



## Aqua-Biking am Tegernsee

Wellness and rehabilitation  
Gentle on joints and ligaments  
Strengthening of the cardiovascular system  
Lose weight and build muscles  
Exercise with joy and music  
Lymphatic massage  
High fat burning and Skin tightening

## Contact

Hotel Alpensonne  
Bad Wiessee  
Freihaus. Str 12-14  
83707, Bad Wiessee  
Tel. +49 (0) 8022 50 9370  
Mob. +49 (0) 176 30690140

[www.aquatherapie-tegernsee.de](http://www.aquatherapie-tegernsee.de)

E.Mail: [info@aquatherapie-tegernsee.de](mailto:info@aquatherapie-tegernsee.de)

Status: 10.2023

## [Publications on aqua-biking in the last 10 years \(2013-2022\):](#)

All articles and studies are reviewed and published in **International Scientific Journals**.

### [Publications in 2022 Aqua-Cycling](#)

#### **1- Effects of Water Immersion on the Internal Power of Cycling.**

Med Sci Sports Exerc. Vinetti G, Ferretti G, Hostler D. 2022 Mar 1;54(3):530-535. doi: 10.1249/MSS.0000000000002808. PMID: 34652337; PMCID: PMC8830889.

#### **2- Aqua Walking as an Appropriate and Healthy Winter and Summer Physical Practice? An Exploratory Study.**

Healthcare (Basel). Bailly M, Fillon A, Bonjean L, Lucas D, Kabani C, Chipon S, Pereira B, Duclos M, Verney J, Thivel D. 2022 Jul 5;10(7):1258. doi: 10.3390/healthcare10071258. PMID: 35885785; PMCID: PMC9316568.

### [Publications in 2021 Aqua-Cycling](#)

#### **3- Energy Intake and Appetite Sensations Responses to Aquatic Cycling in Healthy Women:**

The WatHealth Study. Nutrients. Metz L, Isacco L, Fearnbach N, Pereira B, Thivel D, Duclos M. 2021 Mar 24;13(4):1051. doi: 10.3390/nu13041051. PMID: 33804967; PMCID: PMC8063954.

#### **4- Cold-Water Effects on Energy Balance in Healthy Women During Aqua-Cycling.**

Metz L, Isacco L, Beaulieu K, Fearnbach SN, Pereira B, Thivel D, Duclos M. Int J Sport Nutr Exerc Metab. 2021 May 1;31(3):236-243. doi: 10.1123/ijsnem.2020-0177. Epub 2021 Feb 14. PMID: 33588379.

#### **5- Validity of differentiated ratings of perceived exertion for use during aquatic cycling.**

Fontanari P, Tartaruga MP, Caron O. J Sports Med Phys Fitness. 2021 May;61(5):605-616. doi: 10.23736/S0022-4707.21.10894-1. Epub 2021 Feb 2. PMID: 33528213.

#### **6- Systematic review of aquatic physical exercise programs on functional fitness in older adults.**

Fuentes-Lopez J, Vidal-Espinoza R, Alvear-Vasquez F, Sanchez-Macedo L, Mamani Velasquez D, Rivera Pacco W, Cossio-Bolaños M, Gomez Campos R. Eur J Transl Myol. 2021 Oct 5;31(4):10006. doi: 10.4081/ejtm.2021.10006. PMID: 34607421; PMCID: PMC8758957.

## **Publications in 2020 Aqua-Cycling**

### **7- Aquatic Cycling Improves Knee Pain and Physical Functioning in Patients With Knee Osteoarthritis: A Randomized Controlled Trial.**

Rewald S, Lenssen AFT, Emans PJ, de Bie RA, van Breukelen G, Mesters I. Arch Phys Med Rehabil. 2020 Aug;101(8):1288-1295. doi: 10.1016/j.apmr.2019.12.023. Epub 2020 Mar 10. PMID: 32169459.

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### **8- Discussion of "Concurrent and Construct Validation of a Scale for Rating Perceived Exertion in Aquatic Cycling for Young Men".**

Garzon M, Comtois AS. J Sports Sci Med. 2020 Feb 24;19(1):231-234. PMID: 32132847; PMCID: PMC7039021.

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## **Publications in 2019 Aqua-Cycling**

### **9- Design of an Underwater Treadmill System for rehabilitation of older obese adults:**

a pre-post study. Kittichaikarn C, Kuptniratsaikul V. BMC Geriatr. 2019 Nov 14;19(1):310. doi: 10.1186/s12877-019-1334-5. PMID: 31727018; PMCID: PMC6854739.

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### **10- Is a four-week underwater treadmill exercise regimen compared to home exercise efficacious for pain relief and functional improvement in obese patients with knee osteoarthritis? A randomized controlled trial.**

Clin Rehabil. Kuptniratsaikul V, Kittichaikarn C, Suntornpiyapan P, Kovintaset K, Inthibal S. 2019 Jan;33(1):85-93. doi: 10.1177/0269215518792041. Epub 2018 Aug 1. PMID: 30064262.

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### **11- Concurrent and Construct Validation of a Scale for Rating Perceived Exertion in Aquatic Cycling for Young Men.**

Colado JC, Brasil RM. J Sports Sci Med. 2019 Nov 19;18(4):695-707. PMID: 31827354; PMCID: PMC6873140.

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### **12- Aqua cycling for immunological recovery after intensive, eccentric exercise.**

Joisten N, Walzik D, Schenk A, Bloch W, Zimmer P, Wahl P. Eur J Appl Physiol. 2019 Jun;119(6):1369-1375. doi: 10.1007/s00421-019-04127-4. Epub 2019 Mar 20. PMID: 30895460.

