



**AT** Aquatic Therapy University, our tiered progression gives you the continuum you need to map out and achieve your professional aquatic goals for years to come. You can specialize in a certificate tracks or are free to put together your own course of study. Each class contains between 14 -18 hours (with over 60% of each class hands-on pool lab).

**Specialty Tracks:** Join us year after year and work towards your certificate in our specialty tracks. All ATU credits can all be applied to your final 70-hour certificate in:

- **GS: General Studies**
- **MS: Musculoskeletal Studies**
- **NS: Neurological Studies**
- **PS: Pediatric Studies**
- **GE: Geriatric Studies**
- **SS: Sports & Military Studies**
- **BS: Business Studies**

**Campuses:** ATU courses are available across the United States and Canada with our main campus located in Minneapolis, MN.

To more information on our aquatic trainings, call (800) 680-8624 or log onto [www.aquaticnet.com](http://www.aquaticnet.com).



| Sections | Page |
|----------|------|
|----------|------|

|   |          |
|---|----------|
| <b>Geriatric Bibliography — Chronological</b> | <b>3</b> |
|---|----------|

References have been sorted chronologically into the years: 2011, 2010, 2009, 2008, 2007, 2006, 2005, 2004, 2003, 2002, 2001, and 2000. Includes only English language references.


|  |           |
|--|-----------|
| <b>Geriatric Bibliography — Alphabetical</b> | <b>69</b> |
|--|-----------|

References have been sorted alphabetically and include the years 2000-2011. Includes only English language references.



# Aquatic Health Research Database (AHRD)

---

A high-angle photograph of a person swimming in a pool. The person's head and arms are visible, with their arms raised above their head. The water is a vibrant blue with ripples and reflections. A yellow text box is overlaid on the right side of the image.

The **Aquatic Health Research Database** is the property of the Aquatic Therapy University and its contents may not be copied or emailed to multiple sites, posted to a listserv, repackaged or sold without the copyright holder's express written permission. Purchasers may download, print and email individual bibliographies for their own educational, research and clinical use.

The **Geriatric Bibliography** includes musculoskeletal, cardiopulmonary and neurological references relevant to middle aged and older adults. These references have been sorted chronologically into the years: 2011, 2010, 2009, 2008, 2007, 2006, 2005, 2004, 2003, 2002, 2001, and 2000. References published between 1990-1999 are also available for purchase as Geriatric: Volume II. Includes only English language references.

To see all references sorted alphabetically, see the second half of this bibliography.

## 2011

- Mendelson, A. D., McCullough, C., & Chan, A. (2011). Integrating self-management and exercise for people living with arthritis. *Health Education Research, 26*(1), 167-177.
- Reid, A., Brady, A., Blake, C., Mongey, A., Veale, D. J., FitzGerald, O., & Cusack, T. (2011). Randomised controlled trial examining the effect of exercise in people with rheumatoid arthritis taking anti-TNF $\alpha$  therapy medication. *BMC Musculoskeletal Disorders, 12*, 11-11.
- Stillwell, B. E. (2011). The subjective experiences of those afraid in water. *International Journal of Aquatic Research & Education, 5*(1), 51-60.

## 2010

- Ambrosini, A. B., Brentano, M. A., Coertjens, M., & Kruel, L. F. M. (2010). The effects of strength training in hydrogymnastics for middle-age women. *International Journal of Aquatic Research & Education, 4*(2), 153-162.
- Ambroza, C., & Geigle, P. R. (2010). Aquatic exercise as a management tool for breast cancer-related lymphedema. *Topics in Geriatric Rehabilitation, 26*(2), 120-127.
- Anderson, R. L., & Fishback, E. (2010). Balance specific training in water and on land in older adults: A pilot study. *International Journal of Aquatic Research & Education, 4*(3), 300-311.
- Anon. (2010). Fight arthritis with exercise. *The Journal of Musculoskeletal Medicine, 27*(10), 414.
- Aquatic Fitness Research Poster and Presentation Abstracts. (2010). *International Journal of Aquatic Research & Education, 4*(1), 93-100.
- Arnold, C. M., & Faulkner, R. A. (2010). The effect of aquatic exercise and education on lowering fall risk in older adults with hip osteoarthritis. *Journal of Aging and Physical Activity,*

# Aquatic Health Research Database (AHRD)

---

18(3), 245-260.

