

Examples of Warm Water Exercises

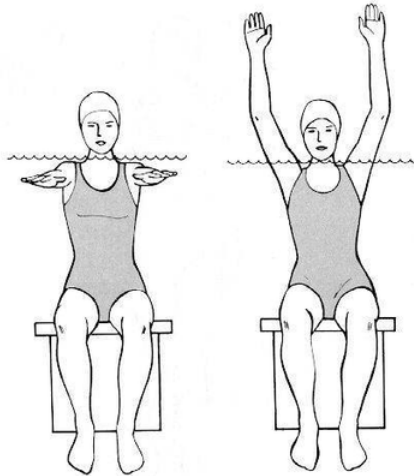
Adapted from the Arthritis Foundation “Water Exercise, Pools, Spas and Arthritis”

Shoulders/Arms/Hands

Any individuals who have severe joint damage or joint replacement should check with their doctor or surgeon before doing any of the following exercises.

Forward Arm Reach

Raise one or both arms forward and upward as high as possible. If one arm is very weak, you can help it with the other arm.

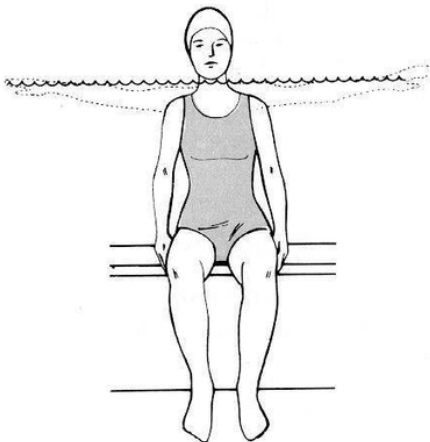


Forward Arm Reach (Flexion)

Raise one or both arms forward and upward as high as possible. If one arm is very weak, you can help it with the other arm.

Sideways Arm Reach (Abduction)

Slowly raise both arms out to the side, keeping the palms down. Raise only to shoulder (water) level. Then lower arms.



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Arm Circles (Combined)

Raise both arms forward until they are a few inches below water level. Keep both elbows straight. Make small circles (about the size of a softball) with the arms. Gradually increase circle size (until the size of a basketball). Then decrease. If the bigger circles cause pain, then go back to making smaller circles. First make inward, then outward circles. Do not raise your arms out of the water or let them cross.

Elbow Bend (Flexion/Extension)

Bend the elbows and the thumbs to the shoulders. You do not have to touch. Relax elbows and straighten down along side of you.

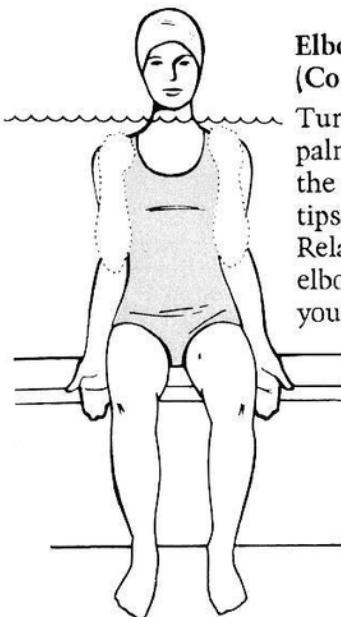
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Elbow Bend and Turn (Combined Motion)

Turn the arms until the palms face forward. Bend the elbows until the fingertips touch the shoulders. Relax and straighten your elbows, leading down with your palms. Wrists and fingers



Elbow Bend and Turn (Combined Motion)

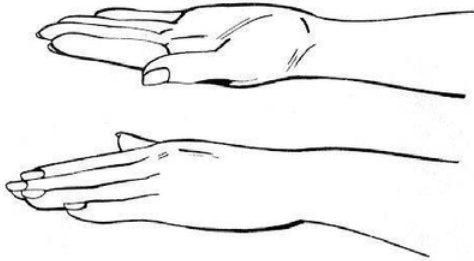
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Wrist Turn (supination/Pronation)

Turn the palms toward the ceiling, then turn them down to face the bottom of the spa or pool.

