

## ***Flotation Therapy: Rejuvenating the Body in a Body of Water***

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### ***Isometric Triangulation – A New Westernized Method of Tai Chi***

*This tension release technique combats modern day-to-day normal occupational hazards where time limits, work deadlines, relationship or family associated tension is just part of daily living. There is no heavy meditation but instead if desired, focused positive energy boosts or silent little prayers can be said, focused wishes or contemplating on friends and loved ones.*

*Body balancing and stretching either in or out of waist depth water is fun as we improvise exercises that feel good and rejuvenating but without over-stretching. If desired, "Watsu" is used afterwards as a further gentle winding down procedure. See "Watsu" presentation*

*Triangle symbol assimilation with the hands and body is employed to increase thought-stopping. Exercises are demonstrated and then consecutively each group member becomes leader for simultaneous group copying. Powerful but slow motion uses our hands to perform whole body movement to strengthen muscles, increase balance and coordination, cardio vascular circulation, expand lung capacity, rapid metabolism and arthritic joint limbering.*

*The 5-10 minutes tension antidote loosens and strengthens muscles, improves posture and flexibility while applying gentle visual fractal and thought stopping techniques. This prevents injury to enhance pain free relaxed muscles and mind. Exercises are designed to help relaxation and harmony for improved strength and posture to relieve tension and stress. Enjoyable improvisation occurs when participants take the lead, consecutively. For Hostility Disinhibition, vigorous water bashing offers tension release similar to the Golf driving range. Innovative exercises borrow traditional US isometric muscle and ligament strengthening. Dr Costello originated these exercises as a comfortable alternative to Eastern techniques*

***Note: Pre-Post Blood Pressure & Respiration measurement for Triangulation Isometrics increases incentive for participants to see progressive improvement. They take responsibility for their own pre-post measurement recording. Similarly pre-post BP & Resp recording applies to Afterimage technique Flotation Water Skills exercises.***

***Explanation from Wikipedia, the free website encyclopedia***

**Isometrics** is a form of exercise involving the contraction of a muscle without the shortening of the angle of the joint. This is reflected in the name. The term "isometric" combines the prefix "iso" (same) with "metric" (distance), meaning that in these exercises the length of the muscle does not change.

Isometrics was first brought to the public's attention in the early days of physical culture. This was the precursor to bodybuilding. Many of the great bodybuilders of the day used and incorporated Isometrics into their training regimes. Some, such as Max Sick, later known as the great Maxalding, relied exclusively on Isometric Exercises to develop his muscular physique and incredible strength.

Perhaps the most famous of the Isometric advocates was the great Charles Atlas. In his course he advocated a series of dynamic tension exercises similar to Isometrics. Unfortunately Isometrics fell out of favour as it was discovered that many of the principal advocates were using steroids to enhance their gains.

***Isometrics today***

Isometrics has seen a sudden resurgence of late thanks to the work of John Little and Pete Sisco. The two developed a method of measuring the strength output of an Isometric lift and thus a method of measuring progress and strength development — previously unheard of.

Today many new training protocols exist incorporating Isometrics once again. Isometric exercises are often made into parts of normal, isotonic exercises. For example, during a set of rows, some people hold their position when the handles are closest to their chest in order to "squeeze" the muscle, in an effort to further strain the muscle. Other systems dedicate themselves entirely to Isometrics; among them are Static Contraction Training, Max Contraction Training, XFT and more. To date the success of these systems has been interesting, with claims of up to 20-30 pounds of muscle being generated from short intense workouts.

In one study, published by John Little, one subject gained nine pounds of muscle from one workout, while simultaneously losing nine and a half pounds of fat. Whether these claims can be verified and reproduced remains to be seen.

Isometric exercises can also be used at the bedside to differentiate various heart murmurs. For example the murmur of mitral regurgitation gets worse (louder) as compared to the murmur of aortic stenosis (softer)

***(Please see attached Enhanced Care Program Medicare Report Form).***