



Aquatic Therapy Resources

The effects of gravity are greatly reduced in water so that small body movements can be more easily detected and therapists can determine a person's maximum ability to move without the full resistance of gravity. Also, when people are beginning to recover movement, water makes practice easier.

National Council on Health, Physical Activity and Disability: Aquatic Therapy

<http://www.nchpad.org/223/1943/Aquatic~Therapy2>

4000 Ridgeway Drive

Birmingham, Alabama – 35209

Phone: 800-900-8086

Email: email@nchpad.org

This website covers aquatic therapy definitions, sample exercises, and adaptations and modifications.

Spine-Health: Water Therapy Exercise Program

<http://www.spine-health.com/wellness/exercise/water-therapy-exercise-program>

520 Lake Cook Rd., Suite 350

Deerfield, IL 60015

Phone: 877-607-8577

This article discusses the benefits and limitations of water therapy exercise and provides some exercise techniques.

Swim for MS: Online Aquatic Center

www.mymsaa.org/swimforms/

375 Kings Highway North

Cherry Hill, NJ 08034

Phone: 856-488-4500; 800-532-7667 (toll-free)

Email: swimforms@mymsaa.org

MSAA offers tips on incorporating water-based exercise into a wellness plan.

Aquatic Therapy and Rehab Institute

<http://www.atri.org>

1618 Ellis St.

Brunswick, GA 31520

Phone: 912-289-3558

Toll-free: 877-774-2874

E-mail: atri@atri.org

ATRI is a non-profit educational organization dedicated to the professional development of healthcare professionals involved with aquatic therapy. ATRI offers continuing education courses at conferences that will advance the knowledge and skills of the aquatic therapist.

Sprint Aquatics

<http://www.sprintaquatics.com>

DBA Sprint Aquatics

PO Box 387

Oceano, CA 93475

Phone: 805-541-5330, 800-235-2156 (Toll-free)

Email: info@sprintaquatics.com

Sprint sells videos about aquatic therapy (under *educational items*) as well as other products for aquatic therapy and swimming.

Aquatic Exercise Association (AEA)

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

P.O. Box 1695

Brunswick, GA 31521-1695

Phone: 912-289-3559, 888-232-9283 (Toll-free)

AEA is committed to increasing awareness, education and networking opportunities to benefit professionals conducting aquatic exercise programs as well as the general public. The organization has certified over 45,000 professionals worldwide and has members in over 50 countries.

Aquatic Resources Network

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

1143 Oak Ridge Tpke. #226

Oak Ridge TN 37830

Phone: 800-680-8624 (Toll-free)

E-mail: info@aquaticnet.com

Aquatic Resources Network has information on aquatic therapy for consumers, therapists, and facilities. The site also has a directory of pools, aquatic therapists, and related businesses.

The following are a list of websites of manufacturers and vendors who provide aquatic therapy products. Please note a listing here is not an endorsement; the sites below are offered for informational purposes only.

Products

HydroWorx

<http://www.hydroworx.com>

1420 Stoneridge Dr.

Middletown, PA 17057

Toll-free: 800-753-9633

HydroWorx designs and builds rehab, exercise pools, swim spas and portable underwater treadmills for sports and healthcare.

Advanced Freedom swimwear

<https://advancedfreedom.com/>

Suits Me Swimwear

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

Phone: 352-666-1485

Suits Me makes latex-free swimwear.

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