

Water Exercises

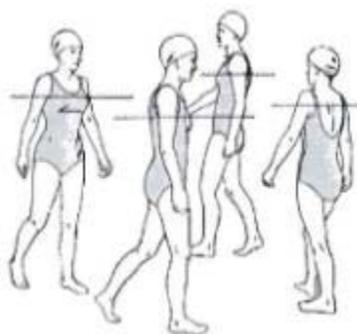
Exercise Tips:

- Submerge the body part being exercised.
- Move your body slowly and smoothly.
- Stand straight and hold on to the wall if you need support.
- Do not force movement – stop if you feel sudden or increased pain.
- Start slowly and progress your exercises gradually.

Walking Exercises, to warm up

Progression: increase time, take bigger steps, swing your arms, move more quickly.

Do **5 to 10 minutes** of the following:



Walk normally across or in a circle in the pool.



Stand with your legs straight. Walk sideways, keeping your knees pointed forward.



Walk on the spot, lifting your knees up high.

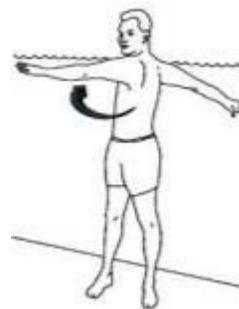
Trunk Exercises, to loosen your upper body

Progression: increase repetitions.

Do **3 to 10 repetitions** of the following, as tolerated:



Lean to the side, letting your hand slide down your thigh. Repeat on opposite side.

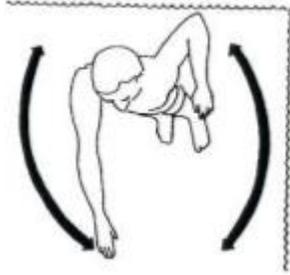


Rotate your upper trunk from one side to the other, letting your arms follow the movement.

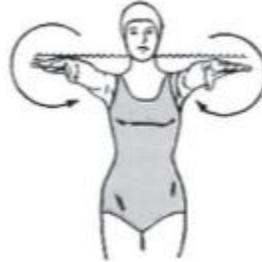
Arm Exercises, to strengthen your arms and build endurance

Progression: do both arms at once, use a buoy for resistance, move more quickly.

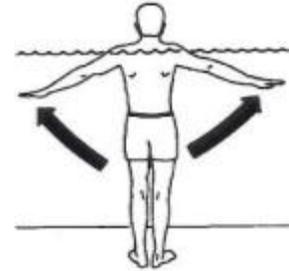
With arms *in* the water, do **3 to 10 repetitions** of the following, as tolerated:



Reach one arm straight forwards, bending the other arm back. Alternate.



Keeping elbows straight, make small circles in front of you. Slowly increase circle size.

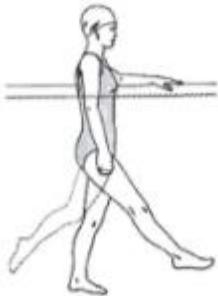


Lift your arms sideways to the surface and bring them down again.

Hip and Knee Exercises, to strengthen your legs

Progression: let go of the wall, add buoyant ankle cuffs.

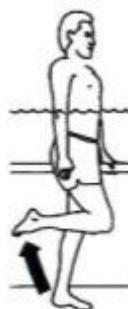
Do **3 to 10 repetitions** of the following for each leg, as tolerated:



Lift straight leg forward to a comfortable height, then swing leg backwards.



Lift one leg sideways to a comfortable height, keeping your knee pointed forward. Return to midline.



Bend your knee as far as possible, bringing your heel towards your buttocks. Return to starting position.



Bend knee and bring thigh towards chest until you feel a stretch in your buttocks. Hold 20s.



Keeping your back leg straight, lean forward until you feel a stretch in the back of your calf. Hold 20s.