

RECREATIONAL WATER EXERCISES


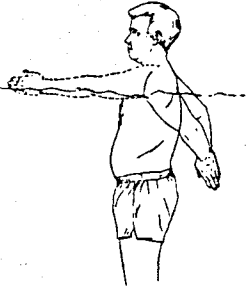
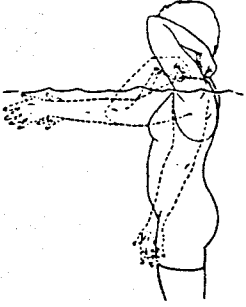
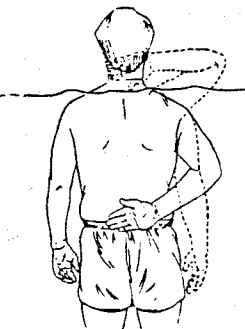
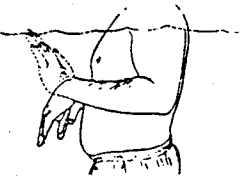
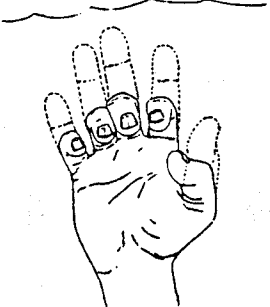
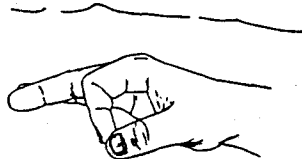
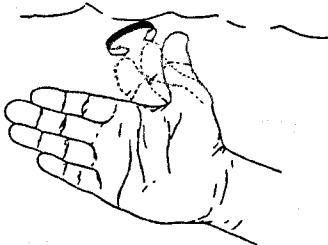
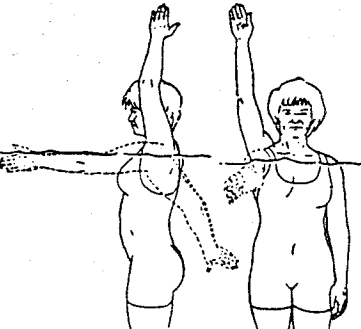
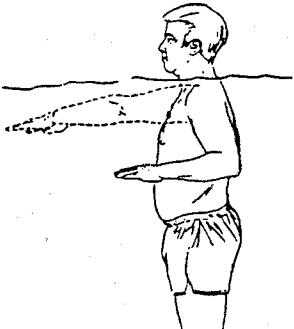
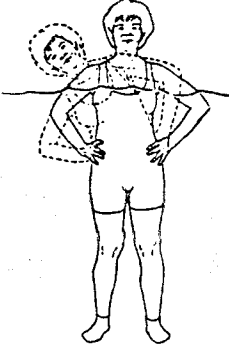
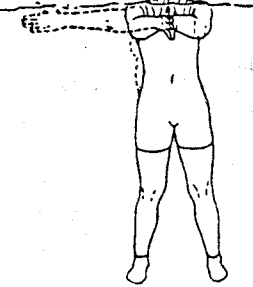
The objective of these exercises is to reduce pain, maintain or increase joint mobility, muscle strength and endurance. The benefit will be felt if you start gently, listen to your body, and gradually increase the number of repetitions as you improve.

Try to do water exercises twice a week in shoulder deep water, going through all 5 sections. Try not to hold your breath as you do the exercises, and remember to have fun.

1. WARM UP: 5-10 Minutes. Walk across the pool several times doing each of the following:

1. Swinging your arms from the shoulder.
2. Lifting your knees up with each step.
3. Sideways walking - leading with your right leg across the pool, then back leading with the left leg.
4. Backwards walking landing on the ball of your foot, and pushing off with the heel.

