HYDROTHERAPY WARM UP

Please Note: If you have difficulty with gait or lack confidence in the water, begin by walking backwards along side of the pool using the edge for support

Walking Forwards

- Walk forward with heel-to-toe emphasis
- Time: 5 minutes
- Progressions:
  - increasing speed
  - swinging arms forwards and backward
  - walking with high knees

Walking Backwards

- Walk backward with heel-to-toe emphasis
- Time: 5 minutes
- Progressions:
  - increasing speed
  - swinging arms forwards and backward
  - walking with high knees

Walking Sideways

- Walk sideways, emphasis on upright posture, step-to pattern
- Time: 5 minutes
- Progressions:
  - increasing speed
  - swinging arms out to side (grapevine motion)
### Hydrotherapy Lower Limb Exercises

#### Hip Abduction (bringing leg straight out sideways)

- Hold onto side of pool, emphasis is placed on correct upright posture, with abdominal bracing
- Bring leg straight out to the side leading with heel
- Pause for 2 seconds at end and beginning of range.
- Variation/progression:
  - increase speed
  - place knotted pool noodle around foot
- Sets: __________  Reps: __________

#### Hip Flexion/Extension (kicking forward and backward)

- Hold onto side of pool, emphasis is placed on correct upright posture, with abdominal bracing
- Bring leg straight out in front of you leading with foot → bring leg straight backward leading with heel
- Pause for 2 seconds at end and beginning of range.
- Variation/progression:
  - increase speed
  - place knotted pool noodle around foot
- Sets: __________  Reps: __________

#### Squats

- Hold onto side of pool, feets shoulder width apart
- Emphasis is placed on correct upright posture, with abdominal bracing (variation: leaning against side of pool)
- Bending at knees and squatting down and return to upright position
- Pause for 2 seconds at end and beginning of range.
- Variation/progression:
  - increase sets/reps
- Sets: __________  Reps: __________
Hydrotherapy Lower Limb Exercises

Squat Lunge Variations

- Start in upright position
- Emphasis is placed on correct upright posture, with abdominal bracing
- Perform lunges
  - Forwards
  - Sideways
  - Diagonally
- Pause for 2 seconds at end and beginning of range.
- Variation/progression:
  - increase sets/reps
  - increase speed
- Sets:__________  Reps:__________

Single Leg Balance

- Start in upright position
- Lift 1 knee up and maintain balance whilst standing on 1 leg
- Start with trying to maintain balance for 10 seconds
- Variation/progression:
  - increase time spent balancing on 1 leg
  - draw circles with lower leg with toes pointed (clockwise/anticlockwise)
  - draw shapes, letters, numbers with ankle
  - jumping/hopping on 1 leg/hopping forward/back
- Sets:________   Reps:________   Time:________

Step Up

- Hold onto rails on side of step.
- Emphasis is placed on correct upright posture, with abdominal bracing.
- Step forward letting weight go through the thigh. Straighten knee (avoid hyper-extending knee).
- Pause for 2 seconds before stepping down.
- Variation/progression:
  - increase sets/reps/double step
- Sets:__________  Reps:__________
Hydrotherapy Lower Limb Exercises

Calf Raises

- Hold onto side of pool, feet shoulder width apart
- Emphasis is placed on correct upright posture, with abdominal bracing
- Perform on flat surface of pool
- Raise heels up standing onto tippy toes
- Pause for 3 seconds at end of range.
- Variation/progression:
  - increase sets/reps
  - perform calf raises on step
- Sets:__________       Reps:__________

Pool Noodle Knee Extensions

- Start in upright position
- Emphasis is placed on correct upright posture, with abdominal bracing
- Place pool noodle under foot and start with hip and knee bent at about 90°
- Push pool noodle down to floor leading with heel
- Pause for 3 seconds at end and beginning of range.
- Variation/progression:
  - increase sets/reps
  - perform with >1 noodle
- Sets:__________       Reps:__________
Hydrotherapy Low Back Exercises

