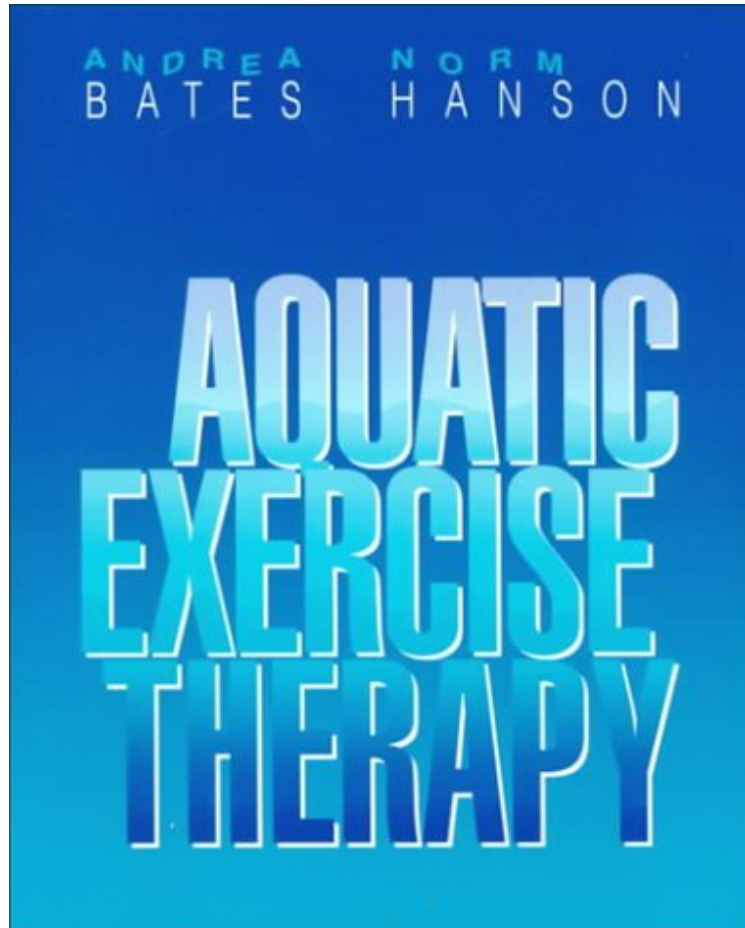


## Aquatic Exercise Therapy, 1e

*Andrea Bates BSc PE A.E.T., Norm Hanson BSc PT A.E.T.*  
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#1224289 in Books Saunders 1996-01-15 Ingredients: Example Ingredients Original language: English PDF #1 .60 x 7.68 x 9.211, #File Name: 0721656811340 pages | File size: 22.Mb

**Andrea Bates BSc PE A.E.T., Norm Hanson BSc PT A.E.T. : Aquatic Exercise Therapy, 1e** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Aquatic Exercise Therapy, 1e:

3 of 3 people found the following review helpful. Aquatic exercise therapy works!! By pnrI was involved in a major car accident and was immobile for several months, fractured ankle, seatbelt injuries, back and hip pains and neck injuries. When I was finally able to bear weight on my injured foot, my balance was off. I couldn't even take a step without back and hip pains. I lost my proprioceptive abilities. I was determined to get back on my feet (no pun intended). I worked hard and diligently on the exercises provided by my PT but the hip and back pains set me back on my full recovery. Although the rehabilitative exercises from my PT were helpful, for some reason, the back pains lingered regardless of the exercises and stretches and adjustments I did and done on me. Out of sheer desperation, I searched for aquatic therapy and found this book. The book is comprehensive enough for people suffering from different types of injuries. I created an exercise plan, took a step back before I transitioned the exercises to land exercises. I did the aquatic exercises almost everyday from this book, and the pain I had from my back and lower

extremities, even the neuro-muscular pains started to dissipate. I am in awe of how much benefit aquatic therapy did to me.. This book is a must-have for me! It gave me a step-by-step framework for designing a rehab exercise program. I got it used here from and I'm eternally grateful to the author(s) and the seller. I can now walk without the aid of a walker and crutches.1 of 1 people found the following review helpful. Such a great book that my boss borrowed it.By Jacque D.I work as an aide at an aquatic therapy clinic. This book has so much useful information and suggestions that my boss an actual licensed and experienced physical therapist borrowed it.0 of 0 people found the following review helpful. good water exercise referenceBy LCWI borrowed this book from a friend who teaches water aerobics; this is a very good reference guide for the different types of exercise for the entire body. It's organized according to body part and at the end of the book, there are treatment programs outlined with suggested progression. Very nice!

An important contribution to the growing sub-specialty of aquatic therapy, this manual provides a step-by-step framework for establishing a rehab exercise program adapted to an aquatic environment. Topics include the diagnosis and treatment of Fibromyalgia Syndrome and the integration of land and wet pool exercise programs.