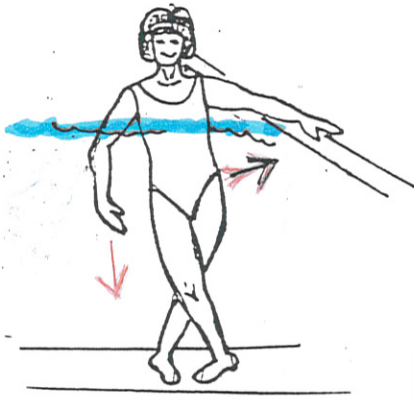


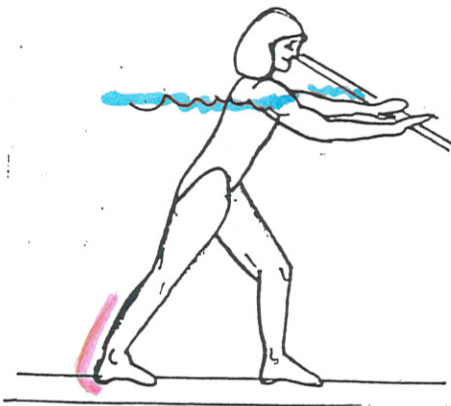
POOL EXERCISES



Trunk Stretch

Start: Stand in shallow water with left side next to pool wall. Hold onto pool ledge with your left hand.

Action: Stand straight. Cross the right leg in front of the left. Next, lean the left hip into the pool wall and the upper body toward the middle of the pool. You should feel a stretch in the outer left thigh and left side of the trunk. Hold 30 seconds. Turn and stretch right side.



Calf Stretch

Start: Stand in shallow end and hold onto the pool side.

Action: Step left foot backward 12" and press foot flat on pool bottom. Stand tall with tummy tucked. Straighten left knee. You should feel a stretch in the left calf muscle and ankle. Hold for 30 seconds. Do right Side next. You may bend the supporting knee.



Standing Zig Zags

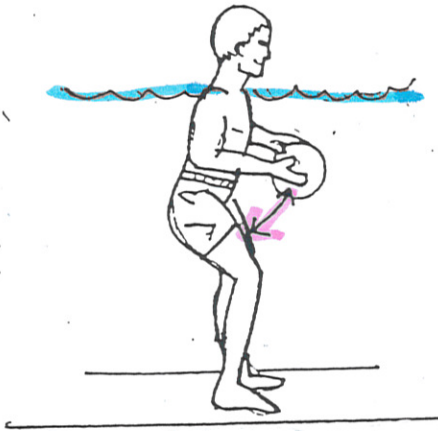
Stand up tall. Lift one leg and trace a zig zag pattern with the free foot. Part of the zig zag should occur behind the supporting leg.



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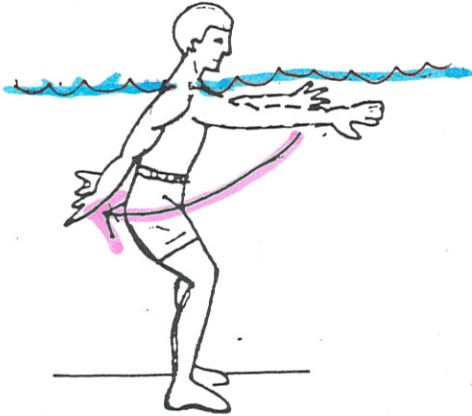
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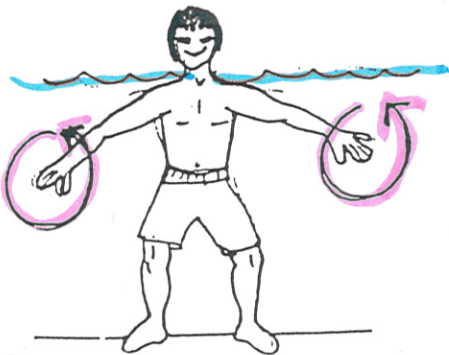
Ball Sink

Using an air filled ball of 6-12" diameter. Position your body as if in an invisible chair. Try to push the ball under water down to hip level and slowly raise to surface to water. Elbow and abdominal work.



Pull Backs

Pull straight arms from water surface to behind your buttocks. Do not allow shoulders to shrug toward ears! Shoulder blades should pull together and downward.



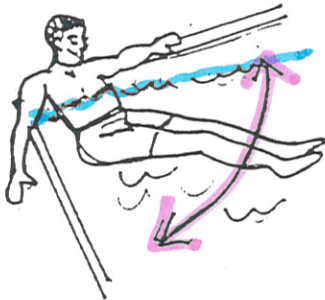
Hand Circles

With arms straight out, move hands in circles. Vary the diameter. You may try figure 8's for variety. Shoulder and upper back work.



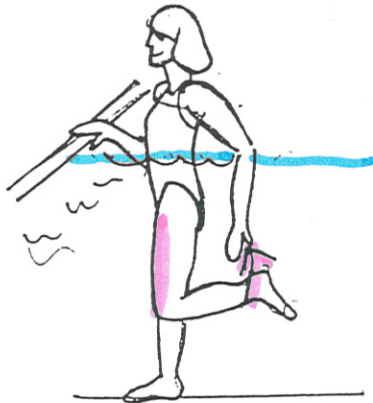
Hamstring Stretch

Sit on a shallow stair (lean against wall of pool). Allow one leg to float toward water surface. Point toes and tighten knee to straightest position. You should feel stretch behind the knee cords and thigh.



Corner Work

If you are able, hook your elbows on pool deck and pretend to sit with legs out straight. Uses trunk muscles To rotate feet from left pool wall to right pool wall. You should feel waist muscles working.



Stretch Front Thigh

Hold onto pool side for balance. Allow one knee to bend so that heel is traveling toward the buttock. Try to grasp the ankle with your hand. Try to grasp the ankle with your hand. Try to draw the knees together. **DO NOT** allow the bent knee to swing forward toward the pool wall. Do a pelvic tilt to discourage low back arching. You should feel stretch in front thigh.



Windshield Wipers

Bend elbows and tuck them into ribs. Swish your forearms from side to side. Keeping elbows bent. You should feel shoulder rotation.



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Bicycling

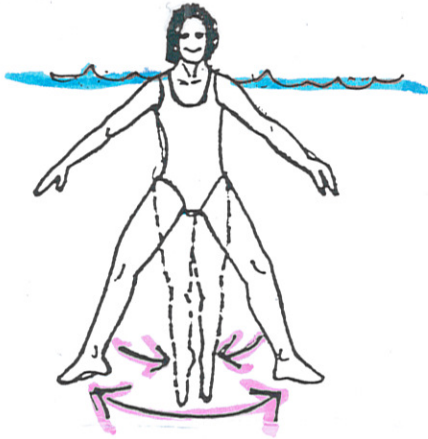
Start: With floatation belt or noodle. Stand upright in deep water.

Action: Pretend you are on a bicycle and pedal your feet. Reach ahead with your arms and pull down back to move forward.

Floating Scissors

Start: With floatation belt or noodle "stand" upright in deep water.

Action: Bring your legs apart a comfortable distance. Bring ankles together. Keep tummy tucked. You should feel work in inner thighs.



Short Steps

Start: With floatation belt or noodle. Stand upright in deep water.

Action: Pretend that your ankles are linked with a 6" rope. Try to walk with straight knees with rapid short steps. Work in buttocks and front thighs.