Bicycle Kicks in Corner of Pool

- Start by propping yourself up with your arms at the corner of the pool
- Emphasis is placed on abdominal bracing
- Perform bicycle kicks with legs
- Bending and straightening at hips and knees in a circular motion slowly
- Variation/progression:
  - increase time
  - increase sets/reps on each leg
- Time: __________ min
- Sets:___________ Reps:__________

Rocking Knees Side to Side in Corner of Pool

- Start by propping yourself up with your arms at the corner of the pool
- Emphasis is placed on abdominal bracing
- Have knees bent to 90°
- Bring your knees from side to side slowly
- Variation/progression:
  - increase sets/reps
  - increase time
- Sets:___________ Reps:__________
- Time: __________ min
Hydrotherapy Upper Limb/Body Exercises

Rotations with Pool Noodle

- Start by standing shoulder width apart bending slightly at knees
- Emphasis is placed on upright posture abdominal bracing
- Hold on to pool noodle and rotate at torso slowly turning leading with arms and follow by turning neck
- Make sure hips and toes are pointed forward, movement is emphasized on upper half of body
- Variation/progression:
  - increase sets/reps
- Sets:___________  Reps:__________

Circle Arms

- Start by standing shoulder width apart bending slightly at knees
- Emphasis is placed on upright posture abdominal bracing
- Keep arms at 90° out to side drawing circles
- Maintain straight elbows and wrists
- Variation/progression:
  - clockwise/anticlockwise
  - big/small circles
  - increase sets/reps
- Sets:___________  Reps:__________

Shoulder Shrugs

- Start by standing shoulder width apart bending slightly at knees
- Emphasis is placed on upright posture abdominal bracing
- Keep arms by side, maintain straight elbows and wrists
- (Holding onto aqua bells keep aqua bells submerged)
- Variation/progression:
  - shrug up/down
  - shrug forward/backward
  - increase sets/reps
- Sets:___________  Reps:__________
Hydrotherapy Upper Limb/Body Exercises

Punching

- Start by standing in a step stance position with one foot forward
- Emphasis is placed on upright posture abdominal bracing
- Punching arms forward with (closed fist then flat palms → using aqua bells)
- With aqua bells start with aqua bells on surface of water → progress to submerge aqua bells just under water and keep submerged while punching
- Variation/progression:
  - increase sets/reps
- Sets:___________ Reps:__________

Pull Downs Forward

- Start by standing in upright with arms at 90° in-front of you
- Emphasis is placed on upright posture abdominal bracing
- Bring arms down with flat palms to side of body
- Variation/progression:
  - increase sets/reps
  - increase speed
  - perform with aqua bells
- Sets:___________ Reps:__________

Pull Downs Side

- Start by standing in a step stance position with one foot forward, start with arms out by side at 90°
- Emphasis is placed on upright posture abdominal bracing
- Bring arms down to side of body with flat palms then back up slowly
- Variation/progression:
  - increase sets/reps
  - increase speed
  - perform with aqua bells
- Sets:___________ Reps:__________
Hydrotherapy Upper Limb/Body Exercises

**Punching Down**

- Start by standing in a step stance position with one foot forward
- Emphasis is placed on upright posture abdominal bracing
- Punching arms down with (closed fist then flat palms progress to using aqua bells)
- Variation/progression:
  - increase sets/reps
  - increase speed
  - perform with aqua bells
- Sets:__________ Reps:__________

**Push Ups Against Side of Pool**

- Start by standing several steps away from side of pool, with arms extending leaning weight over arms
- Emphasis is placed on upright posture abdominal bracing
- Perform push up by lowering yourself down/bending at elbows and then pushing up
- Variation/progression:
  - increase sets/reps
  - increase speed
- Sets:__________ Reps:__________
Triceps Extensions

- Start by standing in a step stance position with one foot forward, elbows bent by sides with palms flat facing downward
- Emphasis is placed on upright posture abdominal bracing
- Bring arms from chest down to side of body straightening at elbows
- Variation/progression:
  - increase sets/reps
  - increase speed
  - perform with aqua bells
- Sets:__________    Reps:__________