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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 step-by-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....



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