

REMEMBER GOOD POSTURE DURING ALL YOUR EXERCISES, AVOID SLOUCHING

AS YOUR CURRENT PROGRAM BECOMES EASY SLOWLY INCREASE:

OF LAPS YOU ARE WALKING

OF REPITITIONS

OF SECONDS YOU HOLD A STRETCH

OF MINUTES

TRY TO PERFORM WATER EXERCIES 3-4 TIMES PER WEEK THEN INCREASE TO DAILY IF IT CONTINUES TO HELP DECREASE YOUR PAIN.

GAIT - 1
Forward Walk

Step forward with one leg.
Strike pool bottom with heel.
Rolling over foot, bring other
leg forward.

Session:

Walk _____ minutes.

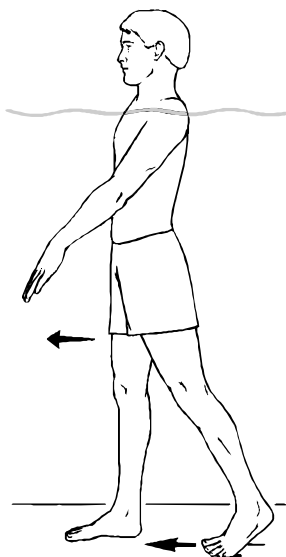
Do _____ sessions per week.

Arm movement:

___ Swing, elbows straight (UEP-1)

___ Swing, elbows bent (UEP-2)

___ Breaststroke (UEP-3)



GAIT - 2
Backward Walk

Step backward with one leg.
Strike pool bottom with
front of foot. Rolling back
onto foot, bring other leg
backward.

Session:

Walk _____ minutes.

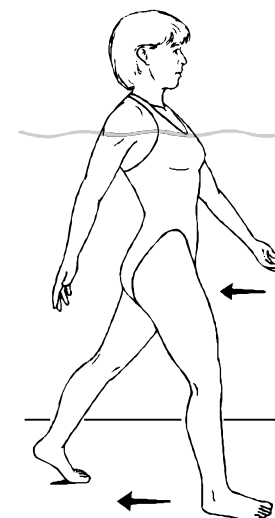
Do _____ sessions per week.

Arm movement:

___ Swing, elbows straight (UEP-1)

___ Reverse breaststroke (UEP-8)

___ Figure eight (UEP-6)



GAIT - 3
Side Step

Move one leg out to side
with knee slightly bent, then
bring other leg to it.

Session:

Walk _____ minutes.

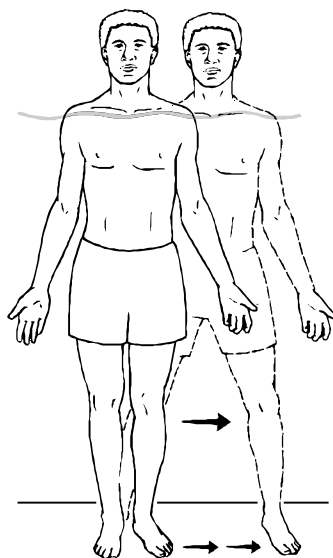
Do _____ sessions
per week.

Arm movement:

___ Figure eight (UEP-6)

___ Diagonal up, out (UEP-9)

___ Horizontal abduction/
adduction (UEP-10)



GAIT - 6
March

Lift knee toward chest to 90°
bend, then lower leg as knee
is straightened.

Session:

March _____ minutes.

Do _____ sessions per week.

Arm movement:

___ Swing, elbows straight
(UEP-1)

___ Breaststroke (UEP-3)

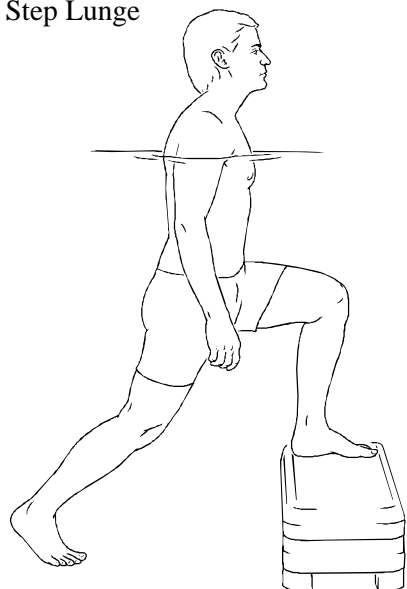
___ Overhand crawl (UEP-4)

___ Move: Forward



EQUIPMENT: STEP - 13 Step Lunge

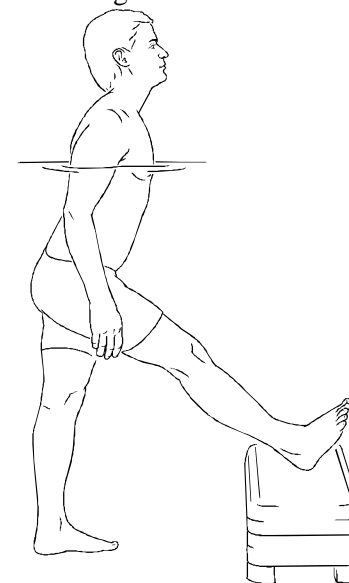
Stand facing step.
Step with one leg
onto step, lunging
forward so hip and
knee are at 90° angle.
Hold 20 seconds.



