

Aquatic therapy lower limb exercises

1. Walk at a comfortable pace _____ weight-bearing through your _____ leg.

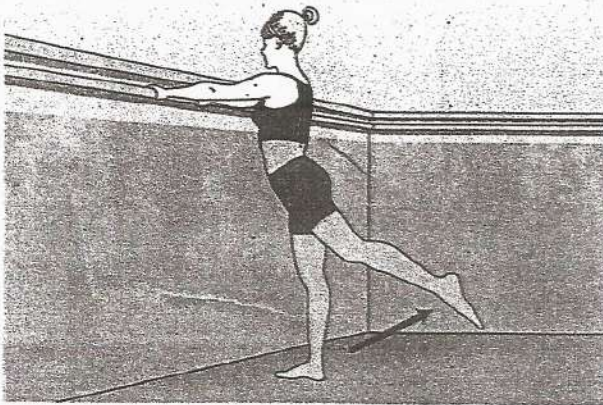
Repeat forward / back / sideways.

Tip: gradually begin to increase your stride to take bigger steps.

2. Stand holding the rail.

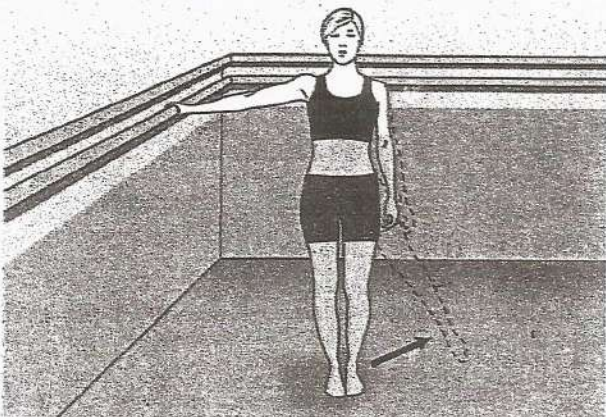
Tip: keep your back straight by gently tightening your lower abdominal muscles. Add a ring under your foot to increase resistance.

a) swing your _____ leg forward / back



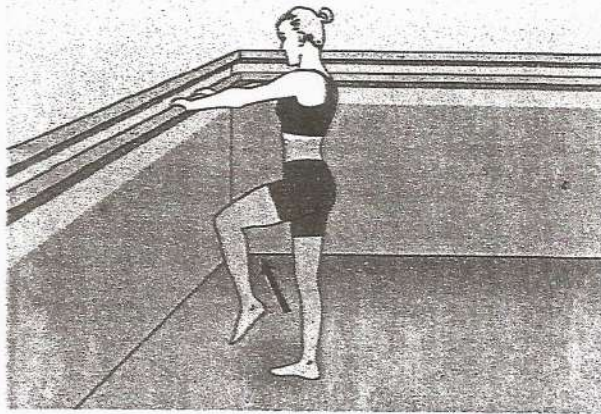
Exercise 2a

b) swing your _____ leg side to side



Exercise 2b

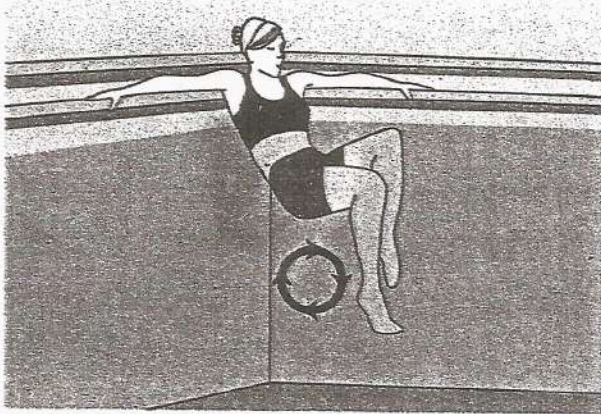
3. Stand holding a rail, bend and straighten your knee with a _____ ring under your foot.



