



## **FOR IMMEDIATE RELEASE**

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## **WANT TO BEAT THE HEAT? EXERCISING IN THE POOL PROTECTS YOUR BACK AND KEEPS YOU COOL**

PLANO, Texas (April 30, 2009) – With the hot summer sun and temperatures on the rise, many Americans are looking for a way to be healthy, get some exercise and stay cool at the same time. Aquatic exercise is an ideal way to maintain cardiovascular fitness while rebuilding strength and flexibility in a low-stress, low-impact environment.

According to aquatic exercise experts, water provides about 12 times the resistance of air, so working against it has a strengthening effect. Exercising in the water also takes the weight and strain off joints, making the pool the perfect place to get fit. The buoyancy felt in the water benefits those suffering from lower-back pain, by lessening the stress on spinal discs and nerves.

Dr. Andrew Block, director of pain programs at Texas Back Institute, recommends the following aquatic exercises as a complement to swimming to achieve a total workout:

1. Walking in water  
Contract your lower abdominals as if putting on tight pants. Stand upright and maintain a neutral pelvis. Walk forward or backward with arms swinging in opposition.
2. Sidestep  
Contract your lower abdominals as if putting on tight pants. Stand upright and maintain a neutral pelvis, keeping knees slightly bent. Step out to your side and bring arms out toward the surface of the water. Continue sidestepping and repeat on the opposite side.
3. Push and pull  
Stand upright with knees slightly bent and feet shoulder-width apart. Hold kickboard facing you half-way immersed in the water. Maintain a neutral pelvis and contract your lower abdominals. Starting with arms stretched out in front, pull

both elbows back and bring hands toward shoulders. Then, push arms forward, returning to starting position.

4. Press down

Stand upright with feet shoulder-width apart and knees slightly bent. Place kickboard on surface of water with hands shoulder-width apart, elbows bent, shoulders relaxed. Push kickboard toward bottom of pool, straightening the elbows.

“Most people don’t realize how important the spine is to your overall health, “ said Dr. Andrew Block, director of pain programs at Texas Back Institute. “These aquatic exercises help strengthen your core muscles, which in turn better support your back.”

**About Texas Back Institute**

*Texas Back Institute, one of the largest freestanding multispecialty spine clinics in the United States, was established in 1977 and provides comprehensive medical care for back and neck pain. Texas Back Institute is a back care leader specializing in spinal arthroplasty, minimally invasive spine surgery, degenerative disk disease and spinal deformation. As an academic health care organization, Texas Back Institute has trained hundreds of physicians, scientists and allied health professionals. Its research institution employs state-of-the-art technology and is involved in many clinical trials, including artificial discs. Texas Back Institute’s professional staff includes board-certified spine surgeons, general surgeons, internists, physiatrists, pain specialists, exercise physiologists, and a team of physical and occupational therapists. Texas Back Institute has locations in Dallas, Denton, Fort Worth, Mansfield, McKinney, Plano, Rockwall, Trophy Club and Wichita Falls, Tyler, Odessa, Texas, and Phoenix and Gilbert, Arizona. For more information, visit [www.texasback.com](http://www.texasback.com).*

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