Mindluster Platform

About the course Aquatic therapy exercises

Aquatic therapy course, in this course we will learn about Aquatic therapy, a specialized form of physical therapy conducted in water. Participants will explore the principles and benefits of aquatic therapy, which utilizes the buoyancy and resistance of water to facilitate rehabilitation and exercise. Through guided sessions, we'll discover how aquatic therapy can improve mobility, strength, and flexibility while reducing pain and stress on the joints. Join us to delve into the therapeutic potential of water-based exercises and enhance your understanding of aquatic rehabilitation techniques.

Medical Category's Courses

Course Lesson(7)

Lesson 1 : **Water Exercise Standing Aquatic Therapy Ask Doctor Jo**

Lesson 2 : **Water Exercise Basic Walking Aquatic Therapy Ask Doctor Jo**

Lesson 3 : **Water Workout for Your Core Aquatic Therapy Ask Doctor Jo**

Lesson 4 : **Water Exercise Advanced Walking Aquatic Therapy Ask Doctor Jo**

Lesson 5 : **Using a Kickboard for Water Exercise Ask Doctor Jo**

Lesson 6 : **Deep Water Exercise in a Pool Aquatic Therapy Ask Doctor Jo**

Lesson 7 : **Water Cardio Workout in Deep Water Ask Doctor Jo**

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