About My Symposium Course ...

**Symposium Presentation Title:** Therapeutic Exercises for any Pool  
**Speaker:** Marti Sprinkle, MA  
**Presentation Type:** 2 hr. workshop (lecture + pool)

**Come on In ...The Water is Excellent!**

Water aerobics, an exercise method that has been utilized for years in the treatment of many ailments ranging from arthritis to insomnia, is well known as an excellent way to maintain overall health. Expanding upon the usual forms of water aerobics recognized by doctors and physical therapists is the field of therapeutic water exercises. The body’s response to therapeutic water exercises is...it never felt so good!  

During the winter months, many people do not have access to a pool. Therapeutic water exercises can be accomplished in any pool, a hot tub or even a bathtub. The home hot-tub or bathtub is waiting to be used. How can this be accomplished? There are simple step-by-step exercises to working out in a Jacuzzi, hot tub or home bathtub that can be found in the book, *Water Wonder Works...A Guide to Therapeutic Water Exercises* written by Marti Sprinkle.

*Water Wonder Works...A Guide to Therapeutic Water Exercises* offers customized exercises for every muscle of the body. This book introduces a low impact series of exercises that target the joints and short muscle groups. These exercises can prepare a person for joint surgery by strengthening muscles around a particular joint. Post-surgery consumers, after a doctor’s release, can benefit from therapeutic water exercises too. These simple therapeutic water exercises address areas of the body strained from overexertion or the simple daily stresses of life. Tendons become stretched and increasingly more flexible; synovial fluid, the friction reducing mechanism that keeps the joints pliable and limber, is increased. The client stories outlined below provide examples in which consumers have benefitted from increased flexibility, and improved balance and posture brought about via regular and/or post-surgical use of therapeutic water exercises.

**Case Study #1**

A prominent community member called and asked to join therapeutic water exercise classes. This person was facing reconstructive back surgery. Preparing for the surgery and strengthening the back muscles was the intended goal of her participation. Since all of the muscles of the body are worked during the exercise routines developed by using *Water Wonder Works...A Guide to Therapeutic Exercises*, this person’s stamina for surgery was increased. This client had a successful surgery, and after surgery and a doctor’s release, the client rejoined the class. She began to work toward improving her recovery outcomes and her overall health. Body mass was increased, flexibility was regained, and pain was diminished while exercising. This person expressed the fact that the therapeutic water exercises had improved recovery from the back surgery. In addition to full recovery, this client reports improvement in her overall health.

**Case Study #2**

This client communicated that she needed my help because her back hurt; her walking, posture and balance were becoming frightening to her. She was limited in her range of motion, was not stable when walking, and was frightened by the changes in her body. She was concerned that without therapeutic water exercises that immobility might become a future situation for her. She joined the class and has observed a posture change...
along with improved walking. Further, her confidence, balance and posture began to improve within the first month of using these exercises twice –weekly! Bravo to therapeutic water exercises!

Water Wonder Works... A Guide to Therapeutic Water Exercises is a book for consumers to select exercises to assist the areas of the body which are giving them the most pain. The book is divided into sections: upper body; lower body; hands and wrists; upper body stretches; and neck exercises. Within each of these sections are exercises that benefit the particular area of the body. Each exercise has a general description of the exercise followed by photos and the explicit steps to completing the exercise, which is like “walking” the reader through each exercise step-by-step. Below each exercise, in blue print, are the muscles “worked” by the exercise. The book was designed so that a person could select and use the exercises that most appealed to them; those exercises could then be paired with others. The consumer is able to select several exercises from each section of the book in order to personalize their own routine. Thus, one could easily create their own complete workout or merely choose a few specialized exercises targeting particular regions. Water Wonder Works... A Guide to Therapeutic Water Exercises is also designed to be used professionally. Thus, the major muscle groups are listed below each exercise. For example “Claw Like a Cat” stretches the tendons in the fingers, but is “principally a contraction of the flexor digitorum profundus.” (p. 57). The client stories below further validate the use of therapeutic water exercise to target and strengthen particular areas of the body while also increasing range of motion.