- Asahina, M., Asahina, M. K., Yamanaka, Y., Mitsui, K., Kitahara, A., & Murata, A. (2010). Cardiovascular response during aquatic exercise in patients with osteoarthritis. *American Journal of Physical Medicine & Rehabilitation / Association of Academic Physiatrists*, 89(9), 731-735.
- Atkinson, H., Laver, J. M., & Sharp, E. (2010). (vi) Physiotherapy and rehabilitation following soft-tissue surgery of the knee. *Orthopaedics & Trauma*, 24(2), 129-138.
- Avelar, N. C. P., Bastone, A. C., Alcântara, M. A., & Gomes, W. F. (2010). Effectiveness of aquatic and non-aquatic lower limb muscle endurance training in the static and dynamic balance of elderly people. *Revista Brasileira De Fisioterapia*, 14(3), 229-236.
- Beer, A. M. (2010). Heart failure. [Herzinsuffizienz] *MMW Fortschritte Der Medizin*, 152(10), 20-21.
- Brittain, D. R., & Gyurcsik, N. C. (2010). Perceptions of trained leaders on improving the public health impact of Three Arthritis Foundation programs. *Health Promotion Practice*, 11(4), 572-579.
- Cadmus, L., Patrick, M. B., Maciejewski, M. L., Topolski, T., Belza, B., & Patrick, D. L. (2010). Community-based aquatic exercise and quality of life in persons with osteoarthritis. *Medicine and Science in Sports and Exercise*, 42(1), 8-15.
- Caminiti, G., Volterrani, M., & Rosano, G. (2010). With reference to hydrotherapy to heart failure patients. *International Journal of Cardiology*,
- Carvalho, V. O., & Guimaraes, G. V. (2010). Hydrotherapy to heart failure patients. *International Journal of Cardiology*,
- Chan, K., Suter, L., Heth, D., Pauley, T., Boulias, C., & Ismail, F. (2010). A study examining the effect of hydrotherapy on balance in post stroke out-patients. *Stroke*, 41(7), e492-e492.
- Chetlin, R. D., Wheeler, S., Crane, S., Morris, C. W., & Sherlock, L. A. (2010). The effects of combined aquatic and occupational therapy in stroke patients: A retrospective study. *International Journal of Aquatic Research & Education*, 4(4), 422-431.
- Cowan, S. M., Blackburn, M. S., McMahon, K., & Bennell, K. L. (2010). Current Australian physiotherapy management of hip osteoarthritis. *Physiotherapy*, 96(4), 289-295.
- Cox, K. L., Burke, V., Beilin, L. J., & Puddey, I. B. (2010). A comparison of the effects of swimming and walking on body weight, fat distribution, lipids, glucose, and insulin in older women--the Sedentary Women Exercise Adherence Trial 2. *Metabolism: Clinical and Experimental*, 59(11), 1562-1573.
- Denning, W. M., Bressel, E., & Dolny, D. G. (2010). Underwater treadmill exercise as a potential treatment for adults with osteoarthritis. *International Journal of Aquatic Research & Education*, 4(1), 70-80.
- Erratum... July issue. Arnold and Faulkner. (2010). The effect of aquatic exercise and education on lowering fall risk in older adults with hip osteoarthritis. *Journal of Aging & Physical Activity*, 18(4), 477-479.

