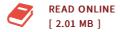


Water Wonder Works: A Guide to Therapeutic Water Exercises to Manage Arthritis Pain, Strengthen Muscles and Improve Mobility

By Marti C Sprinkle

Ccb Publishing, United States, 2013. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****. Water Wonder Works is an innovative stepby-step illustrated manual with over 180 color photos that offers customized exercises for every part of the body and muscle group. It features a low-impact series of exercises that can prepare you for joint surgery by strengthening muscles around that joint. Water Wonder Works is a practical approach to gentle and stimulating workouts during or following physical therapy. These exercises can be performed in the comfort of your pool, spa or tub. When certain areas of your body are strained by overexertion or the daily stresses of life, water pulsating around aching or tired muscles can achieve both bracing and soothing results. Water Wonder Works helps you manage arthritis pain, strengthen muscles and improve mobility, and is a valuable asset to a healthier you. About the Author: Born in the rural town of Tehachapi, California, Marti C. Sprinkle is a certified water aerobics instructor with over 25 years of experience. She is certified by the American Exercise Association and is also a member of the Aquatic Therapy and Rehabilitation Institute....



Reviews

This ebook is wonderful. It typically does not expense too much. You wont really feel monotony at at any time of your own time (that's what catalogs are for relating to should you request me).

-- Milan Turner

A brand new e book with a brand new standpoint. It really is simplified but unexpected situations in the 50 % of the publication. Your daily life period will likely be transform as soon as you full looking over this publication. -- Dr. Carmine Hammes