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### **13- The influence of AquaCycling on the subjective well-being of humans. an empirical study.**

(Bachelor thesis). Saarbrücken: German University of prevention and health-management. -(Unpublished) Fillbrandt, M. (2019).

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### **14- Effect of aqua-cycling as exercise therapy in the diagnosis of lipedema.**

Phlebologie, 3: 182-186- (UnPublished) Burger R., Jung M., Becker J., Krominus J., Kleinschmidt J. & Kleinschmidt B. (2019).

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## **Publications in 2018 Aqua-Cycling**

### **15- The Effects of a Motorized Aquatic Treadmill Exercise Program on Muscle Strength, Cardiorespiratory Fitness, and Clinical Function in Subacute Stroke Patients: A Randomized Controlled Pilot Trial.**

Lee SY, Im SH, Kim BR, Han EY. Am J Phys Med Rehabil. 2018 Aug;97(8):533-540. doi: 10.1097/PHM.0000000000000920. PMID: 29533252.

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### **16- Effects of a 6-Week Aquatic Treadmill Exercise Program on Cardiorespiratory Fitness and Walking Endurance in Subacute Stroke Patients: A PILOT TRIAL.**

Han EY, Im SH. J Cardiopulm Rehabil Prev. 2018 Sep;38(5):314-319. doi: 10.1097/HCR.0000000000000243. PMID: 28306685.

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### **17- The influence of aqua cycling on the volume of edematous swelling in patients with lipedema/lipo lymphedema compared to manual lymph drainage – a pilot study.**

Lymphologie in Forschung und Praxis, 22 (1), 29-37 Becker J., Kleinschmidt B. & Jung M. (2018).

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## **Publications in 2017 Aqua-Cycling**

### **18- Efficacy of Aquatic Treadmill Training on Gait Symmetry and Balance in Subacute Stroke Patients.**

Ann Rehabil Med. 2017 Jun;41(3):376-386. doi: 10.5535/arm.2017.41.3.376. Epub 2017 Jun 29. PMID: 28758074; PMCID: PMC5532342. Lee ME, Jo GY, Do HK, Choi HE, Kim WJ.

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### **19- Aquatic cycling-What do we know? A scoping review on head-out aquatic cycling.**

Rewald S, Mesters I, Lenssen AF, Bansi J, Lambeck J, de Bie RA, Waller B. PLoS One. 2017 May 16;12(5):e0177704. doi: 10.1371/journal.pone.0177704. PMID: 28520802; PMCID: PMC5433763.

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## **Publications in 2016 Aqua-Cycling**

### **20- Effect of aqua-cycling on pain and physical functioning compared with usual care in patients with knee osteoarthritis: study protocol of a randomised controlled trial.**

Rewald S, Mesters I, Lenssen AF, Emans PJ, Wijnen W, de Bie RA. BMC Musculoskelet Disord. 2016 Feb 18;17:88. doi: 10.1186/s12891-016-0939-5. PMID: 26887576; PMCID: PMC4758142.

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### **21- Does Aqua-Cycling reduce the volume of edematous swelling in swelling in patients with lipedema/ lipolymphedema compared to manual lymph drainage – a pilot study.**

2016; pilot study, Becker J. unpublished bachelorthesis, Fresenius. Idstein 2016

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### **22- Sport in the Rehabilitation of Patients After Total Laryngectomy.**

Anticancer Res. 2016 Jun;36(6):3191-4. PMID: 27272847. Büntzel J, Büntzel H, Mücke R, Besser A, Micke O.

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## **Publications in 2015 Aqua-Cycling**

### **23- Aquatic circuit training including aqua-cycling in patients with knee osteoarthritis: A feasibility study.**

J Rehabil Med. Rewald S, Mesters I, Emans PJ, Arts JJ, Lenssen AF, de Bie RA. 2015 Apr;47(4):376-81. doi: 10.2340/16501977-1937. PMID: 25655490.

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### **24. Effects of ten-week training with the underwater trampoline (UWT) on the cellulite on the thighs skin.**

Isabella von Welck (2015). Supervisor: Prof. Dr. med. Dr. Sportwiss. C. Graf. Institute: Department of Kinesiology and Neuroscience – Department exercise and health promotion. Bachelor thesis DSHS Cologne.

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## **Publications in 2013 Aqua-Cycling**

### **25- Acute aquatic treadmill exercise improves gait and pain in people with knee osteoarthritis.**

Roper JA, Bressel E, Tillman MD Arch Phys Med Rehabil. 2013 Mar;94(3):419-25. doi: 10.1016/j.apmr.2012.10.027. Epub 2012 Nov 3. PMID: 23131526.

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## **Publications before 2013 Aqua-Cycling**

### **26- Comparative examination of spiroergometric und metabolic data during AquaCycling (Diploma thesis).**

König, P. (2010). Köln: Germany Sport University

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### **27- Underwater bike vs. conventional therapy – A retrospective research in patients with knee implants (TEP) (Dissertation).**

Ulatowski, M. (2000). Münster: Westphalian Wilhelm University.

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### **28- Development and review of an AquaCycling program for rheumatic patients (Master thesis).**

Moser S. (2009). Karlsruhe: University – Institute of Sports und Sport Science.

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### **29- Analysis of determinants of maintaining sports activities using the example AquaCycling (Diploma thesis).**

Roth, H. (2009). Leipzig: University – Institute of Sport Sciences.

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### **30- AquaCycling a trend sport – an empirical study about customer satisfaction (Master thesis).**

Kittel C. (2010). Flensburg: University.

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