

# Aquatic Exercises for Spondylitis

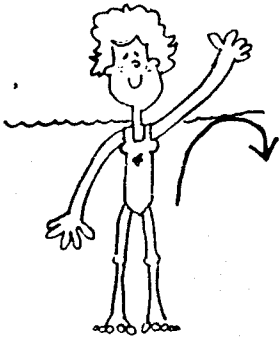

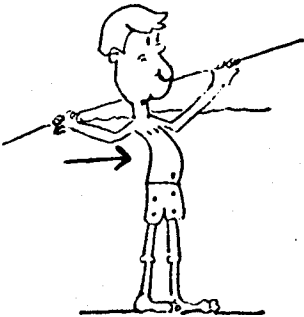
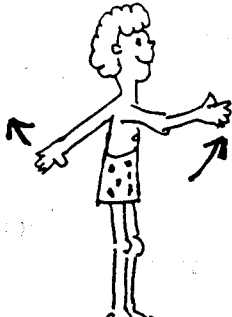
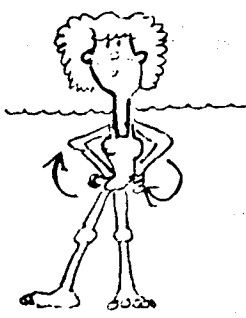
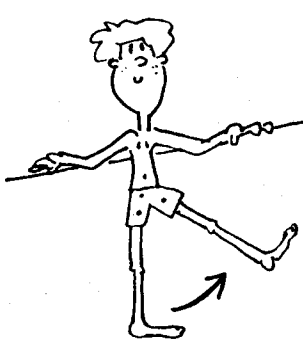

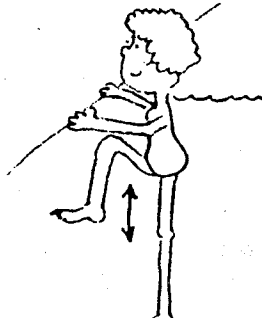

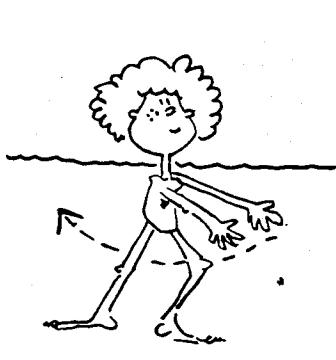

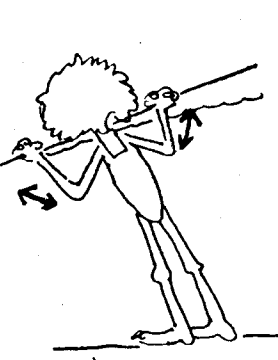
For information on Spondylitis Call 1-800-321-1433

*The exercises included in this program focus on improving movement in the spine, hips, shoulders and ankles. Try to include water exercises into your general exercise program which should emphasize posture correction, stretching exercises, deep breathing and non jarring aerobic activities such as cycling, walking, and cross country skiing. Buoyancy and warm water make stretching easier.*

**Warm Up:** 5-10 Minutes. Walk across the pool several times doing each of the following:

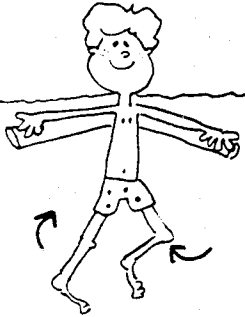
1. Forward walking - swinging your arms, and taking large steps.
2. Sideways walking - leading with your right leg across the pool, then back leading with the left.
3. Backwards walking.

