

New Arthritis Breakthrough: Virtual Water Therapy

New at-home physical therapy DVD that reveals the right exercises for relief from joint pain in the pool.

ORMOND BEACH, FLORIDA, USA, July 20, 2015 /EINPresswire.com/ -- This DVD is the work of Suzanne Andrews – a noted physical rehab expert with a popular show on Public Television, “FUNctional Fitness with Suzanne Andrews.” Providing a holistic series of virtual physical therapy water exercises to diminish joint pain is the new and improved Arthritis Water Therapy 3 disc set and the first water resistant booklet to illustrate physical therapy movements.

Suzanne’s expertise in Physical Therapy comes through as she reveals techniques that cost \$280 an hour or over \$400.00 a month in co-pays (if you went to a physical therapist). Besides being a practicing rehabilitation clinician, Andrews interviewed a host of top doctors to design all the evidenced based exercises in the Arthritis Water Therapy DVD including director of the Arthritis Treatment Center, Nathan Wei, MD FACP who stated, "this program is created by such an expert in her field. It's simple, easy to follow and has everything you need in a [water exercise](#) program."

What Does Evidenced Based Mean?

We asked Andrews that question and she stated, "As a rehabilitation clinician, I am required to teach evidenced based (medically proven) exercises that get the fastest results in the shortest time for specific health conditions. Simply put, insurance pays only when a client makes

progress with their rehab and it's up to me, the therapist, to be aware of any contraindications (unsafe) for that specific condition and exactly what exercises to prescribe for a variety of health conditions. It's like to going to your general practitioner and she/he knows what pills to prescribe for a variety of conditions."



Nourishes Joints, Reduces Pain, Improves Function



Suzanne Andrews Arthritis Water Therapy 3 Disc Set and Water Resistant Booklet



As seen on PBS TV

purchased at all major retailers, the booklet can only be purchased through the producer's website. Originally produced as a Public Television pledge gift, the water resistant instructional booklet was too big to fit into the DVD case. Suzanne Andrews stated, "I created it that way so it wouldn't be too small. If I had made it smaller with more pages, it would have cost the consumer much more to purchase since I used the best quality laminate. Laminate is very expensive and that's why you don't see water proof books. This is the first water resistant water exercise book on the market and the only one that demonstrates physical therapy joint pain relief movements."

Arthritis Water Therapy 3 disc set with the water resistant booklet can be purchased for only \$39.99. The booklet sold [separately](#) retails for \$14.99.

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