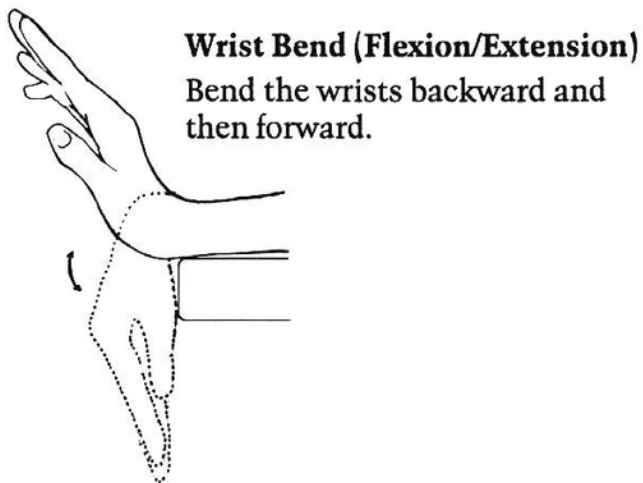
Wrist Turn (Supination/Pronation)

Turn the palms toward the ceiling, then turn them down to face the bottom of the spa or pool.



Wrist Bend (Flexion/Extension)

Bend the wrists backward and then forward.
Hands and fingers

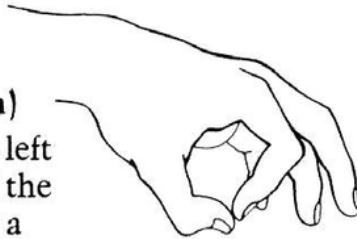


Finger Hold (Thumb Opposition)

Touch the tip of the left thumb to the tips of the other fingers, one at a time, to form a round letter "O". Repeat with right thumb. (May move both thumbs at the same time.)

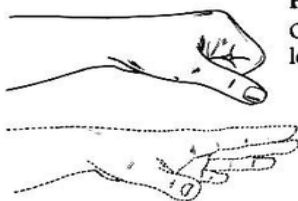
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Finger Curl (Flexion/Extension)

Curl the fingers into the palm (making a loose fist) and then straighten them out.



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Thumb Circles (Circumduction)

Move the thumb in a large circle.



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Hips and knees

Walking

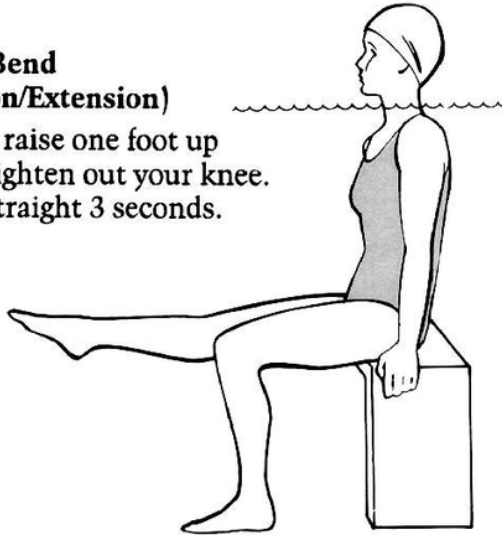
Walk normally across or in a circle in the pool. Swing your arms as you walk.

Knee Bend (Flexion/Extension)

Slowly raise one foot up to straighten out your knee. Hold straight 3 seconds.

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Knee to Chest (Combined Stretch)

Sit erect. Lift one knee and hug towards chest, hands under the thighs or over the knee to assist with the stretch.



Knee to Chest (Combined Hip, Knee, Buttock Stretch)

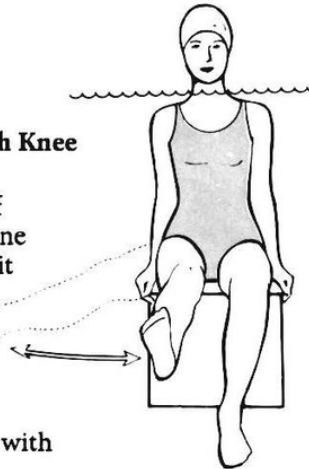
Sit erect. Lift one knee
and hug towards chest,
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with the stretch.