**Stretching:** 10-15 Minutes. Do these exercises slowly, repeat 5-10 times to start, stretching as far as you can.

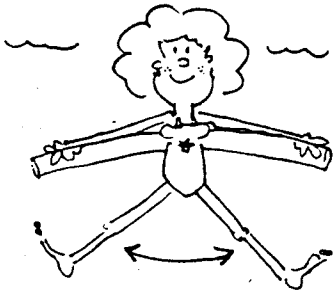
<p><b>Large Arm Circles</b></p>	<p><b>Achilles Stretch</b></p>	<p><b>Back Arch Stretch</b></p>	<p><b>Alternate Arm Pulls</b></p>
			
<p><b>Pelvic Circles</b></p>	<p><b>Front Leg Lift</b></p>	<p><b>Side Leg Lifts</b></p>	<p><b>Knee Lifts</b></p>
			
<p><b>Hip Extension</b></p>	<p><b>Double Arm Sweeps</b></p>	<p><b>Trunk Side Stretch</b></p>	<p><b>Chest Stretch</b></p>
			

**Endurance: 10 -15 Minutes.** Continuous arm and leg work increases your heart rate and chest expansion, both of which improve your general fitness. **These exercises use the pool noodle for buoyancy.**

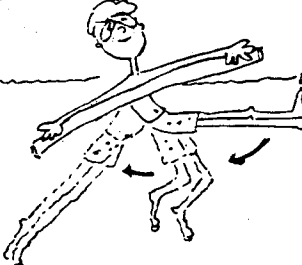
1. Suspended on the noodle bicycling legs leaning to the left, peddle in a circle left. Then lean right, peddle in a circle to the right.



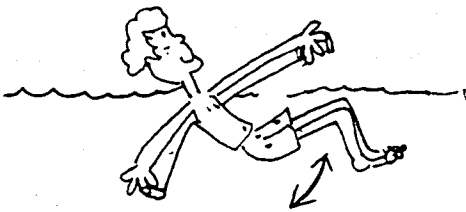
2. Floating on your back with noodle supporting, spread arms and legs out to side and in.



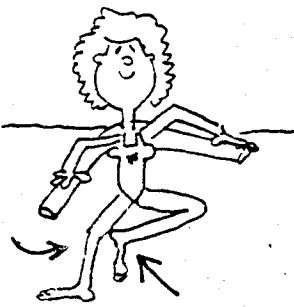
3. Float on your back with legs out straight in front. Pull both knees to your chest, roll forward, then push legs out behind. Pull knees up, roll back push legs out in front to start position.



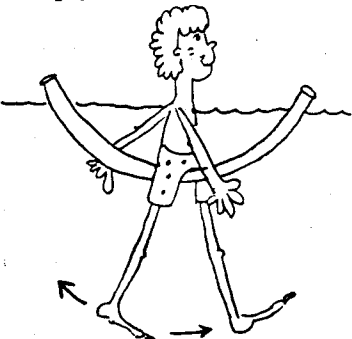
4. Lying on your back with knees bent and together, rock knees side to side swivelling at the hips and waist.



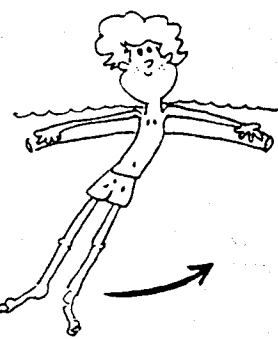
5. Float on you back with legs in front. Bring your left foot up to touch the right thigh or right hand holding the noodle, then repeat on the opposite side.




6. Sit astride the noodle. Keep your back straight. Move your straight legs forward and back with opposite arm and leg forward together.



7. Hang suspended upright on the noodle, keep legs together and swing them side to side like a pendulum.



8. Sit astride the noodle, with knees together in sitting position. Straighten and bend the knees reaching forward with the arms as legs go forward.



**Cool Down: 5 Minutes.** Shoulder shrugs, and shoulder circles with deep inhale breathing.  
 Neck and Head movements: Bend head sideways to touch right ear to right shoulder x3. Repeat to left x3.  
 Turn head to look over right shoulder as far as possible right, then left x3 each.  
 Rhythmic Breathing: Take in a big breath of air, bend knees lowering body into the water, and blow bubbles out under the water, exhaling.  
 Cleansing Breathing: Inhale bringing arms overhead, and exhale lowering arms to the sides.