

HOW FLUID MECHANICS CAN HELP TO AVOID UNDERDOSAGE IN AQUATIC THERAPY



CLINICAL APPLICATION MESSAGES

**Bonus webinar2
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- Clinicians tend to under-dose aquatic therapy, partly with an inadequate application of resistant drag forces.
- "as hard and fast as possible" should be used much more frequent in order to make tissues (even cartilage) adapt.
- Only fast movements with additional surface area resemble hip joint forces as in walking
- 90°/s seems to be the minimal speed to have higher mm activation than on land for shoulder muscles, although still at a low % of the 1RM curve: mostly for endurance and low level power