

# Aquatic Strengthening Exercise Program

The strengthening part of the aquatic exercise program helps you get stronger as the exercises progress.

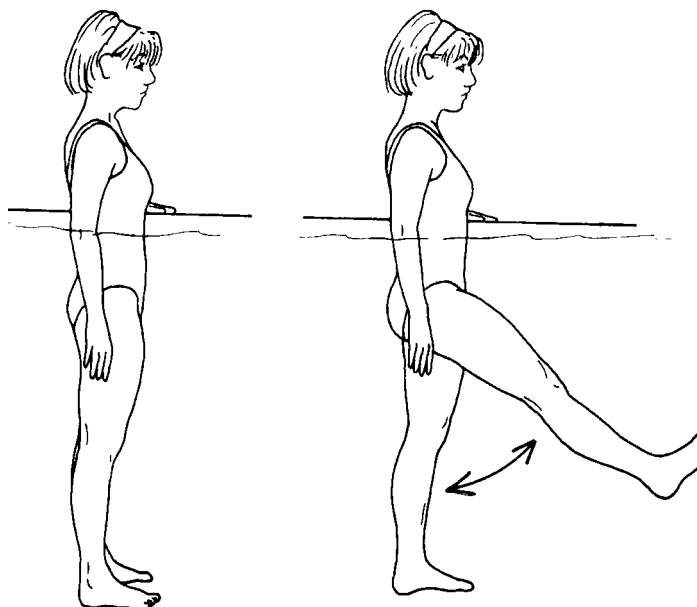
There are two levels of difficulty to this strengthening program:

- **Level I** is when you do the exercises slowly and move your arm or leg as far as you can through the exercise movement. Your goal at Level I is to do 20 repetitions of each exercise. Once you have reached this goal, you can progress to Level II.
- **Level II** is when you start the exercise at the same pace as Level I for the first 5 repetitions. Next, bring your arm or leg about halfway through the movement. Make the movement small and fast. Start by doing 5 quick, small movements. As you get stronger, work up to doing 20 repetitions. The faster you move, the more resistance or harder these exercises will be.

## Strengthening Exercise

Your therapist has checked the level of difficulty you should do and the number of repetitions for each exercise.

- Stand in water that comes to chest level. Keep your knee straight and bring your leg forward. Then bring it down so it is straight under your body. Repeat with your other leg.



### Repetitions:

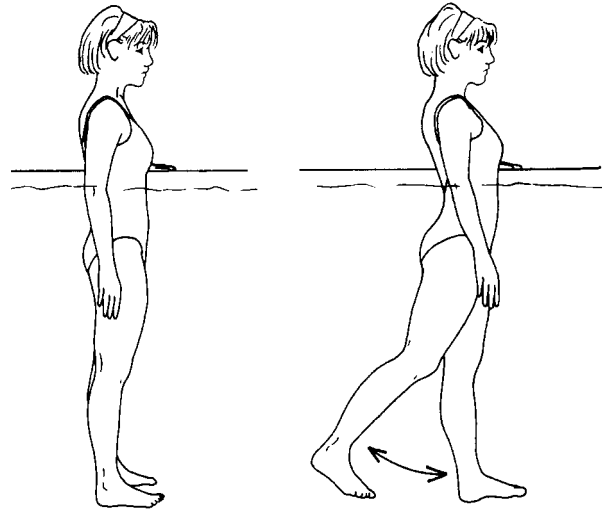
Level I \_\_\_\_\_

Level II \_\_\_\_\_

- Stand in water that comes to chest level. Keep your knee straight and move your leg backward. Move your leg forward so it is straight under your body. Repeat this with other leg.

**Repetitions:**

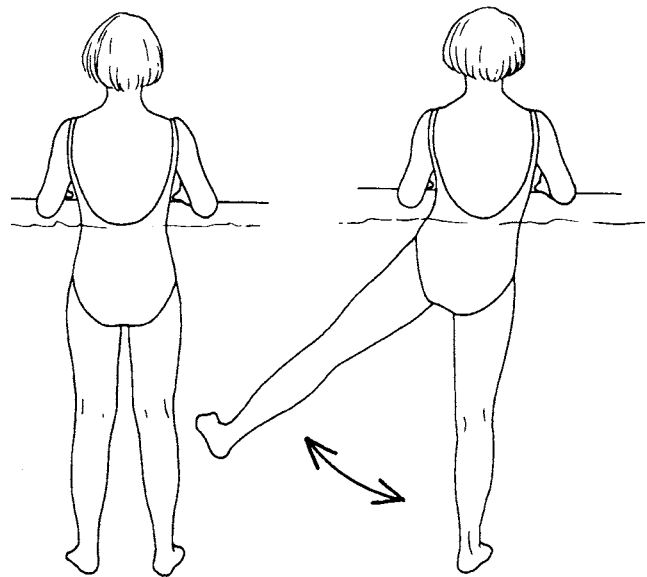
- Level I \_\_\_\_\_  
 Level II \_\_\_\_\_