Perform 3 reps.

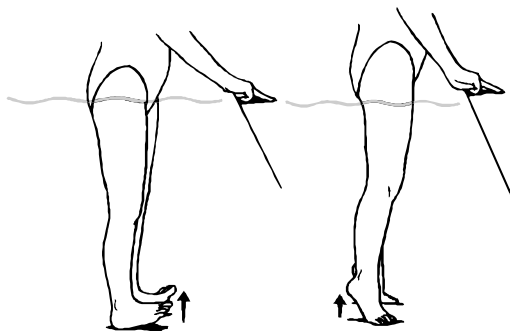
EQUIPMENT: STEP - 21 Hamstring Stretch

Stand with one heel on
step, knee straight. Lean
forward from hip. Hold
20 seconds.



Perform 3 reps.

LOWER BODY - 24
Toe / Heel Raise

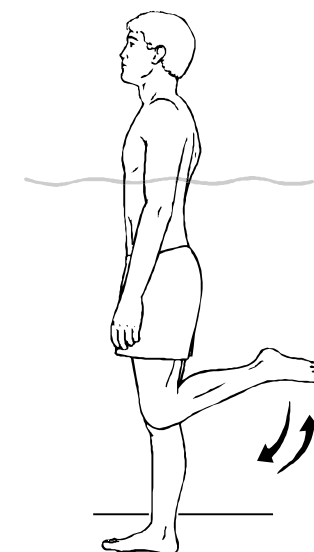


Gently rock back on heels and raise toes. Then rock forward
on toes and raise heels.

Repeat sequence 10 times per session.
Do _____ sessions per week.

LOWER BODY - 15
Knee Flexion / Extension

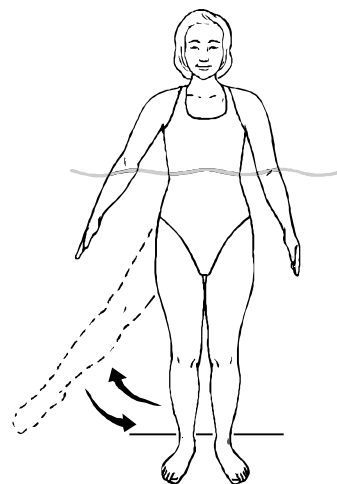
Lift left /right heel toward
buttocks,
keeping knee straight down
from hip. Straighten knee,
pushing foot down
to start position.



Repeat sequence 10 times
per session.
Do _____ sessions per week.

LOWER BODY - 8
Hip Lateral Abduction / Adduction To Midline

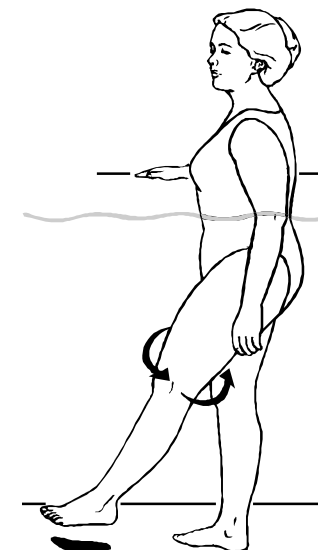
Lift right/ left leg out to side.
Keep knee straight. Pull leg
down to start.



Repeat sequence 10 times
per session.
Do _____ sessions per week.

LOWER BODY - 18
Leg Circle

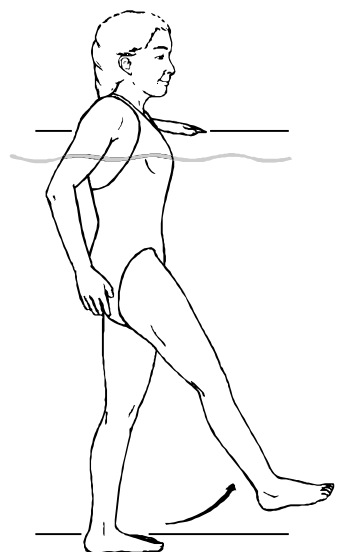
Raise left/ right leg forward
to comfortable height,
knee straight. Circle
same leg in front of body.



Repeat 10 times clockwise,
then counterclockwise
to complete session.
Do _____ sessions
per week.