Exercise 3

4. In the corner of the pool:

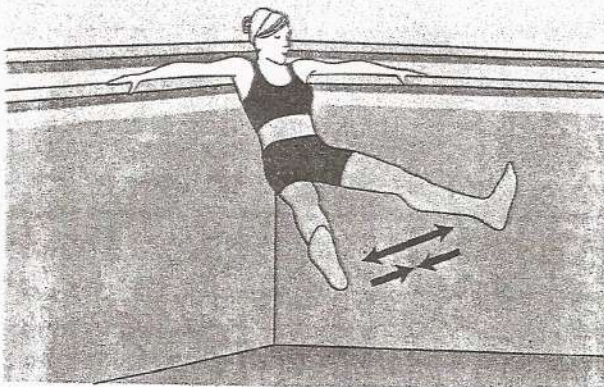
a) cycle your legs forward and backwards



Exercise 4a

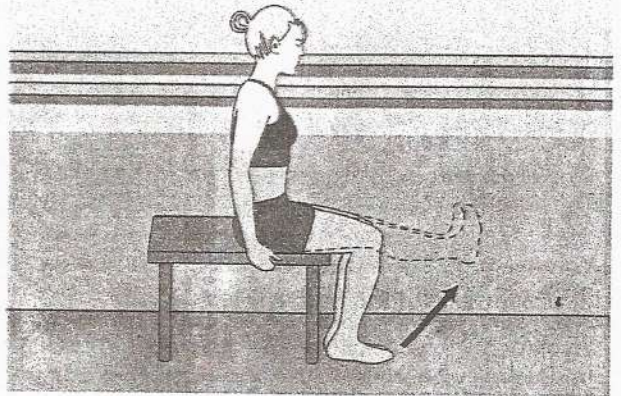
b) separate both your legs and then bring them back together

Tip: use a band to add resistance.



Exercise 4b

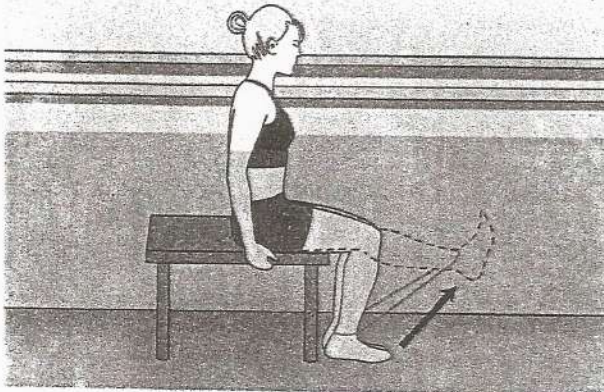
b) bend and straighten both knees together. Add a _____ ring to increase the resistance.



Exercise 5b

5. Sitting on the table:

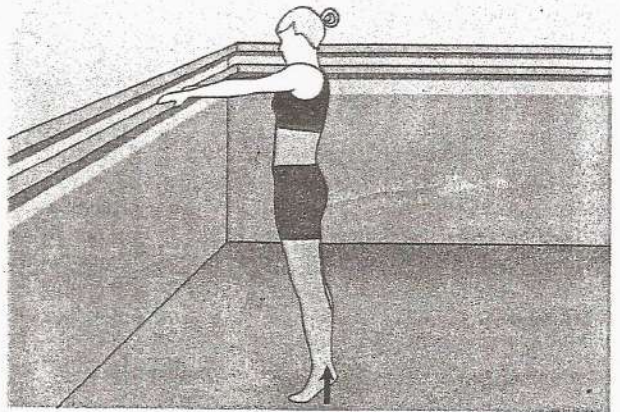
a) bend and straighten your knee as far as it will go. Put a band around your ankles to add resistance



