



Aquatic Exercise for Rehabilitation and Training

Download now

[Click here](#) if your download doesn't start automatically

Prescribing the right aquatic exercise program for those with functional limitations is challenging, in part because the literature on water exercise is limited. That prescription is made all the more difficult when working with clients and patients with a wide range of limitations. *Aquatic Exercise for Rehabilitation and Training* shows professionals how to design aquatic rehabilitation and exercise programs for various groups and individuals across the life span. The authors guide readers in choosing the right exercises for their clients—including the appropriate exercise frequency, intensity, and duration—based on each client's abilities and limitations.

The authors compiled literature on water exercise from around the world and applied the information to a variety of situations. The book presents several current theories as well as a historical view for each theory and description of treatment implementation. The theories and principles are presented with the use of a regional- and system-based approach. *Aquatic Exercise for Rehabilitation and Training* also has the following features:

- Descriptions of the physiological responses—including those of the pulmonary, renal, musculoskeletal, and neuromuscular systems—to immersion and water exercise, preparing clinicians for how the body reacts to an aquatic environment

- Indications and contraindications for participation in water programs, providing an understanding of how the physical properties of water and exercise combine advantageously

- Descriptions of the responsibilities of various aquatic team members and patient management across the full spectrum of care

Aquatic Exercise for Rehabilitation and Training is liberally illustrated and comes with a DVD that demonstrates nearly half of the book's exercises and highlights key points for each. The DVD also contains printable evaluation sheets that will help you identify your clients' needs, evaluate specific therapies based on those needs, and choose the best therapies for your clients.

Using case studies as examples, *Aquatic Exercise for Rehabilitation and Training* presents current concepts, explains how to apply them, and assists readers in determining optimal intervention plans for each client. The text covers the gamut of aquatic exercise for rehabilitation and training, addressing all populations and ages. The authors provide information for adapting programs for various clientele: injured athletes, older adults, and people with special exercise needs, such as patients with cerebral palsy, brain injury and stroke, multiple sclerosis, and rheumatoid arthritis.

Use *Aquatic Exercise for Rehabilitation and Training* with confidence as you design exercise programs for your clients. Learn how to assess your clients' needs, provide specialized training for various populations, and prescribe neuromuscular training, core musculoskeletal training, and upper- and lower-quarter musculoskeletal training. This book and DVD is a valuable resource, no matter who your clients are, as you help them rehabilitate and train in water.

Download and Read Free Online Aquatic Exercise for Rehabilitation and Training

From reader reviews:

Terrance Hutchins:

Nowadays reading books become more and more than want or need but also become a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge the particular information inside the book which improve your knowledge and information. The information you get based on what kind of book you read, if you want have more knowledge just go with training books but if you want feel happy read one together with theme for entertaining like comic or novel. The Aquatic Exercise for Rehabilitation and Training is kind of reserve which is giving the reader unpredictable experience.

Florence Booth:

Spent a free a chance to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book could be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try look for book, may be the reserve untitled Aquatic Exercise for Rehabilitation and Training can be fine book to read. May be it can be best activity to you.

Alfonso Unruh:

Your reading sixth sense will not betray an individual, why because this Aquatic Exercise for Rehabilitation and Training guide written by well-known writer we are excited for well how to make book which can be understand by anyone who all read the book. Written with good manner for you, dripping every ideas and publishing skill only for eliminate your own personal hunger then you still question Aquatic Exercise for Rehabilitation and Training as good book not merely by the cover but also from the content. This is one e-book that can break don't judge book by its deal with, so do you still needing yet another sixth sense to pick this!? Oh come on your reading through sixth sense already said so why you have to listening to another sixth sense.

Dianne Roy:

Don't be worry for anyone who is afraid that this book can filled the space in your house, you will get it in e-book method, more simple and reachable. This kind of Aquatic Exercise for Rehabilitation and Training can give you a lot of close friends because by you investigating this one book you have factor that they don't and make you more like an interesting person. This kind of book can be one of a step for you to get success. This reserve offer you information that possibly your friend doesn't realize, by knowing more than different make you to be great folks. So , why hesitate? Let me have Aquatic Exercise for Rehabilitation and Training.

Download and Read Online Aquatic Exercise for Rehabilitation and Training #TDBQG9F5VJU

Read Aquatic Exercise for Rehabilitation and Training for online ebook

Aquatic Exercise for Rehabilitation and Training Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Aquatic Exercise for Rehabilitation and Training books to read online.

Online Aquatic Exercise for Rehabilitation and Training ebook PDF download

Aquatic Exercise for Rehabilitation and Training Doc

Aquatic Exercise for Rehabilitation and Training Mobipocket

Aquatic Exercise for Rehabilitation and Training EPub