

AN AQUA ARTHRITIS EXERCISE

by Peggy Stirling CALA Trainer

Important components of an aqua arthritis class:

- flexibility (range of motion),
- muscle conditioning, and
- limited cardiovascular endurance.

Effective equipment:

A versatile and effective piece of equipment that be used during these class components is called a "wand" or "tube". Wands are approximately one metre of light weight, firm plastic tubing. Golf club bag inserts are perfect for this purpose. They are inexpensive, easy to handle and store.

Why use it?

The "wand" can enhance range of motion for the upper body, especially when associated muscles are too weak to achieve this goal.

How to use it?

- Place one hand at each end of "wand".
- If one arm cannot perform abduction, rest

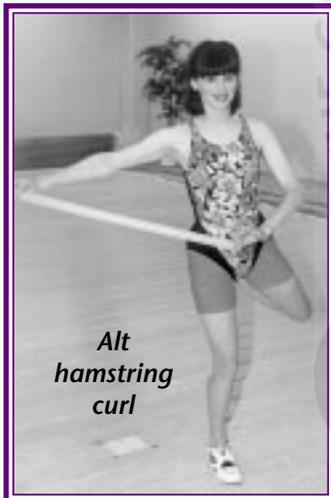
that hand on one end of the tube to allow the other hand to swing the tube across the front of the body. This action will lift the weaker side further and achieve a greater range of motion.

Specific Exercise: Anterior Side Sweeps

(Exercise B:1 - from the CALA Aqua Arthritis Catalogue of Exercises)

Hold wand in both hands in a horizontal position at hip level. Swing wand from side to side in a swaying movement. As body weight shifts to one side, sweep arms with wand to same side and up towards the surface, keeping wand submerged at all times while slicing from side to side. As the body weight shifts to the other side, sweep both arms down across the front of the body and up to the other side.

If there is lack of symmetry in moving the arm, the wand will support the restricted side and both arms will move in the same direction together.



*Alt
hamstring
curl*



*step
together
step*



*anterior
circles/side
steps*



rolling

Specific Exercise: Rolling

(Exercise B:2)

Bring the wand to surface level in front of chest. Reach hands forward, push down and then pull up close to body, as in a rolling motion. Reverse the rolling direction. Option: Roll one arm at a time by holding wand at centre in one hand, then change sides.

Combining Arms and Legs:

Add a cardiovascular component by combining upper body wand movements with appropriate leg moves (such as alternating wide hamstring curls). This simultaneous action will also enhance coordination.

Add a muscular conditioning component by moving the wand against the water creating resistance. This resistance can be varied by altering the speed and range of motion.

Training courses for Aqua Arthritis:

Call CALA for details at 1-888-751-9823 or fax: 416-755-1832

or email: cala@interlog.com or visit our web page: www.calainc.org