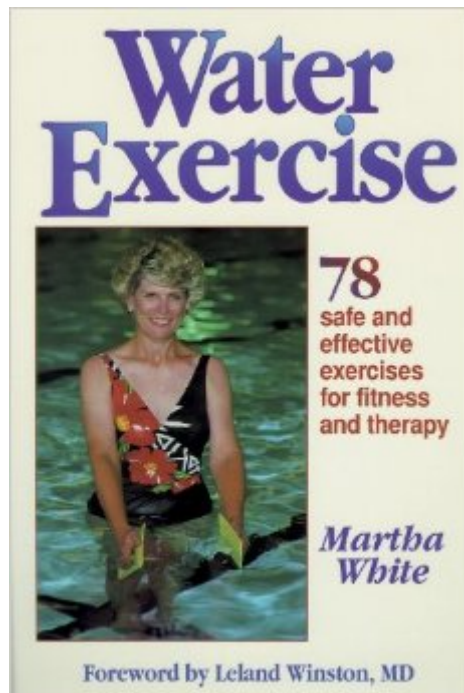


The book was found

# Water Exercise : 78 Safe And Effective Exercises For Fitness And Therapy



## Synopsis

Water exercise is excellent for physical therapy and fitness because it enhances range of motion and eases pain of movement. Now a single book makes it easy for you to design your own water exercise program, whether for injury rehabilitation, special conditions, cross-training, or just shaping up. *Water Exercise* features 78 clearly described and illustrated exercises that range from beginning to advanced levels of difficulty. The book also features complete exercise programs for specific injuries and conditions and for improved fitness. You can tailor each program to suit your needs, so no matter which exercise program you choose, you'll start at the appropriate level and progress safely into more challenging movements. Part I discusses the rehabilitative benefits of water exercise, along with guidelines for customizing your workout program and descriptions of accessories that can add a whole new dimension to your exercising. Part II presents 26 beginning, 29 intermediate, and 18 advanced exercises. Each exercise features one or more illustrations and descriptions of equipment needed, starting position, movements, precautions, and special hints for making the exercise more effective. You'll also find four illustrated deep-water exercises for improving cardiovascular endurance and decreasing compressive forces on the spine. Part III features injury-specific water exercise programs for recovering from injuries or surgery, with chapters devoted to rehabilitating the lower leg, ankle and foot, knee, thigh, pelvis and hip, trunk and spine, shoulder, and lower arm and wrist. Part IV details water exercise programs to help you achieve total fitness from a beginner's level to an advanced cross-training program. This section also includes a chapter of water exercise programs for people with rheumatoid arthritis, Parkinson's disease, osteoporosis, fibromyalgia, and multiple sclerosis. *Water Exercise* is especially suited to: - people attempting to regain strength and flexibility after an injury or surgery, - sedentary people just starting an exercise program, - individuals wanting to lose weight and gain muscle tone, - fitness enthusiasts and athletes seeking to maintain or increase their fitness level, and - aquatic therapists and exercise instructors looking to expand their knowledge of water exercise.

## Book Information

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## Customer Reviews

This book is excellently organized! Instructions are clear. Drawings aid understanding. Verbal description is followed by benefits of each exercise as well as precautions. Students AND instructors will appreciate the manner of teaching. Exercises are divided into beginning, intermediate, and advanced categories. Author not only tells WHAT to do, she also tells WHY. Third part of book provides specific programs for common injuries, listed by body part: e.g. lower leg-ankle-foot, knee, thigh-pelvis-hip, trunk & spine, trunk & shoulder, elbow & wrist. In addition, there is a chapter for special populations: Rheumatoid Arthritis, Parkinson's Disease, Fibromyalgia, & Multiple Sclerosis. This is a book one could refer to time after time, for greater understanding and expertise!

My mom and I have been searching for a good book for beginners about water exercise and this is the best we've found. It has great pictures that show you how your suppose to perform each exercise. Detailed descriptions were also very helpful. We liked the outlined program.

I run an aquafit class for any age, but mostly seniors. Most of them have one of the "spasticity" diseases - eg. arthritis, stroke recovery, Parkinson's, fibromyalgia, etc. With the help of this book I have been able to create a program that addresses the problem areas and have found increased mobility and pain reduction in the participants. I recommend it to everyone.

This book has done wonders for me. I have a bad back and I am currently in physical therapy. I brought this book to my doctor and he highlighted the exercises that I should do and told me the ones I shouldn't. It's really nice to exercise the CORRECT way in the pool.

i had a hip resurfacing done 5/08/2007; this book was very helpful in showing me exercises to add to what i already know toward rehab. well laid out with good pictures that help to illustrate the written

text. this is a good buy for anyone who's looking for guidance during the hip surgery/rehabilitation phase.

The book is written simply and effectively in helping you understand how to do the exercise and the illustrations are good but I was surprised when I got it to see how many required equipment (like little hand paddles). I was hoping for just straight exercises with little to no pool aids needed. Otherwise it was good.

This book was fantastic. It has great exercises and therapy exercises for the water. I use them all the time now. I would buy it again if I had too.

We have a lap pool in our home and actually wanted DVD to show us a few aqua exercises that would suit our needs (sports and medical injury), but as no DVD exists we searched for a book. There are many to choose from and in "reading through" some of them, decided on the Water Exercise because it covered a multitude of health needs. When it arrived we were pleased as it is extremely easy to follow and the illustrations are very helpful. We made the right decision!

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