

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

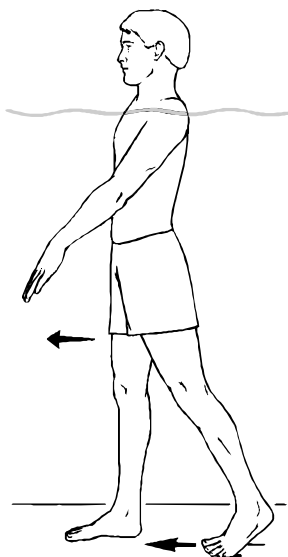
TRY TO PERFORM WATER EXERCIES 3-4 TIMES PER
WEEK THEN INCREASE TO DAILY IF IT CONTINUES
TO HELP DECREASE YOUR PAIN.

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)

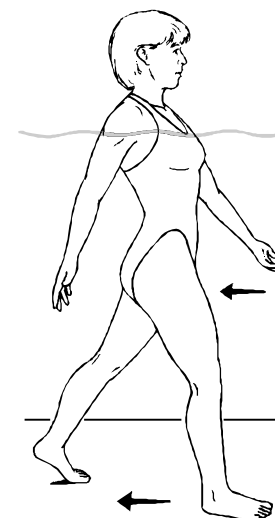


GAIT - 2
Backward Walk

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)

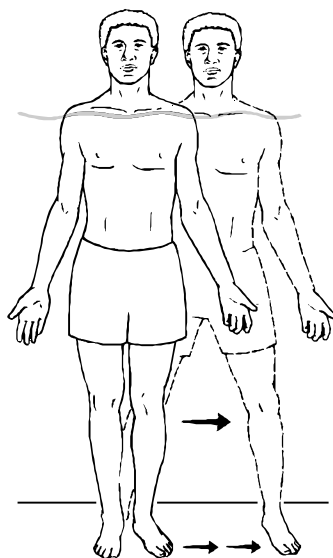


GAIT - 3
Side Step

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.

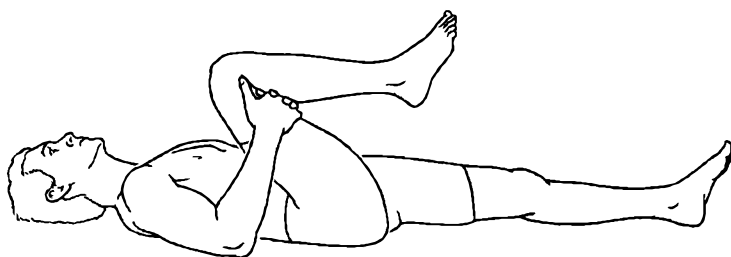
Session:
March _____ minutes.
Do _____ sessions per week.

Arm movement:
___ Swing, elbows straight
(UEP-1)
___ Breaststroke (UEP-3)
___ Overhand crawl (UEP-4)

___ Move: Forward



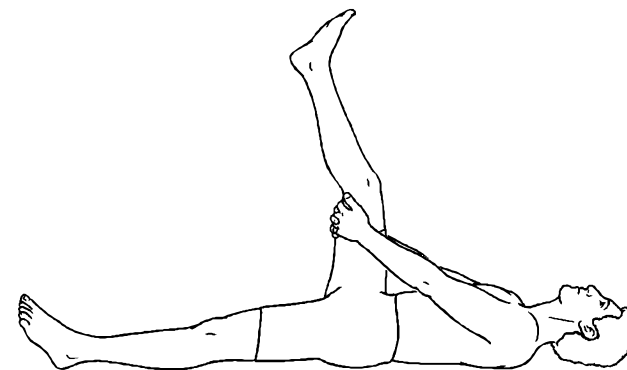
BACK - 18 Knee-to-Chest Stretch: Unilateral
STAND WITH BACK AGAINST WALL



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 20 seconds.

Repeat 2 times per set. Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 38 Stretching: Hamstring
STAND WITH BACK AGAINST WALL



Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 20 seconds.

Repeat 2 times per set. Do _____ sets per session.
Do _____ sessions per day.

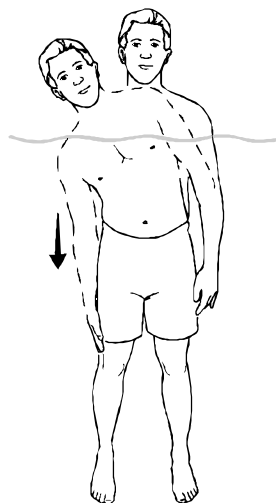
Trunk - 12
Side Bend

Stand with feet shoulder width apart, arms at sides. Bend to one side, reaching down toward knee with hand. Return to standing, bend to other side.

Repeat sequence 5 times per session.
Do _____ sessions per week.