- Stand in water that comes to chest level. Turn so you are holding on to the pool wall with your left hand. Bring your right leg straight out to the side. Keep your foot pointed forward. Bring your leg back to center so it is straight under your body. Turn and hold onto the side of the pool with your right hand. Repeat this exercise with your left leg.

**Repetitions:**

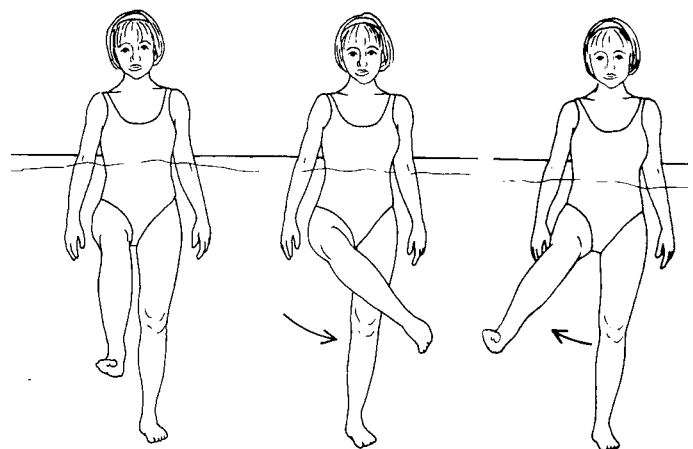
- Level I \_\_\_\_\_  
 Level II \_\_\_\_\_



- Stand in water that comes to chest level with your back against the pool wall. Bring your leg forward so your thigh is parallel to the water surface. Use your hands to help keep your leg in this position. Swing the lower part of your leg in and out. Repeat this exercise with your other leg.

**Repetitions:**

- Level I \_\_\_\_\_  
 Level II \_\_\_\_\_

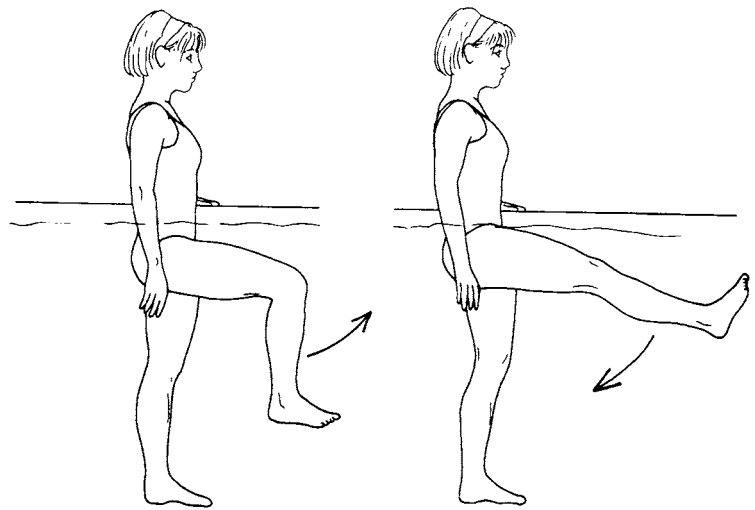


- ❑ Stand in water that comes to chest level. Bring your leg forward so your thigh is parallel to the water surface. If you need to, use your hands to help keep your leg in this position. Straighten and then bend your knee. Repeat this exercise with your other leg.

