



Water Exercises for Parkinson's: Maintaining Balance, Strength, Endurance, and Flexibility

Ann Rosenstein

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Parkinson's 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 Parkinson's to continue leading an active and independent lifestyle as long as possible.

For the 1,000,000 Americans who have Parkinson's: Water Exercises for Parkinson's 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 Parkinson's: Water Exercises for Parkinson's is designed to allow you to take an active part in helping your friend or loved one with Parkinson's. Each exercise describes a companion's role in assisting the person with Parkinson's so that the exercises are safe and effective.

For therapists and exercise professionals: Water Exercises for Parkinson's 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 Parkinson's, allowing you to design the most beneficial program for your client.

Water Exercises for Parkinson's 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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