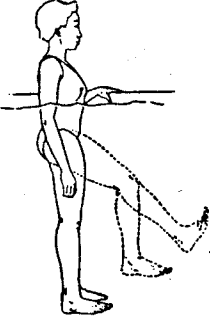
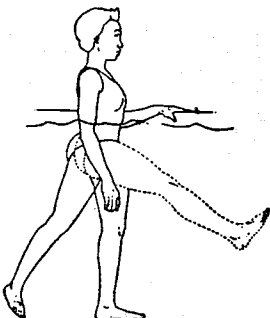
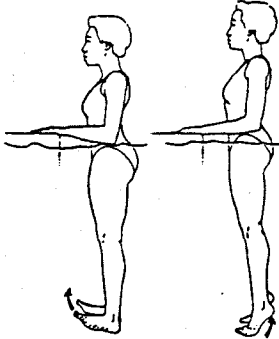
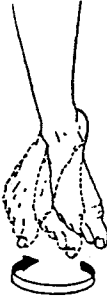
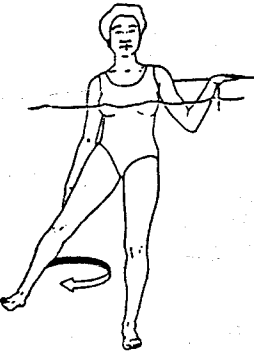
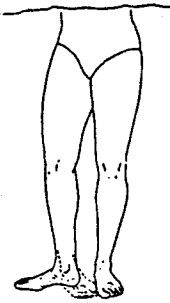
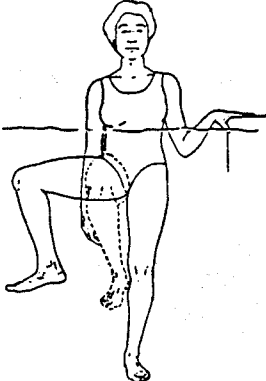
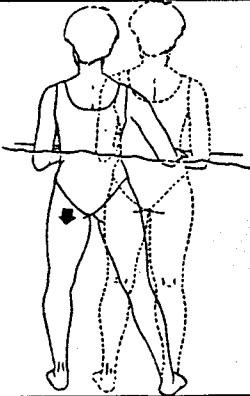
2. RANGE OF MOTION: 10-15 Minutes. Do these exercises slowly and emphasize going as far as you can.

Shoulder Rolls	Hand Claps	Bent Arm Press	Back Scratcher
			
Wrist Bends	Finger Tucks	Finger O's	Thumb Circles
			
Arm Raise	Elbow Bends	Side Bends	Body Twist
			

3. ENDURANCE: 5-10 Minutes. This section increases your heart rate as you do continuous movement back and forth across the pool using your arms and legs together.

1. Walk doing the breast stroke, crawl, punching with your arms, or circling the forearms around each other as in a rhumba movement .
2. Side stepping, swinging your arms up and out to side, then lower them. When you get to the far side, come back with the opposite leg leading.
3. Cross country skiing across pool, large strides with arms and legs using a straight, or diagonal stride.
4. Using a floatation device such as pool noodle for support try bicycling, or imitate scissors with your legs keeping your back straight, or try bringing your right foot up to touch left hand and your left foot to right hand.

4. STRETCH & STRENGTHENING: 10- 15 Minutes. Do these exercises using the water for resistance.

Knee Bend & Straighten	Leg Pendulum	Heel & Toe Lifts	Ankle Circles
			
Leg Circles	Hip Twist	Hip Swing	Shift Weight
			

5. COOL DOWN: 5 Minutes. Do these exercise slowly as you cool down.

1. Walk deep breathing, with arms up sideways overhead as you breathe in, and out as the arms come down.
2. Walk doing shoulder blade pinches.
3. Walk doing gentle shoulder shrugs and relax.
4. Face the wall with one leg straight back, heel on the floor, bend the forward knee to the wall. Hold the stretch in the back leg for a count of 10. Repeat with your opposite leg.
5. Facing the wall, stand on one leg and bring your heel up toward your seat, hold for a count of 10 to stretch your front thigh. Repeat with your opposite leg.

***This program is supported by: Joint Effort Community Arthritis Programs
and the Toronto Community Foundation.***