Case Study #3

One particular individual with dramatic improvement in physical health has attended therapeutic water classes for over 10 years. When this person began classes, one arm could not be lifted above the waist due to complications from cancer treatment. As time went on the arm extension began to increase very slowly. The person came to class regularly and now has full use of the arm. Extending the arm above the head with a flat palm has become possible and this client has full range of motion in the affected arm! This person states increased stiffness is felt whenever class has to be missed for personal reasons.

Case Study #4

One client attended my classes with an initial goal of reducing her arthritis pain and preparing for neck fusion surgery through therapeutic water exercise. She later communicated to me that she suffered from diabetes. Diabetes is a physical condition affecting many senior adults. It sneaks up on a person and may manifest itself by physically limiting sufferers until discovered. Some of the upper body stretching exercises in Water Wonder Works... A Guide to Therapeutic Water Exercises helped this person’s neck and upper shoulder area remain flexible after surgery. This consumer no longer reports concerns with arthritis pain. In addition, she reports that her blood sugar levels have stabilized through the regular use of therapeutic water exercise, combined with a diet targeting diabetes. Therapeutic water exercises slowly and continually improve her health and the health of others.
Automobile, snow skiing and motorcycle accident recovery victims discover that the pain they have experienced is lessened with therapeutic water exercises. As the body becomes relaxed in the water, clients are slowly able to move more and better target problem areas. *Water Wonder Works...A Guide to Therapeutic Water Exercises* recommends very simple exercises for people suffering from extreme pain, and those with pain or mobility issues resulting from accidents, injuries, surgery, or daily stressors. In another anecdote below, a client used exercises outlined in *Water Wonder Works...A Guide to Therapeutic Water Exercises* to recover from surgical complications and resulting consequences.

**Case Study #5**

A senior gentleman who had exercised regularly and was in excellent shape began coming to therapeutic water exercises and for good reason. After a routine colonoscopy whereby the medial personnel had accidentally perforated his colon, he ended up spending 5 weeks in the hospital. Upon his return home he suffered a slight stroke; it was later determined that he had a heart condition. His wife felt for sure she would lose him each time the ambulance was called to take him to the hospital. His muscles became quite week due to inactivity. Just recently he began attending therapeutic water exercises. He began with half hour sessions of exercises, and just recently is able to complete a full hour. His strength is slowly returning. He is walking more upright and feels better. He wife attends classes with him, just in case of a problem, for which I am grateful. She has commented that the therapeutic water exercises make them both feel revived. Therapeutic water exercises continue to improve lives!

Many individuals experience strains and overexertion of particular body area due to the demands of work or life tasks. For example, many people are required to spend significant amounts of time at the computer. Others hold positions that require extended periods of standing and/or repetitive motor movements. Some consumers may not realize that the “stressed” area extends beyond those body parts experiencing pain. Many consumers are not particularly interested in which muscle group is worked or the importance of the exercise. They just want to feel better. Conversely, practitioners may want to identify and target specific muscles or muscle groups. *Water Wonder Works...A Guide to Therapeutic Water Exercises* is designed so that practitioners and consumers alike may use the book to their benefit. Whether the goal is to develop specialized exercise sequences to address specific problems, create a personalized overall exercise routine, or simply enjoy oneself in the water while improving health, *Water Wonder Works...A Guide to Therapeutic Water Exercises* can help accomplish the goal! Users of this book can realize an improved state of health and a feeling of personal fulfillment with merely a few of the recommended exercises. It is hoped that consumers will feel so much better that they will try more of the exercises mentioned and shown in the book! As success is realized, greater health benefits are increasingly likely. The benefits of therapeutic water exercises are nearly limitless!

My book is available through Amazon, Barnes& Noble (as a textbook), Books-A-Million and Powells.com. I will have copies available in Sanibel. Marti