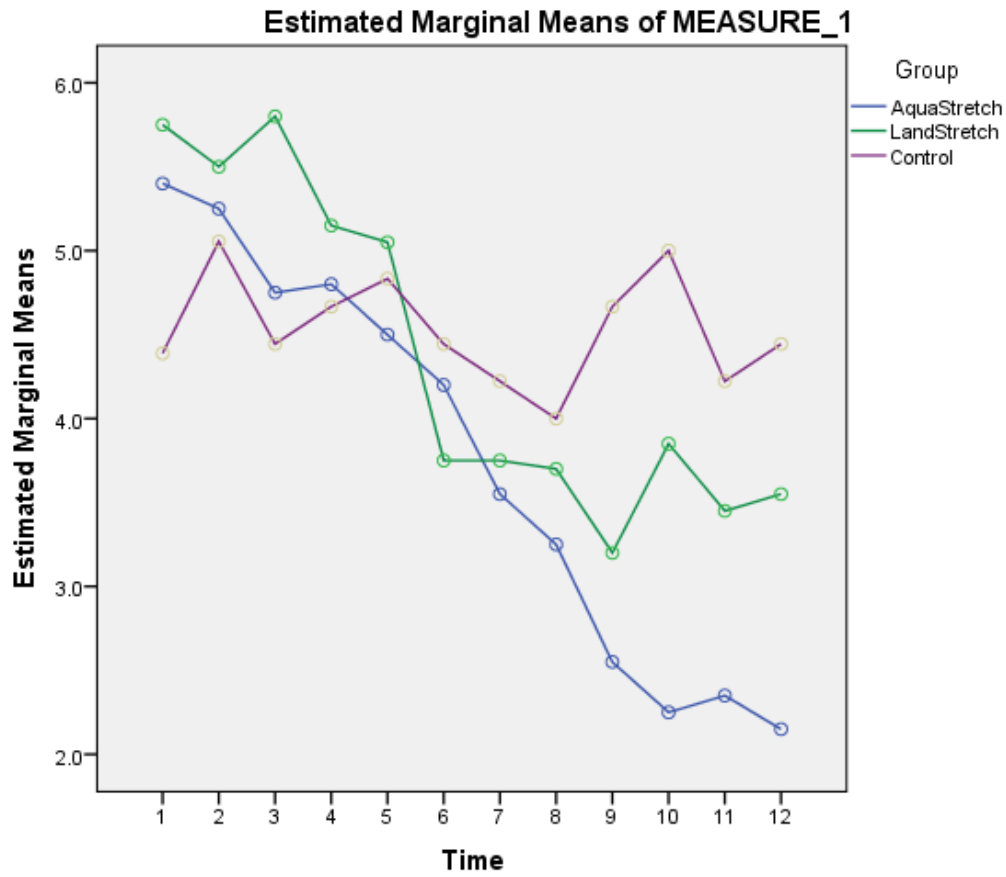


12 Week Pain Relief Chart Chronic Lower Back Pain



AquaStretch, an aquatic assisted stretching exercise, produced statistically significant ($P=0.006$) decreases in subjectively reported chronic lower back pain (CLBP) when compared with professionally supervised National Academy of Sports Medicine land based stretching exercises ($P=0.339$) and controls ($P=1.0$) in a Middlesex University (London) study presented at the 2015 International Aquatic Fitness Association meeting (Keane, 2015).