

## *Views From the E-List\* Software for Aquatic Illustrations*

Query:

Could someone recommend a computer program with printable illustrations of basic aquatic moves used in Rehab & classes?

Responses:

VHI has an aquatic software program that is pretty good. [www.vhikitis.com](http://www.vhikitis.com)

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This is not exactly what you have requested but take a look at the website and you may find it meets your need better than your exact request.

<http://www.WaterWellnessWorkouts.com>

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Ruth Sova's *BackHab* has a list and illustrations of exercises [www.aqua-gear.com](http://www.aqua-gear.com) and Craig Stuart of Hydrofit has a whole library of illustrated aquatic exercises that you can use with or without equipment. Check out [www.hydrofit.com](http://www.hydrofit.com).

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PhysioTools

<http://www.physiotools.com/ModuleList.aspx?PagelId=ModuleList>

...and they have many other interesting things, too. Good program. I have used it.

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*\*Opinions and suggestions expressed in this column represent e-list member responses to the query posted. They are not represented by the Aquatic Therapy and Rehab Institute and/or the author(s) of this column as recommendations regarding appropriate practice.*