Variation:

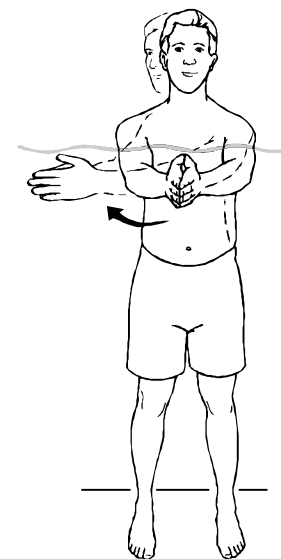
- ___ Hands on hips
- ___ Arms at shoulder level
- ___ Arms over head



Trunk - 13
Trunk Rotation

Stand with feet shoulder width apart, hands together, knees slightly bent. Rotate shoulders and upper trunk to one side, pelvis held in neutral and facing forward. Return to center and rotate to other side.

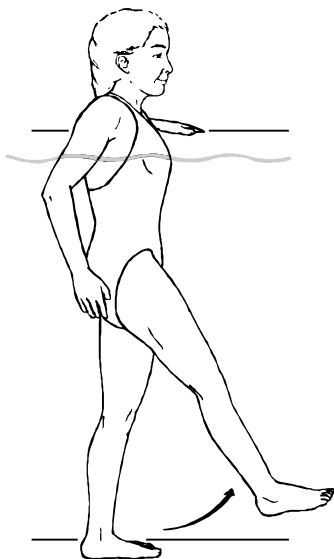
Repeat sequence 5 times per session.
Do _____ sessions per week.



LOWER BODY - 4
Hip Flexion, Knee Straight

Lift right straight leg
forward and up
_____ inches .

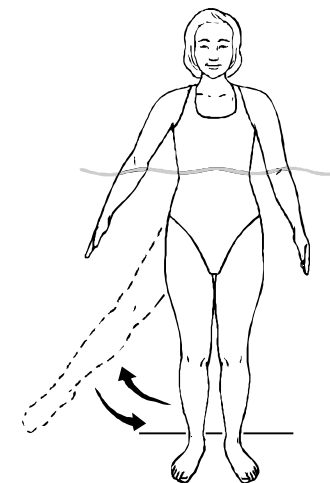
Repeat 10 times
per session.
Do _____ sessions
per week.



LOWER BODY - 8
Hip Lateral Abduction / Adduction To Midline

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

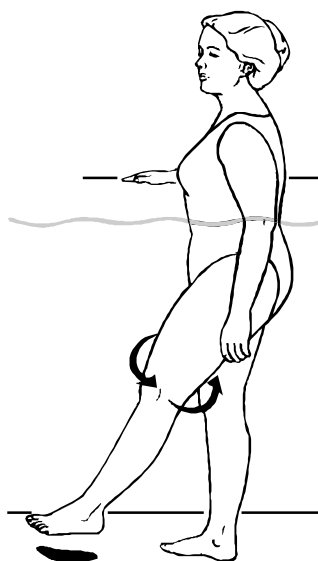
Repeat sequence 10 times
per session.
Do _____ sessions
per week.



LOWER BODY - 18
Leg Circle

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

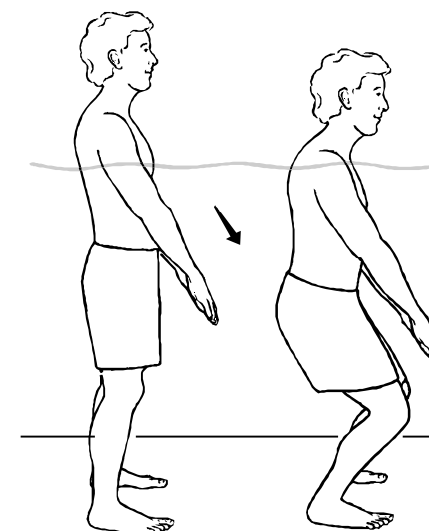
Repeat 10 times clockwise,
then counterclockwise
to complete session.
Do _____ sessions
per week.



LOWER BODY - 17
Squat

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

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

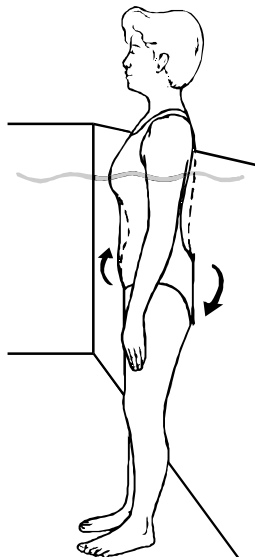


TRUNK - 1
Pelvic Posterior Tilt

Stand with upper back and buttocks touching pool wall, feet _____ inches from wall, knees relaxed. Contract abdominal muscles, flattening low back against wall.