LOWER BODY - 4
Hip Flexion, Knee Straight

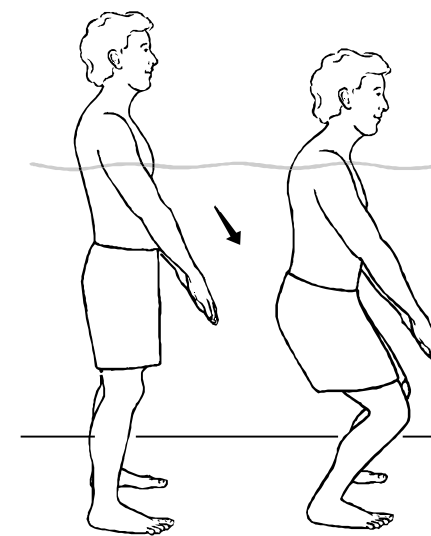
Lift right / left straight leg
forward and up
_____ inches.



Repeat 10 times
per session.
Do _____ sessions
per week.

LOWER BODY - 17
Squat

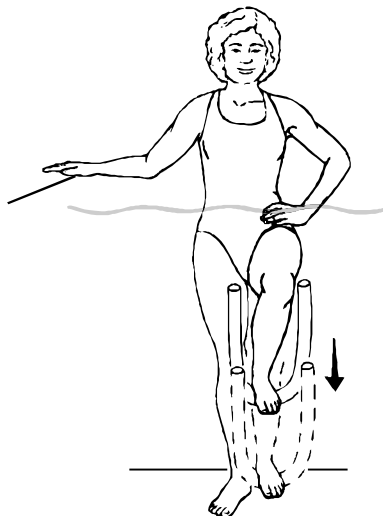
Bend both knees
lowering body.
Straighten knees
and raise body.



Repeat 10 times
per session.
Do _____
sessions
per week.

LOWER BODY - 13
Hip / Knee Extension, Resisted Using Buoyant Object

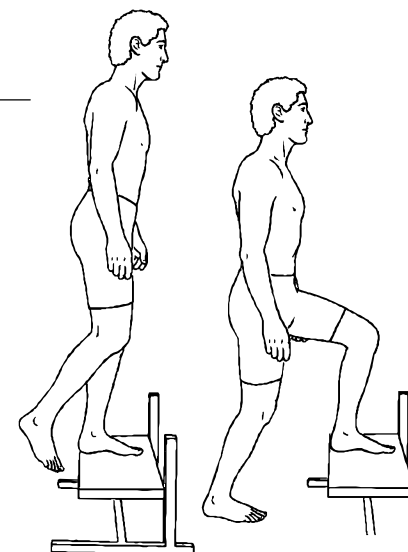
Lift and bend left/ right leg.
Place buoyant object
under foot. Push
buoyant object
down by
straightening
hip and knee.



Repeat 10 times per
session.
Do _____ sessions per week.

HIP / KNEE - 52 Step-Down / Step-Up

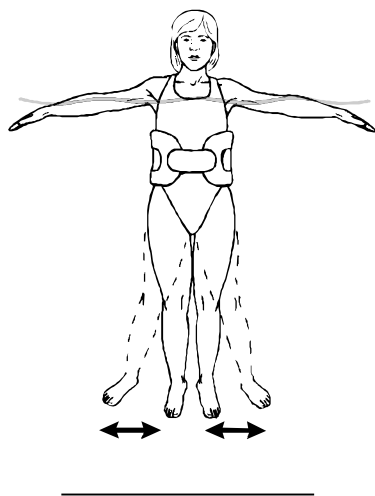
Stand on stair step or _____
inch stool. Slowly bend
left leg, lowering other
foot to floor. Return by
straightening front leg.



Repeat 10 times
per set.
Do _____ sets
per session.
Do _____ sessions
per day.

DEEP WATER - 7
Hip Abduction / Adduction

Move legs apart, then pull
together. Keep knees
straight.

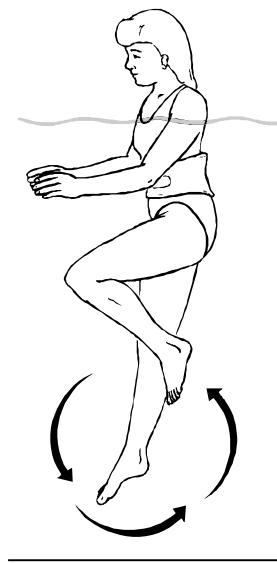


Repeat 10 times
per session.
Do _____ sessions
per week.

____ Variation: Cross legs in
front and behind in
a scissors motion.

DEEP WATER - 9
Bicycle

Move legs as if bicycling,
bending each at hip, knee
and ankle.



Bicycle 5 minutes
per session.
Do _____ sessions
per week.

____ Variation: Move backward
by reversing movement.