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Aquatic Exercise for Rehabilitation and Training

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Pool Therapy Exercise Techniques . Some of the basic techniques for pool therapy exercises are as follows (they can be modified for varying degrees of difficulty): Knee-to-chest exercise. This movement is performed while standing on one leg, which is slightly bent, and one leg outstretched in front while one hand holds onto the side of the pool. Water Therapy Exercises - Spine-health For those patients who may have difficulty exercising on land, aquatic therapy provides a comfortable and therapeutic medium in which to gain strength and endurance. Who is aquatic rehabilitation for? Many musculoskeletal and neurological conditions may benefit from aquatic therapy including, but not limited to: Orthopaedic disorders Aquatic Rehabilitation | Cleveland Clinic Raise

them up to the height of your shoulders and back down. Keep the arm below the surface of the water throughout the exercise. Hand Clap: Raise your arms to shoulder height to form a T shape with your body — keep your arms under the surface of the water, though. With your arms straight, bring the palms together and back to the T.

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Aquatic therapy is different from aquatic exercise or aquatic fitness because it is a physical medicine and rehabilitation specialty that requires the involvement of a trained professional and is covered by many insurance providers due to the personalized nature of the treatment. Aquatic exercise does not need to be supervised by a trained professional.

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Water's support and the fluid movements of these exercises make them ideal during pregnancy and rehabilitation. Katz recommends 30-minute routines that include five minutes each of warm-up and ...

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Water strength and rehabilitation exercises are ideal is a therapy requires flexing a specific muscle group. Whether the person needs to work out his quadriceps, hips, glutes, back, shoulders, arms or abs, this form of exercise offers routines that target strengthening certain areas.

Water strength and Rehabilitation Exercises

Hydrotherapy (Aquatherapy) is any activity performed in water to assist in rehabilitation and recovery from

eg. hard training or serious injury. It is a form of exercise in warm water and is a popular treatment for patients with neurologic and musculoskeletal conditions. Aquatherapy -

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