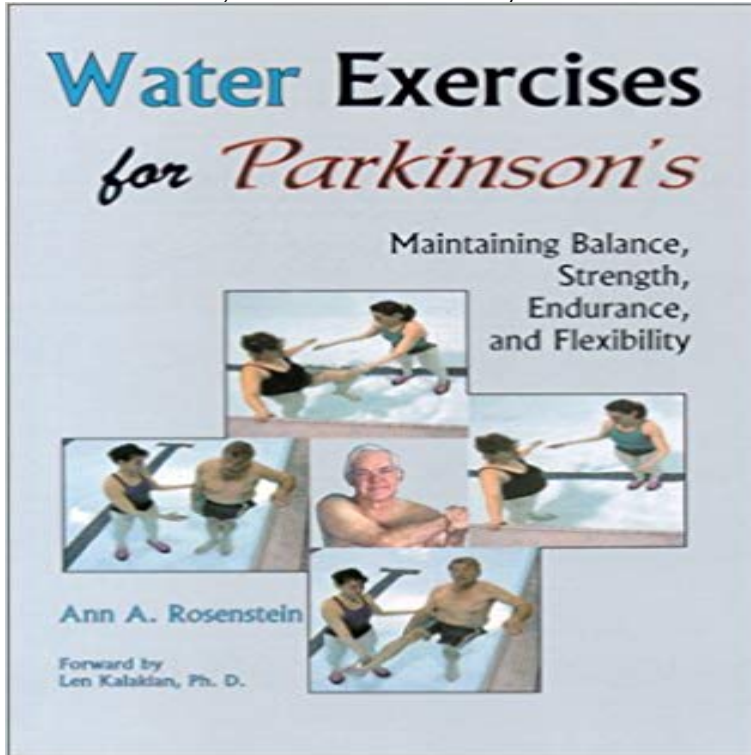


Water Exercises for Parkinsons: Maintaining Balance, Strength, Endurance, and Flexibility



Parkinsons is progressive and we may not have a cure yet, but that is no reason to give up hope. Maintaining a physical exercise program will allow a person with Parkinsons to continue leading an active and independent lifestyle as long as possible. For the 1,000,000 Americans who have Parkinsons: Water Exercises for Parkinsons provides gentle and effective water exercises to maintain balance, strength, endurance, and flexibility thus providing a way to lessen the impact of the disease. The buoyancy and cushioning effect of the water allows for freedom of movement with just the right amount of resistance needed to achieve the desired results. For the families and friends of people with Parkinsons: Water Exercises for Parkinsons is designed to allow you to take an active part in helping your friend or loved one with Parkinsons. Each exercise describes a companions role in assisting the person with Parkinsons so that the exercises are safe and effective. For therapists and exercise professionals: Water Exercises for Parkinsons can help you understand the disease and design exercise programs geared specifically towards people affected by this neurodegenerative condition. This book contains information on the various assessments and tools used when determining the physical capabilities of a person with Parkinsons, allowing you to design the most beneficial program for your client. Water Exercises for Parkinsons contains many individual exercises and five examples of exercise routines. It is richly illustrated so the reader can see all of the elements that go into an exercise program: equipment, warm-ups, stretching, aerobic exercises, strength exercises, balance exercises, exercises focusing on the abdominals, neck exercises, and cool downs. Included, also, is information on medications, vitamins and minerals, herbs, diet, and nutrition.

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