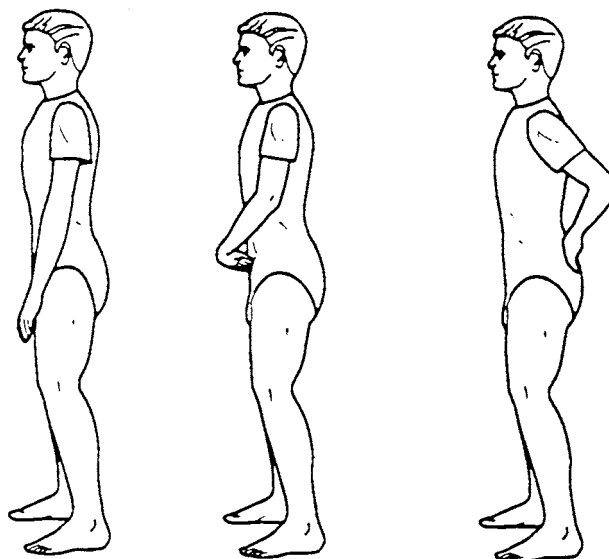


Aquatic Flexibility Exercise Program

This water exercise program is designed to stretch your joints and strengthen your muscles and cardiovascular system. The program starts out with easy, slow movements and then progress to quicker movements that are strengthening exercises.

The water is an excellent place to exercise. When you move slowly in water, it allows you to move easily. Fast movements in water causes resistance and helps you develop strength. Exercise in water eliminates most of the stress put on your joints when exercise is done.

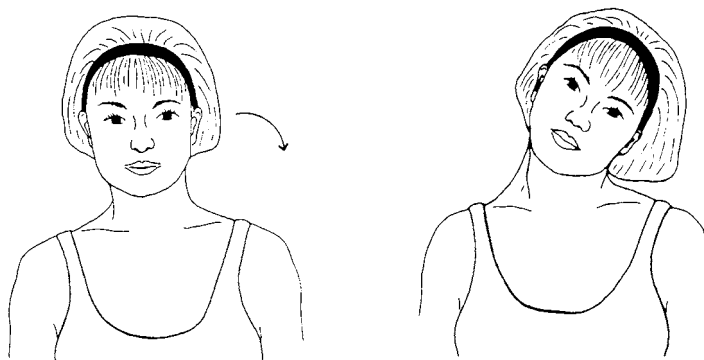
When you do these exercises keep your spine in a neutral position. To find this position, stand with your knees slightly bent and your weight evenly distributed. Use your stomach (abdominal) muscles to tilt your pelvis. The spine in your lower back should be flexed and extended until you feel balanced. Tighten your abdominal muscles to keep this position. Sometimes it is helpful to feel your abdominal muscles with your fingers to make sure the muscles are tight.



Stretching Exercises

Start and end every part of this exercise program with stretches. Do each stretch 3 times and hold each stretch for 30 seconds. Do only those exercises checked by your therapist.

- ☐ Bend your head so your right ear touches your right shoulder. Do not lift your shoulder up to your ear. Repeat this exercise to the left side.



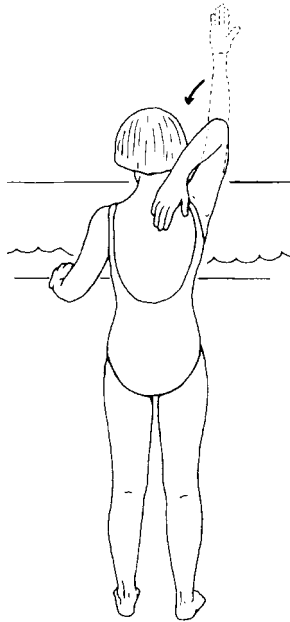
- ☐ Turn your head and look over your right shoulder. Repeat this exercise to the left side.



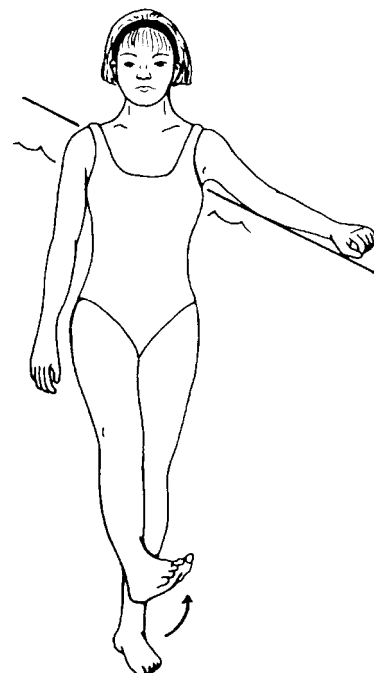
- ☐ Look down and tuck your chin in. Keep your mouth closed while doing this stretch.