Exercise 5a

6. Stand facing the edge of the pool:

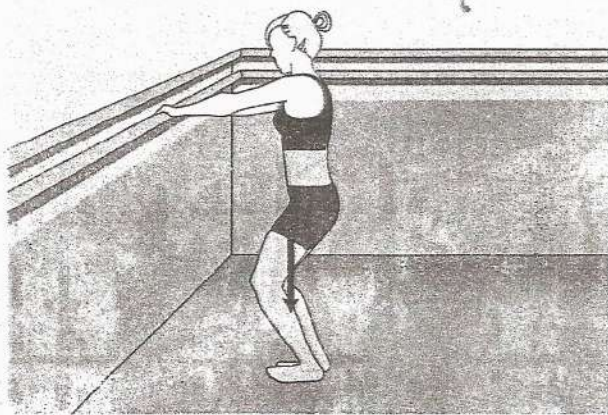
a) rise up onto your toes



Exercise 6a

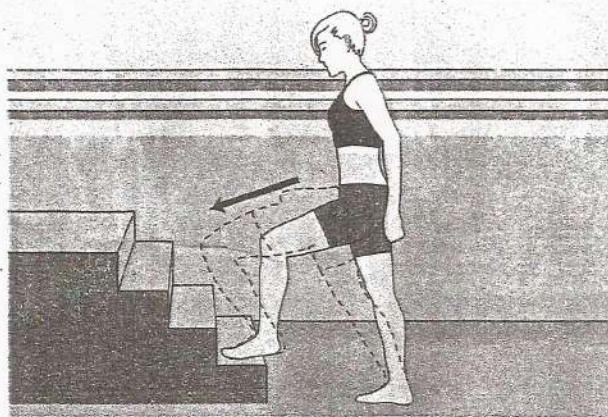


b) bend both your knees and squat down



Exercise 6b

7. Stand with one foot on the step in a stride stand position, both feet facing forward. Bend your front knee and lunge forward.



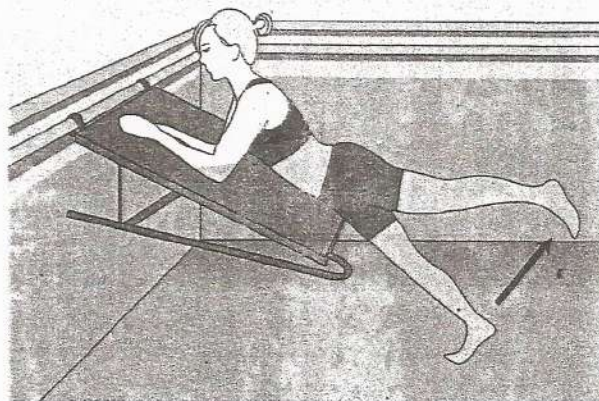
Exercise 7

8. Step up and down from a step.

9. Facing close to the edge of the pool, stand on one leg and try to keep your balance.

10. Lie prone on a plinth and extend alternate legs by tightening your buttock muscles.

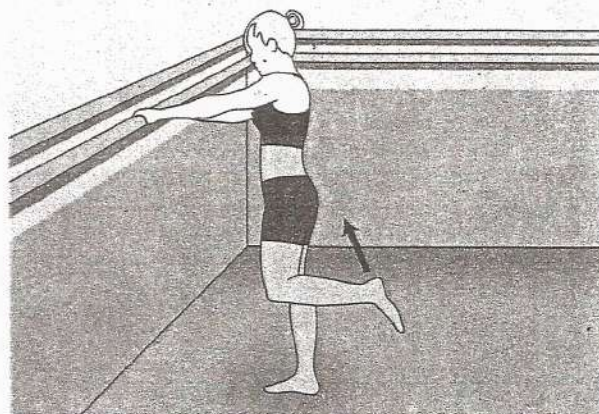
Tip: keep your lower abdominal muscles gently tightened to avoid arching your spine.



Exercise 10

11. Stand facing the edge of the pool. Bend your knee and bring your heel toward your buttock.

Tip: use a band to add resistance.



Exercise 11