



*"AquaStretch also provides a more accessible and pleasant means of putting a smile on the faces of pain sufferers, sportspeople, stressed people and those with physical handicaps."*

Jessica Huss demonstrating the hip fulcrum

The results of the study (from the abstract):

- Results indicated that both LBS and A/S were beneficial in terms of pain, kinesiophobia and disability. A/S was shown to be better than LBS and both scored better than the control group. Both A/S and LBS are suggested to be beneficial in CLBP patients; however A/S has key additional benefits including time efficiency, cost effectiveness, and the ability to be performed by qualified individuals other than physiotherapists, significantly impacting on the financial burden on NHS.

I first learnt about AquaStretch when I attended a lecture by Huss at the World Aquatic Health Conference 2013 in Indianapolis. She also demonstrated the procedures in the conference hotel pool.

Since I actually missed an opportunity to experience such a demonstration on myself, I decided after the WAHC in Portland in 2014 to visit Huss in Arizona and learn more. In doing so I enriched my understanding of AquaStretch by personally experiencing the "releasing" and the consequent immediate pain relief.

I also meet several of her patients who were there for various reasons. Among these were:

- A man who had been paralysed after an accident who was undergoing regular treatments and whose mental attitude was clearly improving;
- A man suffering from Parkinson's disease who was able to live independently because of regular AquaStretch treatments;
- A nurse who needed relief from the stress of her work, who swore by the great feeling she had after each treatment;
- A soccer goalie who was having a weekly treatment for the various sport accidents he had suffered;
- A professional singer who needed help keeping her

voice box flexible;

- And many more with similar complaints receiving relief via her treatment.

You can get an idea how the therapy is applied from the [www.aquastretchpt.com](http://www.aquastretchpt.com) website which includes articles, YouTube videos and references.

In particular, I recommend you watch the videos "AquaStretch One Leg Standing" and "More on Intuitive Movement" under the Resources & References tab.

I believe that therapists who take the trouble to acquire this new and exciting therapy modality will discover they become sought after for the real relief it affords. (Huss now averages more than 220 AquaStretch sessions per month.)

It is also likely to put any aquatic centre, rehabilitation hospital or even hotel at the forefront of their industry. For example, AquaStretch is offered as a spa service for \$US170 per hour at the Spa Bellagio in Las Vegas.

Those who want to introduce this new modality to their facility and wish to avail themselves of offers made by those trained to teach this therapy can get further information by emailing me directly. ■

### Contacts:

[www.aquastretchpt.com](http://www.aquastretchpt.com)  
[www.exercisements.com](http://www.exercisements.com)  
[www.physicaltherapy.com](http://www.physicaltherapy.com)  
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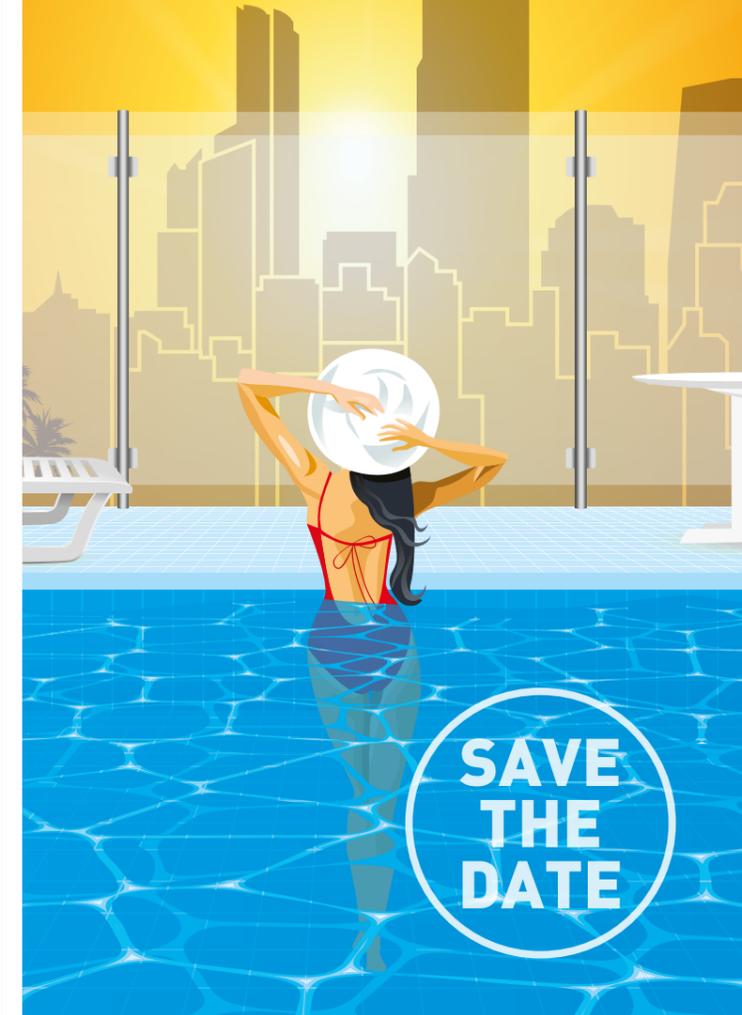
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