- Escalante, Y., Saavedra, J. M., García-Hermoso, A., Silva, A. J., & Barbosa, T. M. (2010). Physical exercise and reduction of pain in adults with lower limb osteoarthritis: A systematic review. *Journal of Back & Musculoskeletal Rehabilitation*, 23(4), 175-186.
- Flinn, N. A., & Stube, J. E. (2010). Post-stroke fatigue: qualitative study of three focus groups. *Occupational Therapy International*, 17(2), 81-91.
- Gangaway, J. (2010). Older adults: the need for exercise and the benefits of aquatics. *Topics in Geriatric Rehabilitation*, 26(2), 82-92.
- Giaquinto, S., Ciotola, E., Dall'armi, V., & Margutti, F. (2010). Hydrotherapy after total hip arthroplasty: a follow-up study. *Archives of Gerontology and Geriatrics*, 50(1), 92-95.
- Giaquinto, S., Ciotola, E., Dall'Armi, V., & Margutti, F. (2010). Hydrotherapy after total knee arthroplasty. A follow-up study. *Archives of Gerontology and Geriatrics*, 51(1), 59-63.
- Graef, F.I., Pinto, R.S., Alberton, C.L., De Lima, W.C., & Kruehl, L.F.M. (2010). The Effects of Resistance Training Performed in Water on Muscle Strength in the Elderly. *Journal of Strength & Conditioning Research (Lippincott Williams & Wilkins)*, 24(11), 3150-3156.
- Grosse, S. J. (2010). Water freedom for all: The Halliwick Method. *International Journal of Aquatic Research & Education*, 4(2), 199-207.
- Hartley, G. W., Schwiering, L., Shapiro, S., & Longfellow, G. (2010). The effects of aquatic physical therapy on functional mobility in a sedentary patient with osteoarthritis, Parkinson disease, and depression. *Journal of Aquatic Physical Therapy*, 18(1), 2-9.
- Herrera, E., Sandoval, M. C., Camargo, D. M., & Salvini, T. F. (2010). Motor and sensory nerve conduction are affected differently by ice pack, ice massage, and cold water immersion. *Physical Therapy*, 90(4), 581-591.
- Hildenbrand, K., Becker, B. E., Whitcomb, R., & Sanders, J. P. (2010). Age-dependent autonomic changes following immersion in cool, neutral, and warm water temperatures. *International Journal of Aquatic Research & Education*, 4(2), 127-146.
- Hildenbrand, K., Nordio, S., Freson, T. S., & Becker, B. E. (2010). Development of an aquatic exercise training protocol for the asthmatic population. *International Journal of Aquatic Research & Education*, 4(3), 278-299.
- Huffstetler, K., & Stranburg, K. (2010). Therapy program makes waves. *Provider (Washington, D.C.)*, 36(2), 35-37.
- Jung, T., Lee, D., Charalambous, C., & Vrongistinos, K. (2010). The influence of applying additional weight to the affected leg on gait patterns during aquatic treadmill walking in people post-stroke. *Archives of Physical Medicine and Rehabilitation*, 91(1), 129-136.
- Kamioka, H., Tsutani, K., Okuizumi, H., Mutoh, Y., Ohta, M., Handa, S., . . . Honda, T. (2010). Effectiveness of aquatic exercise and balneotherapy: a summary of systematic reviews based on

