

Bruce BE, Cole AJ. Comprehensive Aquatic Therapy. 3<sup>rd</sup> Edition. Pullman: Washington State University Publishing; 2011, 560 pp. ISBN 978-0-615-36567-1

[http://www.comprehensiveaquatictherapy.com/CAT3/Home\\_Page.html](http://www.comprehensiveaquatictherapy.com/CAT3/Home_Page.html)

I agree with those who consider that “Comprehensive Aquatic Therapy remains the acknowledged reference text for aquatic therapists the world over”.

The third edition of Comprehensive Aquatic Therapy published in 2011 by Washington State University Press now has 21 chapters, 34 authors and is 560 pages in length, organized in four sections: *Basics*, 1) Aquatic Rehabilitation – An Historical Perspective, and 2) Biophysiologic Aspects of Hydrotherapy; *Techniques*, 3) The Halliwick Concept, 4) The Bad Ragaz Ring Method, 5) Watsu in Aquatic Rehabilitation, 6) Aqua-Running and 7) Ai Chi: Applications in Clinical Practice; *Clinical Applications*, 8) Aquatic Rehabilitation for the Treatment of Neurological Disorders, 9) Spine Pain: Aquatic Rehabilitation Strategies, 10) Aquatic Strategies in Musculoskeletal Pain, 11) Post-Operative Orthopedic Rehabilitation, 12) Pediatric Aquatic Therapy and 13) Hydrotherapy and Pressure Ulcers; *Program Implementation*, 14) Aftercare and Wellness Group Programming, 15) Aquatic Therapy: Transitioning from Acute Care to Lifestyle, 16) Staff Training and Development in Aquatic Therapy, 17) The Lyton Model: An Interdisciplinary Model of Care, 18) Facility Design and Water Management, 19) Equipment Options for Use in the Therapy Pool, 20) Marketing Your Aquatic Therapy Practice and 21) Legal Aspects of Aquatic Therapy.

The whole work demonstrates the important development that Aquatic Therapy has undergone since the first edition published in 1997, with 10 chapters, done by 15 authors in 184 pages; much surpassed by the second edition in 2004, with 17 chapters, 29 authors and 368 pages. In this edition each chapter concludes with a relevant case study and multiple choice questions which enable the reader to assess their learning.

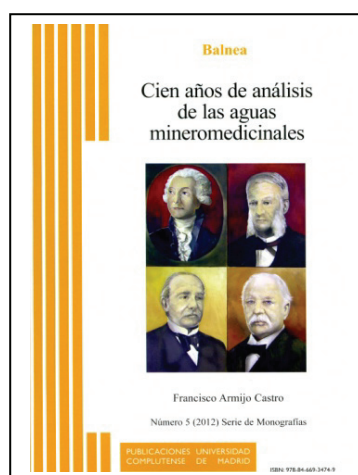
The editors and co-authors are people dedicated to this specialization. Professor Dr. Becker is the Director of the National Aquatics & Sports Medicine Institute at

## References

Washington State University, the nation's leading research facility into the health effects and benefits of aquatic activity in health maintenance and recovery. He is the representative of the International Society of Medical Hydrology and Climatology in the American region. Professor Dr. Dr. Cole is the Medical Director and President of Northwest Spine & Sports Physicians, PC, Bellevue, WA. He is a Clinical Professor in the Department of Rehabilitation Medicine, The University of Washington, Seattle Washington. Both have been able to bring together a large number of prestigious professors from outstanding Universities in the United States, Great Britain, Switzerland and Belgium.

In all, this book becomes an important reference both for students and professors, as well as for all those health professionals that want to learn and/or deepen in the understanding of the world of Hydrotherapy.

Francisco Maraver Eyzaguirre



Armijo Castro F. Cien años de análisis de las aguas mineromedicinales. Balnea, núm 5. Madrid, Publicaciones UCM, 2012, 361 pp. ISBN 978-84-669-3474-9

<http://revistas.ucm.es/index.php/ANHM/issue/view/2226/showToc>

One hundred years of mineral waters analysis is the number 5 of a monographic series in "Balnea" related to the review *Anales de Hidrología Médica*, published by the Professional School of Medical Hydrology and Hydrotherapy in the School of Medicine of the Complutense University of Madrid. It offers important information on the History of Spanish Science specially referred to its bibliographic research.

The main source for the realization of this work is the biography of scientists used as a guidance and indication of the development of science in general and chemistry in particular, during the period from 1784 to 1884" (year in which Antoine Laurent Lavoisier publicly proclaims water composition in 1784, to when Svante August Arrhenius reads his dissertation "Basis of electrolytic dissociation"