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

____ Progression: Perform pelvic tilt away from wall.



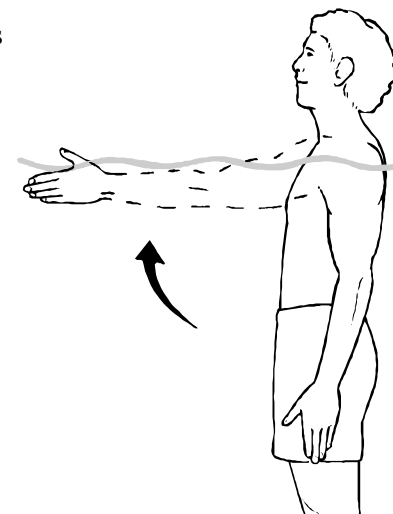
UPPER BODY - 5
Shoulder Forward Flexion to 90°

With arms at sides, thumbs forward, lift both arms forward to chest level.

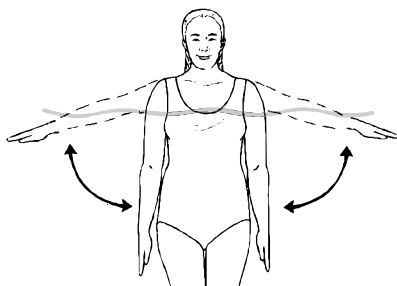
Repeat 10 times per session.
Do _____ sessions per week.

____ Hand Variation: Palms forward

____ Position: Standing



UPPER BODY - 2
Shoulder Lateral Abduction / Adduction, Elbows Straight



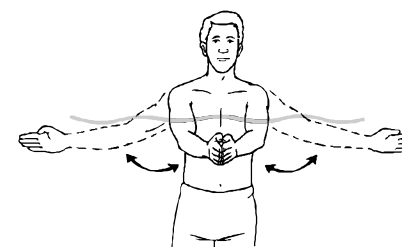
With arms at sides, thumbs forward, lift both arms out from sides to chest height. Then pull arms down to start position.

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

____ Hand Variation: Palms forward

____ Position: Standing

UPPER BODY - 1
Shoulder Horizontal Abduction / Adduction, Elbows Straight



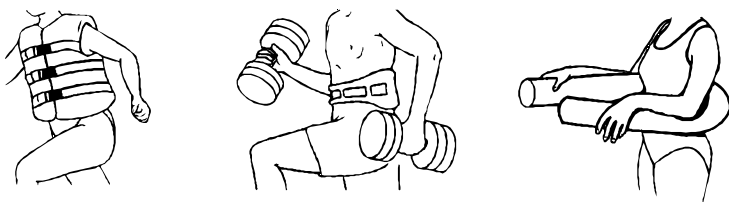
Hold arms forward at chest level, elbows straight, thumbs up. Move both arms apart, out from midline. Then move arms forward to start position.

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

____ Hand Variation: Palms up

____ Position: Standing

DEEP WATER - 1
General Tips



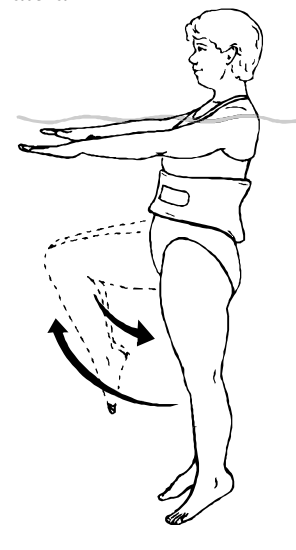
- Buoyancy equipment includes: flotation vests, buoyant dumbbells (hand held), flotation belts, "noodles".
- Position is vertical in water unless stated.
- Exercise in water deep enough so feet do not touch pool bottom.

DEEP WATER - 11
Hip / Knee Flexion / Extension, Bilateral

Lift both knees toward chest.
Lower legs, straightening
hips and knees,
to start position.

Repeat 15 times
per session.
Do _____ sessions
per week.

____ Variation: Move legs
diagonally toward
shoulder.

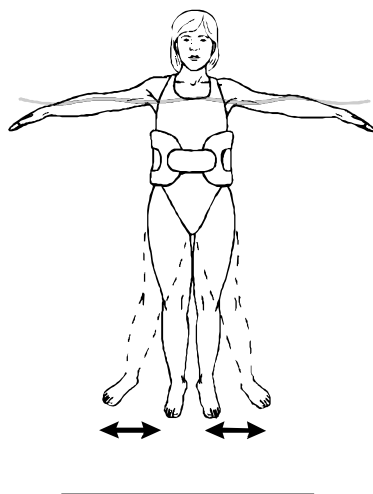


DEEP WATER - 7
Hip Abduction / Adduction

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

Repeat 15 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.

