

# **Aquatic Exercise for Rehabilitation and Training**

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## **DVD-ROM Contents**

### **Printable Forms**

Halliwick Assessment Chart

Aquatic Exercise Review of Systems (AERS)

International Classification of Function (ICF) Checklist

Structured Therapeutic Aquatic Rehabilitation (STAR) Form

Water Orientation Test (WATO)

### **Video Clips**

Chapter 5	The Halliwick Concept
	Reactive Hip Rotations
	SRC Jumping
	Shoulder Stabilization

TRC Therapy  
Turbulence  
TRC-CRC Wall  
LRC  
CRC  
TG-SP-BM  
Obstacle Course

Chapter 6    The Bad Ragaz Ring Method  
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Bilateral Symmetrical Leg Pattern 1  
Bilateral Reciprocal Asymmetrical Leg Pattern 1  
Bilateral Reciprocal Asymmetrical Leg Pattern 2  
Trunk Pattern 2  
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Bilateral Symmetrical Leg Pattern 2  
Bilateral Symmetrical Leg Pattern 3

Chapter 7    Ai Chi  
Contemplating  
Floating  
Uplifting  
Enclosing  
Folding  
Soothing  
Gathering  
Freeing  
Shifting  
Accepting  
Accepting with Grace  
Rounding  
Balancing

Chapter 8    Watsu

The DVD contains one clip for the various activities demonstrated in chapter 8.

Chapter 9    Swim Stroke Training and Modification for Rehabilitation  
Basic Swim Stroke Problems and Corrections  
Elementary Back Stroke: Whip and Frog Kick  
Snorkel Stroke  
Back Crawl  
Sidestroke  
Breaststroke

## Freestyle Stroke

### Chapter 11 Specialized Aquatic Cardiovascular Training

The DVD contains one clip for the various activities demonstrated in chapter 11.

### Chapter 12 Neuromuscular Task-Type Training

The DVD contains one clip for the various activities demonstrated in chapter 12.

### Chapter 13 Core Musculoskeletal Training Activities to Improve Mobility Activities to Improve Muscle Performance Core Emphasis Cardiorespiratory Training

### Chapter 14 Upper Quarter Musculoskeletal Training Walking Progression Supine Activities Activities to Improve Muscle Performance in Stabilization Upper Quarter Focus Cardiorespiratory Training

### Chapter 15 Lower Quarter Musculoskeletal Training Activities to Improve Mobility Activities to Improve Muscle Performance Lower Extremity Focus Balance Training