**Repetitions:**

Level I \_\_\_\_\_

Level II \_\_\_\_\_

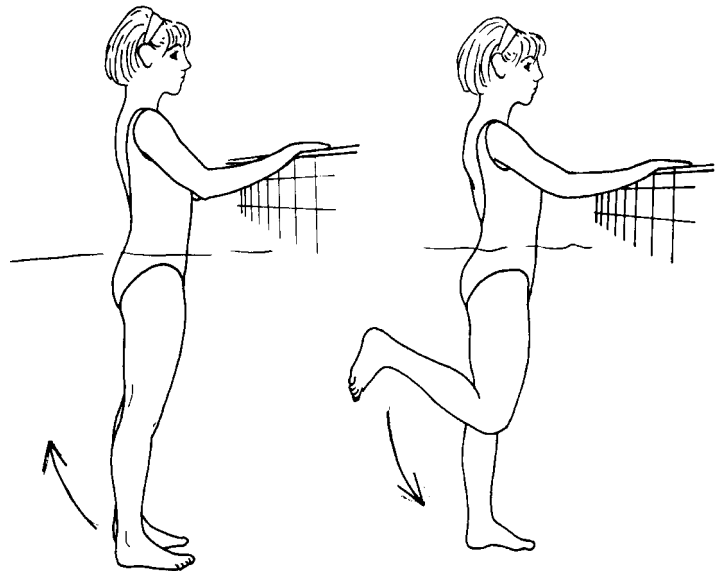


- ❑ Stand facing the pool wall and hold on to it for balance. Keep your knees together, then bend one knee and bring your foot up toward your buttock. Straighten your leg. Repeat this exercise with your other leg.

**Repetitions:**

Level I \_\_\_\_\_

Level II \_\_\_\_\_

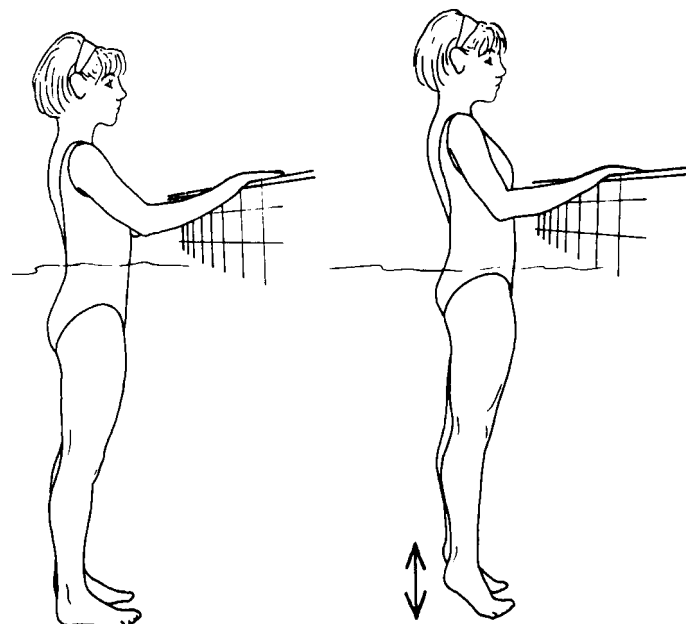


- ❑ Stand facing the pool wall and hold on to it for balance. Raise up on to your toes and then bring your heels down so your feet are flat.

