



# Kernes Adaptive Aquatics

## Research and Studies on the Health Benefits of Warm Water Exercise

Warm water exercise is one of the most comfortable and effective ways that a person with disabilities can exercise and improve their well-being. This list was compiled by friends of Kernes Pool and is not intended to be comprehensive.

### Topic (click title to go to web page)

[The effectiveness of hydrotherapy in the treatment of social and behavioral aspects of children with autism spectrum disorders: a systematic review](#)

[Effects of heated water-based versus land-based exercise training on vascular function in individuals with peripheral artery disease](#)

[Exercise in 94°F Water for a Patient With Multiple Sclerosis](#)

[Exercise in warm water decreases pain and improves cognitive function in middle-aged women with fibromyalgia](#)

[Health Benefits of Water-based Exercise](#)

[Physiological and Psychological Effects of Hydrotherapy](#)

[Rheumatoid Arthritis–Friendly Water Exercises](#)

[Scientific Evidence-Based Effects of Hydrotherapy on Various Systems of the Body](#)

[TREATING CEREBRAL PALSY WITH HYDROTHERAPY](#)

[Ultimate Guide to Aquatic Therapy for Students with Disabilities](#)

[Warm Water Exercises for Arthritis](#)

[Warm Water Exercise for Fibromyalgia](#)

[Warm Water Therapy](#)

[WHY OUR AGING POPULATION SHOULD USE AQUATIC EXERCISE](#)

## PDF documents available on Kernes Pool website

Click on **File Name** to open paper

Title	File Name
The Fibromyalgia Treatment With Physical Exercise in Warm Water Reduces the Impact of the Disease on Female Patients’ Physical and Mental Health	<a href="#">Fibromyalgia Treatment</a>
The Thermal Effects of Water Immersion on Health Outcomes: An Integrative Review	<a href="#">Thermal Effects</a>
The Properties of Water and Their Effect on Aquatic Therapy	<a href="#">Properties of Water</a>