# Aquatic Health Research Database (AHRD)

---

- randomized controlled trials of water immersion therapies. *Journal of Epidemiology / Japan Epidemiological Association*, 20(1), 2-12.
- Katsura, Y., Yoshikawa, T., Ueda, S. Y., Usui, T., Sotobayashi, D., Nakao, H., . . . Fujimoto, S. (2010). Effects of aquatic exercise training using water-resistance equipment in elderly. *European Journal of Applied Physiology*, 108(5), 957-964.
- Kerridge-Weeks, M., & Davies, E. (2010). Outcome and rehabilitation of a series of patients undergoing elective lumbar spine surgery: implications for clinicians. *BackCare Journal*, , 7.
- Kim, T., & Park, G. (2010). Effects of a Water Exercise Programme on Body Composition, Physical Ability and Pain in Middle-Aged Obese Women with Knee Osteoarthritis. *British Journal of Sports Medicine*, 44(14), 14.
- Kim, Y. S., Park, J., & Shim, J. K. (2010). Effects of aquatic backward locomotion exercise and progressive resistance exercise on lumbar extension strength in patients who have undergone lumbar discectomy. *Archives of Physical Medicine and Rehabilitation*, 91(2), 208-214.
- Kurutz, M., & Oroszvary, L. (2010). Finite element analysis of weightbath hydrotraction treatment of degenerated lumbar spine segments in elastic phase. *Journal of Biomechanics*, 43(3), 433-441.
- Langendorfer, S. (2010). Considering water temperature: A proposed model. *International Journal of Aquatic Research & Education*, 4(3), 235-238.
- Lim, J. Y., Tchai, E., & Jang, S. N. (2010). Effectiveness of aquatic exercise for obese patients with knee osteoarthritis: a randomized controlled trial. *PM & R : The Journal of Injury, Function, and Rehabilitation*, 2(8), 723-31; quiz 793.
- Luk, K. D. K., Wan, T. W. M., Wong, Y. W., Cheung, K. M. C., Chan, K. Y. K., Cheng, A. C. S., . . . Cheing, G. L. Y. (2010). A multidisciplinary rehabilitation programme for patients with chronic low back pain: a prospective study. *Journal of Orthopaedic Surgery (Hong Kong)*, 18(2), 131-138.
- Management of rheumatoid arthritis. (2010). *Journal of Physiotherapy*, 56(1), 64-64.
- Matsumoto, S., Shimodozono, M., Etoh, S., Shimozono, Y., Tanaka, N., & Kawahira, K. (2010). Beneficial effects of footbaths in controlling spasticity after stroke. *International Journal of Biometeorology*, 54(4), 465-473.
- McNamara, R. J., Alison, J. A., McKenzie, D. K., & McKeough, Z. J. (2010). Water-based exercise improves exercise capacity in people with COPD with physical co-morbid conditions [Abstract]. *Respirology*, 15, A24-ato.
- Mikula, J., Smith, P., Meuleman, J., & Levy, C., E. (2010). Effects of a recreation therapy aquatics intervention: a case study on an older adult with uncontrolled orthostatic hypotension. *American Journal of Recreation Therapy*, 9(3), 13-16.
- Moerles, K. M. (2010). Water works. Baby Boomers drive trend toward state-of-the-art aquatic therapy. *Rehab Management*, 23(7), 14-17.

