

Comprehensive aquatic therapy, 2nd edn, edited by Andrew J. Cole & Bruce E. Becker, pp. 368, 2004. Price £43.99. ISBN: 0 7506 7386 9. Butterworth Heinemann, Philadelphia, USA.

This second edition of *Comprehensive Aquatic Therapy* is revised and updated and includes many new chapters in order to provide the reader with the latest knowledge of a broad range of problems and disorders. The chapter on neurological disorders is expanded and examples of new chapters are “The Halliwick Concept”, “Aquatic Strategies in Musculoskeletal Pain” and “Pediatric Aquatic Therapy”.

Aquatic rehabilitation has been found to be useful for a variety of conditions, and a revival of interest in the effects of immersion of the body in thermal water has been shown. In many settings, exercising in water has expanded to include more patient groups than before, and this topic is therefore of great interest and importance.

This textbook has some interesting chapters, the first, for instance: “Aquatic Rehabilitation: a Historical Perspective”. Knowing the profound physiological changes that take place is vital for anyone working with aquatic therapy. That is why the

second chapter, “The Biophysiology of Aquatic Therapy”, is the most interesting, as well as being very readable and well updated.

Unfortunately the rest of the book as a whole is too comprehensive, facts are repeated in the different chapters, and many times the information is at a too-basic level. It is easy to question for whom this book is intended. This also applies to the many photographs included. However, the book has an evidence-based approach and emphasis on new advances in treatment methodologies based on underlying research findings.

If aquatic therapy is to be regarded a worthwhile alternative when treating patients, it is vital that your arguments take a scientific viewpoint. From that perspective this book can provide useful knowledge.

Carin Willén

Department of Rehabilitation Medicine
Sahlgrenska University Hospital
SE-413 45 Göteborg
Sweden

DOI: 10.1080/16501970510011689