



Aquatic Therapy Resources

NCPAD's Aquatic Therapy Fact Sheet

http://www.ncpad.org/exercise/fact_sheet.php?sheet=257

Spine Health

Water Therapy Exercise Program

<http://www.spine-health.com/topics/conserv/water/water01.html>

Aquatic Therapy and Rehab Institute

www.atri.org

Sprint Aquatics

Sells videos about aquatic therapy as well as other products.

www.sprintaquatics.com

Aquatic Exercise Association (AEA)

<http://www.aeawave.com/>

Aquaticnet.com

<http://www.aquaticnet.com/index.htm>

Products

Hydro-Cycle

www.hydrocycle.com

Hydroworx

www.hydroworx.com

Suits Me Latex-Free Swimwear

www.latexfreeswimwear.com

Phone: 352-666-1485

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click the Lending Library tab.

Books

- Lepore, Monica, Gayle William and Shawn Stevens. **Adapted Aquatic Programming**. Champaign, IL: Human Kinetics, 1998.
- Norm, Andrea and Hanson Bates. **Aquatic Exercise Therapy**. Philadelphia, PA: W.B. Saunders Company, 1996.

Video

- **Aquatics for Children With Disabilities**. Stillwater, MN: Courage St. Croix and Stillwater School District #834, 1996. 25 minutes.
- **Aqua Exercise for “Multiple Sclerosis”**. San Luis Obispo, CA: Sprint/Rothhammer International Inc., 1993. 20 minutes
- **Aqua Therapy for Polio Survivors**. San Luis Obispo, CA: Sprint/Rothhammer International Inc., 1995.
- **Hydrotherapy in Paediatrics**. Australia: Princess Margaret Hospital for Children, 1998 VHS
- **Therapy & Beyond: Aquatic Therapy for Spinal Cord Injuries**. West Virginia University Television Productions, 1999. 16 minutes.
- **Hydrotherapy in Paediatrics**. Western Australia: Princess Margaret Hospital for Children, 1998. 57 minutes.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.