

CONTENTS

DVD-ROM Contents **ix** ■ Contributors **xi** ■ Preface **xiii** ■ Acknowledgments **xv**

PART I Core Elements **1**

Chapter 1	Introduction and Historical Overview	3
	<i>Jean M. Irion, PT, EdD, SCS, ATC; and Lori Thein Brody, PT, PhD, SCS, ATC</i>	
	History of Aquatic Healing and Rituals	4
	Modern Origins of Aquatic Therapy	7
	Status of Aquatic Rehabilitation	8
	Indications and Advantages of an Aquatic-Based Program	9
	Contraindications and Precautions for an Aquatic-Based Program	11
	Aquatic Programs and Facilities	11
	Summary	14
Chapter 2	Aquatic Service Providers	15
	<i>Charlotte O. Norton, DPT, MS, ATC, CSCS; and Lynette Jamison, MOT, OTR/L, CPO</i>	
	Lytton Model for the Aquatic Team	16
	Licensure, Registration, Certification, and Title Acts	16
	Function of Each Team Member in the Aquatic Continuum	19
	Summary	24
Chapter 3	Aquatic Properties and Therapeutic Interventions	25
	<i>Jean M. Irion, PT, EdD, SCS, ATC</i>	
	Physical Properties of Water	26
	Fluid Dynamic Properties of Water	31
	Summary	34
Chapter 4	Physiological Responses to Immersion and Aquatic Exercise	35
	<i>Dawn T. Gulick, PT, PhD, ATC, CSCS; and Paula Richley Geigle, PT, PhD</i>	
	Pulmonary System	36
	Cardiovascular System	38
	Renal System	39
	Musculoskeletal System	40
	Neuromuscular System	41
	Summary	42

PART II Philosophy and Technique Elements**43****Chapter 5 The Halliwick Concept 45***Johan Lambeck, PT; and Urs N. Gamper, PT*

Historical Overview	46
Treatment Classification	47
Halliwick and ICF	50
Learning Stages	51
Function-Level Applications	54
Activity-Level Applications	59
Participation-Level Applications	65
Specific Skill Training	65
Summary	71

Chapter 6 The Bad Ragaz Ring Method 73*Urs N. Gamper, PT; and Johan Lambeck, PT*

Physiotherapeutic and Mechanical Principles	74
Proprioceptive Neuromuscular Facilitation	75
Indications	76
Treatment Goals	76
Application of Techniques	77
Treatment Time	79
Exercise Progression	79
Movement Patterns	80
Patterns of the Lower Extremities	82
Patterns of the Trunk	90
Patterns of the Upper Extremities	95
Summary	100

Chapter 7 Ai Chi 101*Ruth Sova, MS, ATRIC*

Historical Overview	102
Breathing Patterns	102
Movement Principles	105
Stance and Movement Patterns	106
Ai Chi Benefits	112
Applications in Patient Populations	114
Summary	116

Chapter 8 Watsu 117*Lynette Jamison, MOT, OTR/L, CPO*

History and Philosophy	118
Treatment Progression	119
Training and Certification	122
Physiological Effects	123
Psychological Effects	124

Treatment Applications	124
Precautions and Contraindications	125
Summary	127
Chapter 9 Swim Stroke Training and Modification for Rehabilitation	129
<i>Emily Dunlap, PT</i>	
Swim Training in an Aquatic Therapy Treatment Plan	130
Swim Training Progression	132
Recovery Skills	133
Static Floating Control	137
Suspension Skills	138
Changing Directions	138
Swim Training Equipment	138
Swim Strokes and Modification	141
Injury Modifications	162
Summary	175

PART III Client Elements 177

Chapter 10 Assessment and Evaluation	179
<i>Paula Richley Geigle, PT, PhD</i>	
Clinical Decision Making	180
Initial Assessment and Evaluation	181
Medical Clearance	186
Informed Consent	186
Water Safety Screening	188
Vital Sign Baseline Data	190
Documenting Aquatic Programming and Progression	191
Discharge From Aquatic Programming	192
Summary	193
Chapter 11 Specialized Aquatic Cardiovascular Training	195
<i>Dawn T. Gulick, PT, PhD, ATC, CSCS</i>	
Monitoring Cardiovascular Performance	197
Cerebral Palsy	199
Brain Injury and Stroke	201
Multiple Sclerosis	202
Rheumatoid Arthritis	203
Pregnancy	205
Cardiopulmonary Disease	206
Fibromyalgia	208
Poliomyelitis	210
Obesity	210
Older Populations	211
Injured Athletes	215
Summary	219

Chapter 12	Neuromuscular Training	221
	<i>David M. Morris, PT, PhD; and Paula Richley Geigle, PT, PhD</i>	
	Rehabilitation of People With Neuromuscular Disorders	224
	General Guidelines for Treatment Design	228
	Aquatic Techniques for Neurorehabilitation Application	230
	Balance and Postural Control	236
	Aquatic Wellness Programs	239
	Summary	242
Chapter 13	Core Musculoskeletal Training	243
	<i>Lori Thein Brody, PT, PhD, SCS, ATC</i>	
	Functional Anatomy	244
	Indications for Aquatic Therapy	249
	Activities to Improve Mobility	249
	Activities to Increase Muscle Performance	259
	Core Emphasis Cardiorespiratory Training	263
	Specific Exercise Recommendations	265
	Summary	267
Chapter 14	Upper-Quarter Musculoskeletal Training	269
	<i>Lori Thein Brody, PT, PhD, SCS, ATC</i>	
	Functional Anatomy	270
	Indications for Aquatic Therapy	275
	Activities to Improve Mobility	275
	Activities to Improve Muscle Performance	281
	Upper-Quarter Focus Cardiorespiratory Training	286
	Specific Exercise Recommendations	286
	Summary	287
Chapter 15	Lower-Quarter Musculoskeletal Training	289
	<i>Lori Thein Brody, PT, PhD, SCS, ATC</i>	
	Functional Anatomy	290
	Indications for Aquatic Therapy	294
	Activities to Increase Mobility	297
	Activities to Improve Muscle Performance	301
	Lower-Quarter Focus Cardiorespiratory Training	310
	Specific Exercise Progressions	310
	Summary	312
Chapter 16	Case Scenarios of People With Specific Needs	313
	<i>Paula Richley Geigle, PT, PhD</i>	
	Traumatic Brain Injury and Postpartum	314
	Spina Bifida	317
	Femur Fracture in a Man With a Diagnosis of Cerebral Palsy	320