- Morris, D. M. (2010). Aquatic therapy to improve balance dysfunction in older adults. *Topics in Geriatric Rehabilitation, 26*(2), 104-119.
- Nghiem, F. T., & Donohue, J. P. (2010). Rehabilitation in ankylosing spondylitis. *Current Opinion in Rheumatology, 22*(4), 456-470.
- Norton, C., & Jamison, L. (2010). Spectrum of aquatic exercise programming for elderly individuals. *Topics in Geriatric Rehabilitation, 26*(2), 140-147.
- Ortega, E., Bote, M. E., Giraldo, E., & Garcia, J. J. (2010). Aquatic exercise improves the monocyte pro- and anti-inflammatory cytokine production balance in fibromyalgia patients. *Scandinavian Journal of Medicine & Science in Sports,*
- Poster Presentation Abstracts Supporting Aquatic Therapy: Where Do I begin? (2010). *International Journal of Aquatic Research & Education, 4*(4), 432-452.
- Rammage, E. R. (2010). Aquatic physical therapy for balance after stroke. *Journal of Aquatic Physical Therapy, 18*(1), 10-21.
- Rundell, S. D., & Davenport, T. E. (2010). Patient education based on principles of cognitive behavioral therapy for a patient with persistent low back pain: A case report. *Journal of Orthopaedic & Sports Physical Therapy, 40*(8), 494-501.
- Salem, Y., Scott, A., Belobravka, V., Harvey, A., Prudent, P., Clifford, F., & Spatz, E. (2010). Effects of an aquatic exercise program on functional mobility in individuals with multiple sclerosis: a community-based study. *Journal of Aquatic Physical Therapy, 18*(1), 22-32.
- Salem, Y., Scott, A. H., Karpatkin, H., Concert, G., Haller, L., Kaminsky, E., . . . Spatz, E. (2010). Community-based group aquatic programme for individuals with multiple sclerosis: a pilot study. *Disability and Rehabilitation,*
- Sanders, M. E., & Torres, L. E. (2010). Aquatic exercise for muscular dystrophy: The story of Laura Sos, Castellón, Spain. *ACSM's Health & Fitness Journal, 14*(6), 35-41.
- Sato, D., Kaneda, K., Wakabayashi, H., Shimoyama, Y., Baba, Y., & Nomura, T. (2010). Comparison of once and twice weekly water exercise on various bodily functions in community-dwelling frail elderly requiring nursing care. *Archives of Gerontology and Geriatrics,*
- Thomas, E. N., & Blotman, F. (2010). Aerobic exercise in fibromyalgia: a practical review. *Rheumatology International, 30*(9), 1143-1150.
- Tidhar, D., & Katz-Leurer, M. (2010). Aqua lymphatic therapy in women who suffer from breast cancer treatment-related lymphedema: a randomized controlled study. *Supportive Care in Cancer : Official Journal of the Multinational Association of Supportive Care in Cancer, 18*(3), 383-392.
- Tiffreau, V., Rapin, A., Serafi, R., Percebois-Macadre, L., Supper, C., Jolly, D., & Boyer, F. C. (2010). Post-polio syndrome and rehabilitation. *Annals of Physical and Rehabilitation Medicine, 53*(1),

# Aquatic Health Research Database (AHRD)

---

42-50.

- Tilden, H. M., Reicherter, A., & Reicherter, F. (2010). Use of an aquatics program for older adults with osteoarthritis: from clinic to community. *Topics in Geriatric Rehabilitation, 26*(2), 128-139.
- Tinti, G., Somera, R., J., Valente, F. M., & Domingos, C. R. B. (2010). Benefits of kinesiotherapy and aquatic rehabilitation on sickle cell anemia. A case report. *Genetics and Molecular Research: GMR, 9*(1), 360-364.
- Valtonen, A., Poyhonen, T., Sipila, S., & Heinonen, A. (2010). Effects of aquatic resistance training on mobility limitation and lower-limb impairments after knee replacement. *Archives of Physical Medicine and Rehabilitation, 91*(6), 833-839.
- Yeda Pereira, L. G. (2010). Aquatic physiotherapy for vestibular rehabilitation in patients with unilateral vestibular hypofunction: comparative study. *ICTRP [Accessed 14 Oct 2010]*, , actrn12610000492055.

## 2009

- Baranowsky, J., Klose, P., Musial, F., Haeuser, W., Dobos, G., & Langhorst, J. (2009). Qualitative systemic review of randomized controlled trials on complementary and alternative medicine treatments in fibromyalgia. *Rheumatology International, 30*(1), 1-21.
- Barbay, K. (2009). Research evidence for the use of preoperative exercise in patients preparing for total hip or total knee arthroplasty. *Orthopaedic Nursing, 28*(3), 127-133.
- Basford, J. R., Oh, J. K., Allison, T. G., Sheffield, C. G., Manahan, B. G., Hodge, D. O., . . . Tei, C. (2009). Safety, acceptance, and physiologic effects of sauna bathing in people with chronic heart failure: a pilot report. *Archives of Physical Medicine and Rehabilitation, 90*(1), 173-177.
- Becker, B. E. (2009). Aquatic therapy: scientific foundations and clinical rehabilitation applications. *PM & R : The Journal of Injury, Function, and Rehabilitation, 1*(9), 859-872.
- Becker, B. E. (2009). Research needs in aquatics. *International Journal of Aquatic Research & Education, 3*(1), 4-9.
- Becker, B. E., Hildenbrand, K., Whitcomb, R. K., & Sanders, J. P. (2009). Biophysiological effects of warm water immersion. *International Journal of Aquatic Research & Education, 3*(1), 24-37.
- Bosomworth, N. J. (2009). Exercise and knee osteoarthritis: benefit or hazard? [with consumer summary]. *Can Fam Physician., 55*(9), 871-88.
- Brinks, J., Franklin, B. A., & Spring, T. (2009). Water exercise in patients with and without cardiovascular disease: Benefits, rationale, safety, and prescriptive guidelines. *American Journal of Lifestyle Medicine, 3*(4), 290.
- Brody, L. T., & Geigle, P. R. (2009). *Aquatic Exercise for Rehabilitation Training* Human Kinetics.