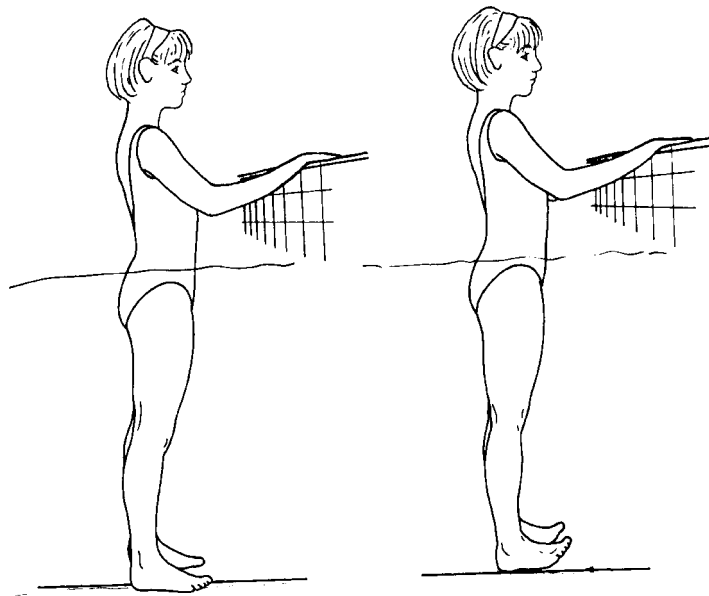
**Repetitions:**

Level I \_\_\_\_\_

Level II \_\_\_\_\_



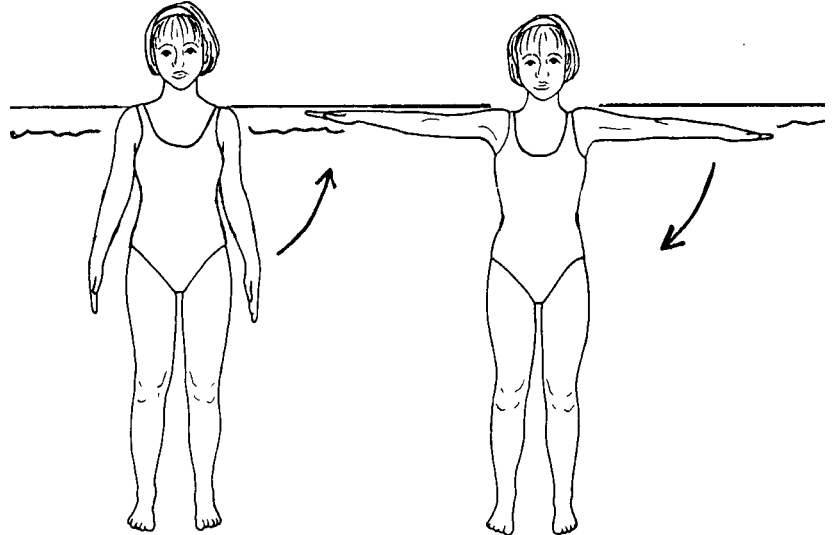
- Stand facing the pool wall and hold on to it for balance. Lift up the front of your foot so all your weight is on your heels. Bring your foot down flat again.



**Repetitions:**

- Level I \_\_\_\_\_  
 Level II \_\_\_\_\_

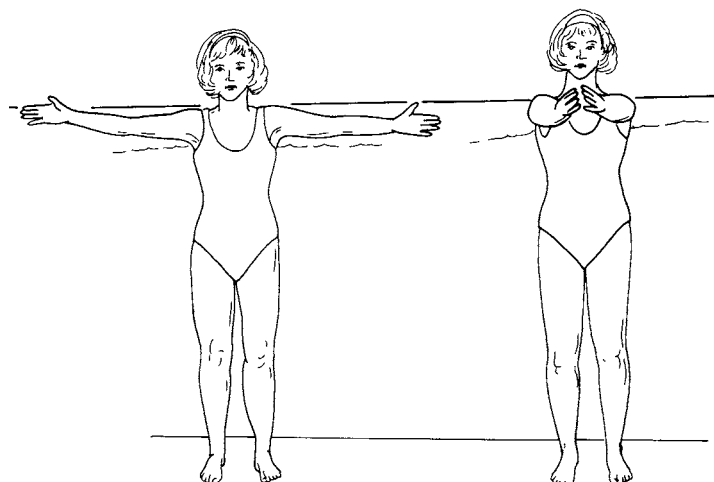
- Stand in water that comes to your shoulders. Put both arms at your sides, keeping your palms down. Bring your arms up to shoulder level then back down to your sides.



**Repetitions:**

- Level I \_\_\_\_\_  
 Level II \_\_\_\_\_

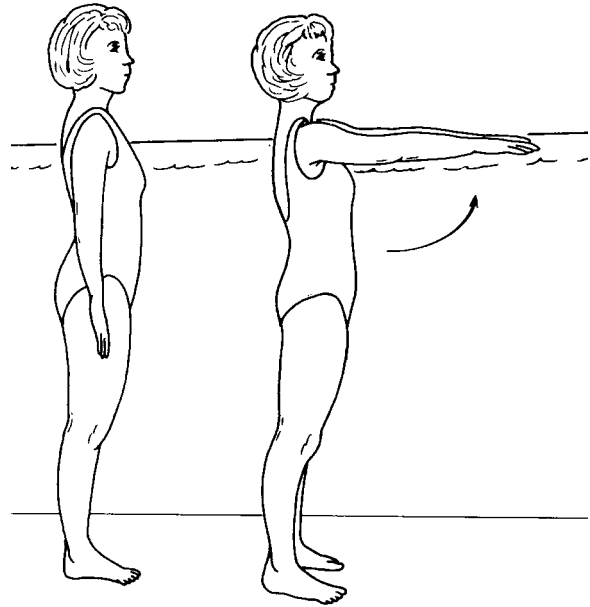
- Stand in water that comes to your shoulders. Raise your arms out to the side at shoulder level. Turn your palms so they are facing forward. Bring your arms together in front of you then back to your side at shoulder level.



