast thrusting and with torsion twist
6. Back frog kick (inverted breast stroke)
7. Fast Star Jumps (timed) - under water - surface
8. Slow Star Jumps alternate arms behind back and other modifications
9. Flailing against wall - full back position
10. Flailing against wall on 1 foot - alternate feet
11. Push off from wall and swim back to wall against wake - best done as group
12. Underwater Fast and Slow Toe Touching
13. Breaststroke with arms only.

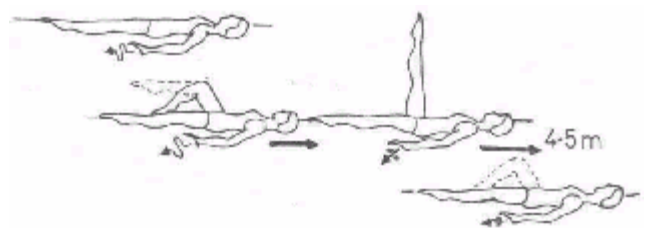
14. The Swallow group circle thrusting propulsion.
15. Slow water treading in horizontal position
16. Treading water vertical posture
16. Slow submersion Sky diving (Clasping hands)
17. NASA Zero G submersion assimilation exercise
18. Tummy tucks using both legs
19. Tummy tucks on back leg stretch and return
20. Aquatic stretch - legs straight - arms with slight bend in elbow - 3 arm variations
21. Fast Aquatic stretches – timed
22. Back sculling head foremost
23. Back sculling feet foremost
17. Dolphin spinner assisted leaps from pool floor.
18. Slow Jumping Jacks

24. Accelerated Jumping Jacks
25. One on one: hand pulling thrust and glide
26. Alternative thrust circle for increased propulsion
27. Group swimming thrust propulsion circles - minimum of 4 - left and/or right hand pull thrusts
28. Swimming in line with empowered hand pull thrusts (glide variation on group circle.
29. Dolphin leap from surface with twist
30. Head first surface canoe and dive
31. L&R Cork Screwing
32. Water Surface tumbling (sideways)
33. Slow Catherine wheels
34. Accelerated Catherine wheels.
35. Feet first surface dive - extended and with scooping and cupping hand propulsion.

Advanced Australian RLSS Water Skills

NB To apply advanced buoyancy and respiration some exercises may be undertaken with a ball to assist concentration and balanced flotation

Back sculling with one leg raised



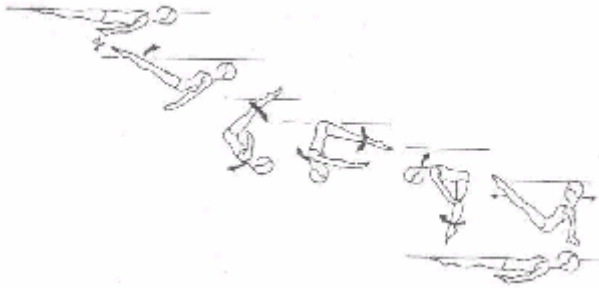
1. Starting position - in water in horizontal position on back.
2. Performance - while sculling, one knee is drawn towards chest until the upper part of leg is perpendicular - this leg is straightened while the other leg remains extended on the surface - the face must remain above the water level.
3. Finish - bend knee then straighten leg horizontally.
4. Distance - 4.5 metres each leg.

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Back Somersault with Pike



1. Sink to the bottom of the pool and lie flat - need to slowly expel all air from lungs
2. Forward somersault with tuck or pike
3. Front walkover
4. Back somersault with tuck and pike
5. Back walkover
6. Catalina
7. Corkscrew
8. Crane
9. Dolphin and feet fist
10. Dolphin with half and full twist
11. Dolphin figure-of-eight and feet first variant
12. Eiffel tower
13. Flamingo and modification with half and full twist
14. Kip and with half and full twist and with spluts
15. Oyster
16. Pendulum and double pendulum
17. Periscope
18. Vertical float
19. Water wheel

Fitness Exercise Skills (Advanced)

1. Back sculling with one leg raised
2. Back sculling with alternate leg raising
3. Back sculling with both legs raised
4. Back sculling with both knees raised
5. Canoe
6. Lobster
7. Marching on the water
8. Porpoise
9. Propeller and figure-of-eight
10. Seal
11. Shark and figure-of-eight
12. Spinning top
13. Spiral
14. Submarine
15. Swordfish
16. Torpedo
17. Tub
18. Twin tail.

Cooling Down Exercises

1. Blood pressure.
2. Neural impulse transmission circle training group.
3. De-briefing Q&A instruction chat.
4. Slow down relaxing pendulum exercise.
5. While still in water - move to side - hook arm over edge - pause and enjoy reflections on another successful session

6. Silently review of exercises improved today.
7. Constructive self-feedback - without negative or stress related thoughts at this time.
8. Spar Pool Bubbles Turned On.
9. Spar Pool - Gentle current for Fractals Afterimage relaxation exercises.

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