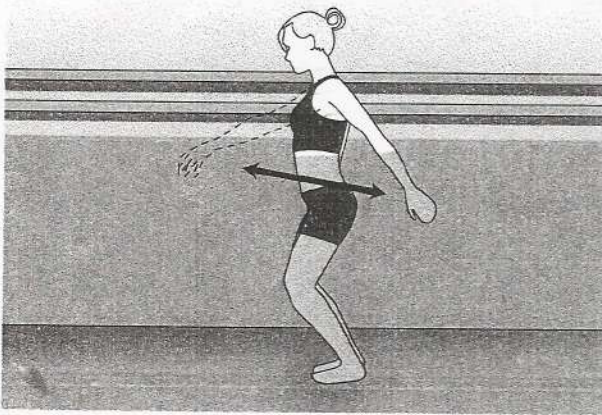


Aquatic therapy upper limb exercises

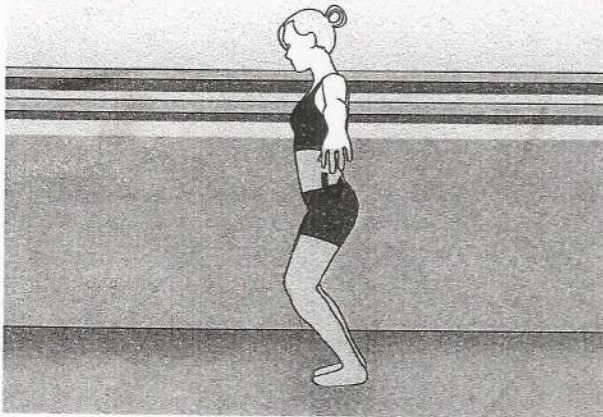
1. Squatting down so that you are immersed in the water:

a) swing your arm forward and back



Exercise 1a

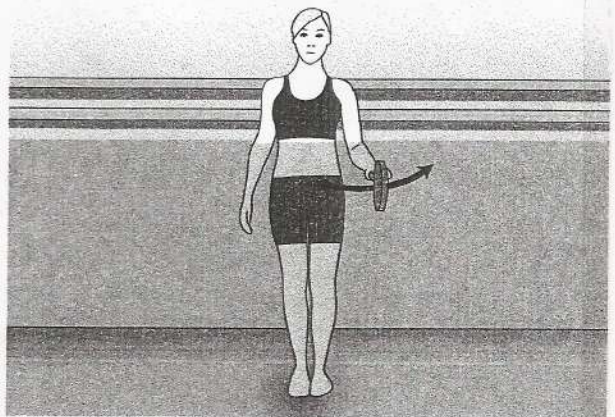
b) swing your arm out to the side



Exercise 1b

c) keeping your elbow by your side let your forearm turn out and back

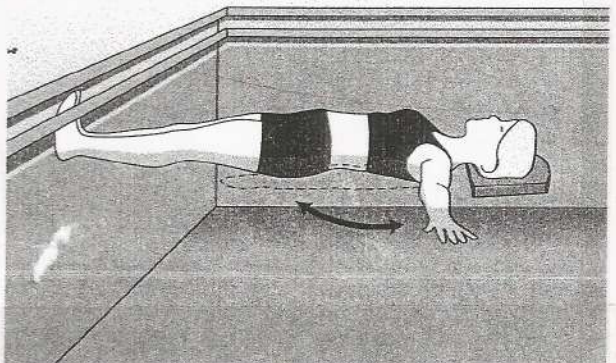
Tip: hold a bat or paddle in your hand to increase the resistance.



Exercise 1c

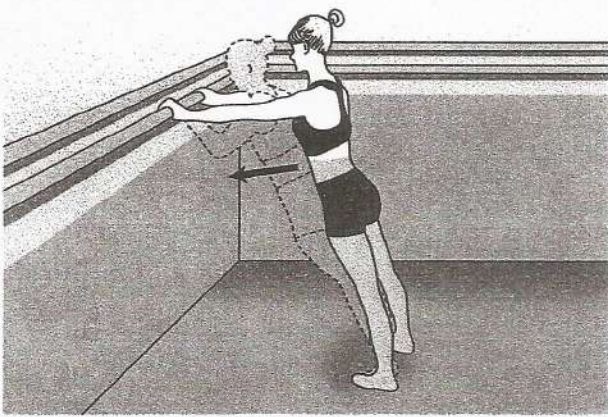
2. Lie on your back (head on a float and feet supported on the side of the pool). Hold onto the bar with one arm and with the other move it along the surface of the water.

Tip: hold a bat to increase resistance.



3. Holding the bar with both hands, bend and straighten your elbows and do a press-up.

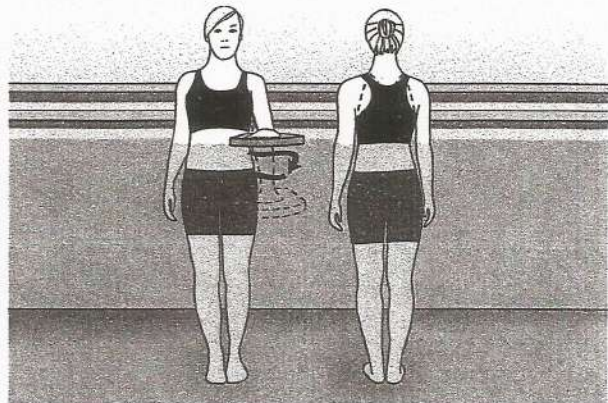
Tip: keep your lower abdominal muscles gently tightened and your back straight. The further away your feet are from the wall, the harder the exercise.



Exercise 3

4. Put one hand palm down on a float. Push the float down in the water by circling it in a clockwise direction until your elbow is fully extended. Let it rise back up in an anti-clockwise direction.

Tip: keep the top of your shoulder relaxed and your shoulder blade drawn down and diagonally back.



Exercise 4