Chapter 1
Aquatic Rehabilitation: A Historical Perspective

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"The Deeper the Memory, the Broader the Vision."
Prof. JPDeV

The objective of the following chapter is to provide an inquiry in the memory and historical origins of Comprehensive Aquatics that remembers a lengthy legacy and honorable heritage. The reader will be able to draw a perspective, memory and vision on where the field, theories and practices of Comprehensive Aquatics have come from, where they are currently and where they might be moving into the future.

A NEW BRANCH ON AN OLD TREE

Aquatic rehabilitation is a new name for a treatment method with ancient roots. Over the centuries, health care practitioners have used various terms for the therapeutic and rehabilitative benefits conferred by water. Aquatic rehabilitation is a late-20th century term that describes a scientific theory, a medical rationale, and a set of clinical procedures using water immersion for the restoration of physical mobility and physiologic activity, and, at times, for effecting psychological transformation.

As a recently developed medical treatment modality, aquatic rehabilitation has a relatively brief history. When linked with the lengthy history of healing waters, thermal baths, health resort medicine, and spa therapies, however, aquatic rehabilitation serves as a contemporary affirmation of the classic medical traditions that used healing water and therapeutic pools. In this sense, contemporary aquatic rehabilitation can trace its origins from the earliest therapies of civilization, if not before.

ORIGINS OF AQUATIC THERAPY

Humans, especially the sick and suffering, have long resorted to springs, baths, and pools for their soothing and healing properties. Taking the waters, soaking in baths and pools, and resting at places called spas played an important social and cultural as well as medical and spiritual role in the river valley civilizations of Mesopotamia, Egypt, India, and China. Bathing