**Repetitions:**

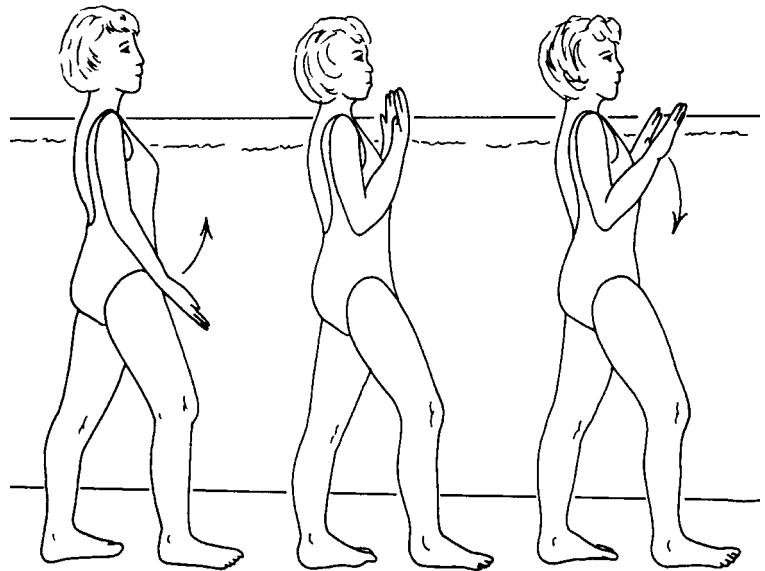
- Level I \_\_\_\_\_  
 Level II \_\_\_\_\_

- Stand in water that comes to your shoulders. Put both arms straight out in front of you with your palms facing down. Bring your arms straight down to your sides and then back up.

**Repetitions:**

- Level I \_\_\_\_\_  
 Level II \_\_\_\_\_

- Stand in water that comes to your shoulders. Put both arms down at your sides with your palms facing forward. Bend your elbows and try to touch your thumbs to your shoulders. Turn your palms so they are now facing down and straighten your arms so they are at your sides.

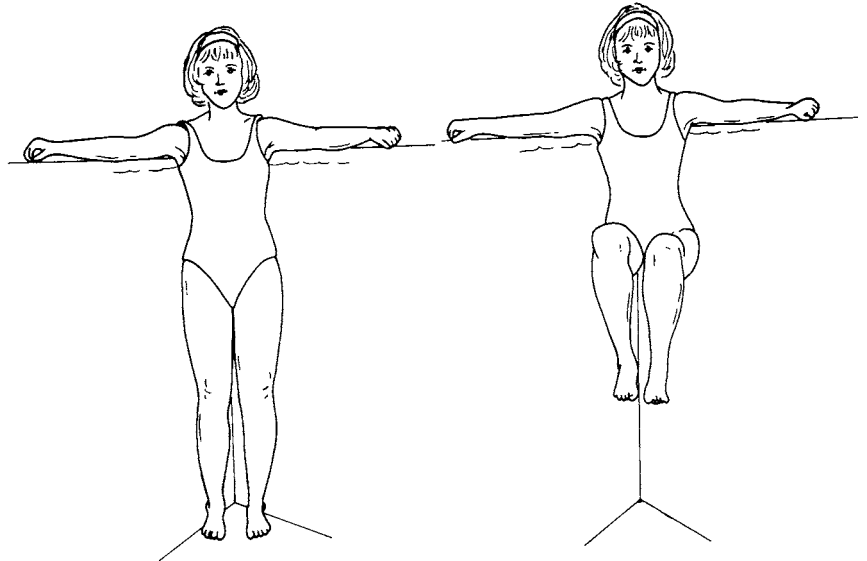
**Repetitions:**

- Level I \_\_\_\_\_  
 Level II \_\_\_\_\_

- Go to the corner of the pool and put your back against the pool wall. Put your arms on the pool edge to support you. Tuck your hips into the corner of the pool. Keep your hips in the corner as you bring your knees to your chest. Bring your leg back down.

As you get stronger, keep your legs straight as you bring them toward your chest. Start with them apart as your stomach muscles get stronger you can put them together.

<b>Repetitions:</b>
<input type="checkbox"/> Level I _____
<input type="checkbox"/> Level II _____



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