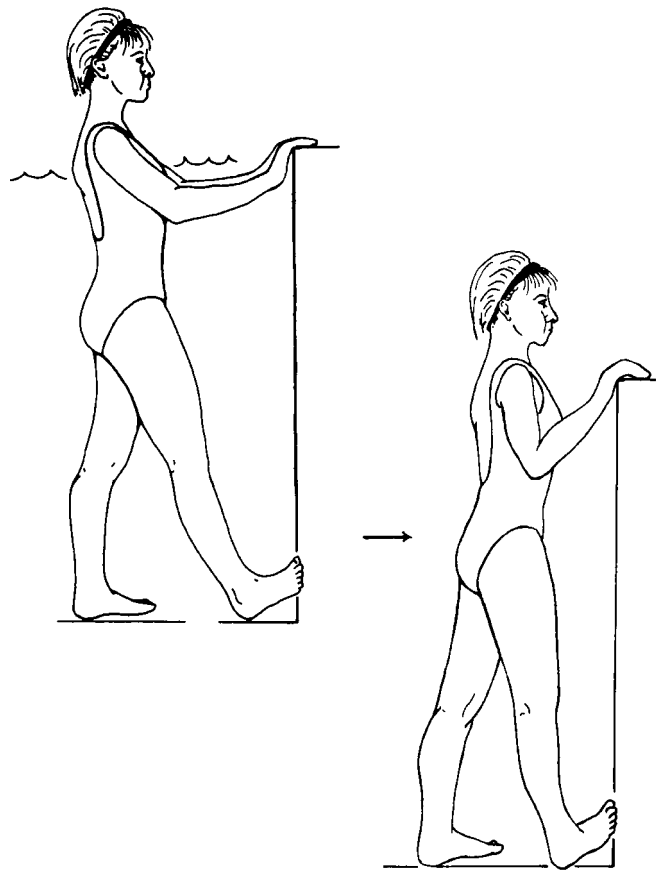
- ☐ Reach one arm up as high as you can and pat yourself on the back. Repeat this exercise with the other arm.



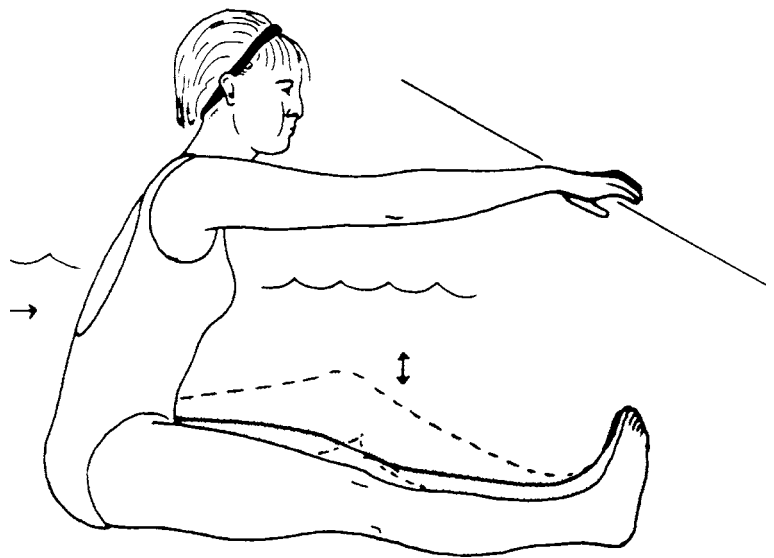
- ☐ Stand on one foot and with the foot that is lifted make 10 circles with your ankle. Repeat this exercise with the other foot.



- Stand facing the pool wall and hold onto the wall with your hands. With your feet flat on the pool floor, put your toes on the wall 3 inches above the floor. Keep your heel on the floor and pull your body toward the wall. Keep your body straight as you move forward. You should feel the stretch in the calf of each leg.



- Stand facing the pool wall and hold onto the wall with your hands. Walk your feet up to the pool wall as far as you can comfortably go. Keep one leg straight and the other leg slightly bent. Stretch the straight leg for 20 seconds. Now bend the leg that is straight and straighten the leg that is bent. Remember to keep your back in its neutral (arched) position. You should feel the stretch behind your knees and in the back of your upper thigh.



- ☐ Stand facing the side of the pool and hold onto the pool wall for balance. Bend one knee as far as you can. Then, push your knee back as far as it can go. Try not to bend forward at the waist as you do this. Remember to keep your back in its neutral position. You should feel the stretch in the front of your hip and in the front of your thigh.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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- Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.