- Busch, A. J., Overend, T. J., & Schachter, C. L. (2009). Fibromyalgia treatment: the role of exercise and physical activity. *International Journal*, 4(3), 343-380.
- Cadore, E. L., Lhullier, F. L., Alberton, C. L., Almeida, A. P., Sapata, K. B., Korzenowski, A. L., & Kruegel, L. (2009). Salivary hormonal responses to different water-based exercise protocols in young and elderly men. *Journal of Strength & Conditioning Research (Lippincott Williams & Wilkins)*, 23(9), 2695-2701.
- Cairns, A. P., & McVeigh, J. G. (2009). A systematic review of the effects of dynamic exercise in rheumatoid arthritis. *Rheumatology International*, 30(2), 147-158.
- Callahan, L. F. (2009). Physical activity programs for chronic arthritis. *Current Opinion in Rheumatology*, 21(2), 177-182.
- Camilotti, B. M., Rodacki, A. L. F., Israel, V. L., & Fowler, N. E. (2009). Stature recovery after sitting on land and in water. *Manual Therapy*,
- Caminiti, G., Volterrani, M., Marazzi, G., Cerrito, A., Massaro, R., Sposato, B., . . . Rosano, G. (2009). Hydrotherapy added to endurance training versus endurance training alone in elderly patients with chronic heart failure: A randomized pilot study. *International Journal of Cardiology*,
- Carpentier, P. H., & Satger, B. (2009). Randomized trial of balneotherapy associated with patient education in patients with advanced chronic venous insufficiency. *Journal of Vascular Surgery : Official Publication, the Society for Vascular Surgery [and] International Society for Cardiovascular Surgery, North American Chapter*, 49(1), 163-170.
- Carvalho, V. O., Bocchi, E. A., & Guimaraes, G. V. (2009). The Borg scale as an important tool of self-monitoring and self-regulation of exercise prescription in heart failure patients during hydrotherapy. A randomized blinded controlled trial. *Circulation Journal : Official Journal of the Japanese Circulation Society*, 73(10), 1871-1876.
- Carvalho, V. O., Bocchi, E. A., & Guimaraes, G. V. (2009). Hydrotherapy in heart failure: a case report. *Clinics (Sao Paulo, Brazil)*, 64(8), 824-827.
- Certo, R. A., & San Lorenzo, V. (2009). Special communication. Are we sleeping?... reprinted with permission from APTA Private Practice Publication Impact. *Journal of Aquatic Physical Therapy*, 17(2), 20-21.
- Chon, S. C., Oh, D. W., & Shim, J. H. (2009). Watsu approach for improving spasticity and ambulatory function in hemiparetic patients with stroke. *Physiotherapy Research International*, 14(2), 128-136.
- Cibulka, M. T., White, D. M., Woehrle, J., Harris-Hayes, M., Enseki, K., Fagerson, T. L., . . . Orthopaedic Section of the American Physical Therapy Association (APTA). (2009). Hip pain and mobility deficits -- hip osteoarthritis: clinical practice guidelines linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section of the American Physical Therapy Association [with consumer summary] [methodology of a clinical practice guide-