

Appendix D

Exercises for the Pool

Important Reminders

- Check with your doctor before beginning any exercise program.
- Stop if you feel any pain.
- Keep your arms in the water.
- Concentrate on stretching to increase your range of motion.
- Do not repeat any motion more than twice in a row.
- Quit before you feel tired.
- Do a different form of exercise tomorrow (i.e. walk).

Begin with a warm up — 5 minutes of water walking in chest-deep water. Walk several steps forward, and then back. Side step to the right, and then back. Side step to the left, and then back.

At the Side of the Pool (Shoulder-deep water)

1. Back against the side: Arms at shoulder height: Stretch arms out to the side. Then cross in front and hug yourself. Repeat.
2. Holding side with left hand: With weight on left leg, keeping right arm and leg straight, lift arm and leg forward, then swing back behind you, pendulum-style. Repeat. Turn and switch sides.
3. Back against the side: Lift right knee toward chest. Hold with right arm for 3 seconds. Release. Switch legs.
4. Hands against the sides: Arms straight. Feet 2 feet from wall. Bend elbows, bringing face toward wall. Straighten elbows. Repeat.
5. Back against the side: Cross legs, one at a time, in front of you, then out to the side. Repeat.
6. Repeat from “At the Side of the Pool #1.”

In Deeper Water (Using a Tube or a Noodle)

1. Bicycle kick slowly for 2 minutes.
2. Criss-cross legs, first right over left, then left over right slowly. Repeat.
3. Scissor kick, right leg forward, left leg back. Reverse.
4. Legs hanging vertically, flex your feet up, then down. Toes out, then in. Heels out, then in. Repeat.
5. March in place for 3 minutes, raising your knees as high as possible.
6. Use your right big toe to draw a circle. Reverse the circle. Do the same with your left big toe. Repeat.
7. Use your right foot to draw a larger circle. Reverse. Do the same with your left. Repeat.
8. Repeat from “In Deeper Water #1.”

In Waist High Water (Legs shoulder-width apart. Hips facing forward.)

1. Hands on hips: Rotate at the waist to right. Look at the wall behind you. Hold 5 seconds, and then come back to center. Then repeat on the left side. Repeat.
2. Hands on hips: Bend over to your right. Hold for 3 seconds. Straighten up slowly. Repeat on the left.
3. Hands on hips: Looking straight ahead. Lower right ear to shoulder. Hold 3 seconds, and then lift head. Lower left ear to shoulder. Hold 3 seconds. Repeat.
4. Hands at your sides: Slide your right hand down the side of your right leg, bending at the waist. Hold briefly. Straighten up slowly. Repeat on the left.
5. Repeat from “In Waist High Water #1.”

End with a Cool Down (in chest-deep water)

Walk several steps forward, and then back. Sidestep to the right, then back. Sidestep to the left, then back. Repeat for 5 minutes.