Course Title: Aquatic Exercise for Rehabilitation and Training

Course Description: Aquatic Exercise for Rehabilitation and Training reviews the literature regarding the benefits of aquatic exercise using a variety of therapeutic interventions. Learn how to apply aquatic activities to progress individual clients and adapt these activities to individuals with various disease-specific conditions. Case studies are presented and discussed throughout the book. Includes interactive DVD that demonstrates 54 different exercises also included. 348 pages. Hardbound.

Learning Objectives:

After completing this course, you will be able to:

1. Explain the benefits of performing aquatic exercises.
2. Identify the origins and history of aquatic exercises.
3. Know and understand contraindications as well as indications of an aquatic-based program.
4. Address the advantages and precautions associated with an aquatic-based program.
5. Identify aquatic service providers, licensure and certification needs and requirements.
6. Understand the properties of water and fluid dynamics in order to provide a safe program.
7. Design and address the physiological responses to aquatic exercise for the major systems of the body.
8. Understand the principles of Ai Chi and Watsu including applications, benefits, progressions, and certifications.
9. Select appropriate evaluations and assessment tools for each client.
10. Understand how to modify and incorporate various aquatic methods for a variety of special populations such as cerebral palsy, brain injury, pregnancy, fibromyalgia, and more.
11. Address the application of neuromuscular training and techniques.
12. Understand and identify appropriate program design for a variety of populations via case study review.
**Target Audience:** Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards:
[www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

**Instructor/Author Credentials:**

**Lori Thein Brody, PT, PhD, SCS, ATC**, is a senior physical therapist in Madison, Wisconsin. Her aquatic therapy experience includes nearly 20 years of treating a variety of patients. Brody is a frequent contributor to the body of knowledge in rehabilitation, including a popular text on therapeutic exercise, teaching continuing education courses, and providing postprofessional coursework. Brody received the Ron Peyton Award in 2006 for sports physical therapy

**Paula Richley Geigle, PT, PhD,** is an assistant professor in the department of physical therapy and rehabilitation science at the University of Maryland School of Medicine. Geigle’s 27 years of clinical practice as a generalist includes aquatic intervention. Part of her research agenda focuses on incorporating aquatic exercise in managing the negative health outcomes of cancer and aging. Geigle is past president of the Aquatic Physical Therapy Section of the American Physical Therapy Association (APTA) and served as coeditor of the *Journal of Aquatic Physical Therapy*. She received the Outstanding Research Award in 2006 from the Aquatic Physical Therapy Section of the APTA.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards:
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**Sponsors:** N/A