Spread Eagle (Hip Abduction with Knee Extension)

Sitting on the edge of the seat, straighten one knee. While holding it straight, slowly move it out to the side, hold 3 seconds, then bring it back to the center. Repeat with other leg.

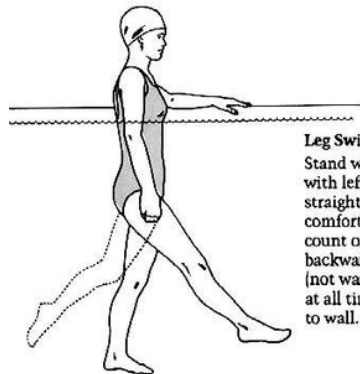
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Leg Swing (Hip Flexion/Extension)

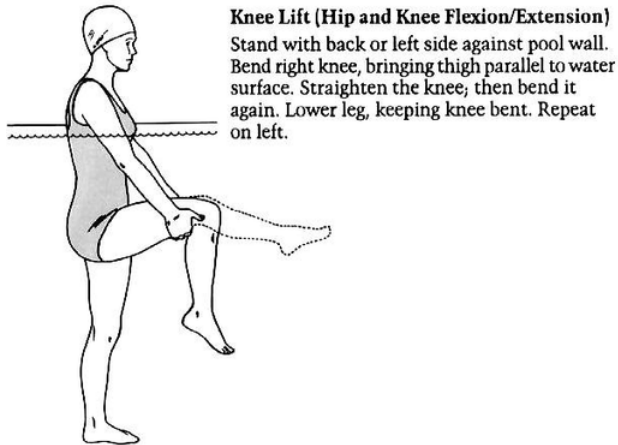
Stand with left side to pool wall holding wall with left hand for balance. Keep knees straight. Lift right leg slowly forward to a comfortable height. If possible, hold leg for a count of 5 second, then slowly swing leg backward. Motion should only occur in hip (not waist or neck). Keep upper body straight at all times. Repeat with left leg - right side to wall.



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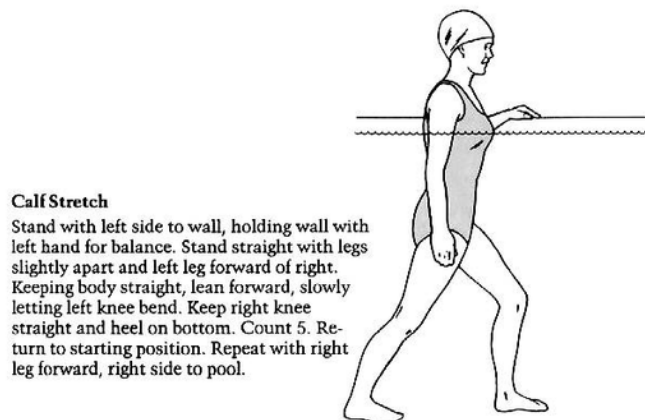
Knee Lift (Hip and Knee Flexion and Extension)

Stand with back or left side against pool wall. Bend right knee, bringing thigh parallel to water surface. Straighten the knee; then bend it again. Lower leg, keeping knee bent. Repeat on left.



Calf Stretch

Stand with left side to wall, holding wall with left hand for balance. Stand straight with legs slightly apart and left leg forward of right. Keeping body straight, lean forward, slowly letting left knee bend. Keep right knee straight and heel on bottom. Count 5. Return to starting position. Repeat with right leg forward, right side to pool.



Side Leg Lift (hip Abduction and Adduction)

Stand with left side to pool wall, holding wall with left hand for balance, knees relaxed. Swing right leg out toward center of pool and back to midline. Do not cross in front of left leg. Repeat with left leg - right side to wall.

Side Bend (Flexion)

Place hands on hips and, without moving your feet, bend slowly toward the right; then return to starting position and bend to the left. Do not twist or turn the trunk. Arms may hang at the side, if preferred, and as you lean to the right, let the right hand slide down the thigh. Repeat on the left.

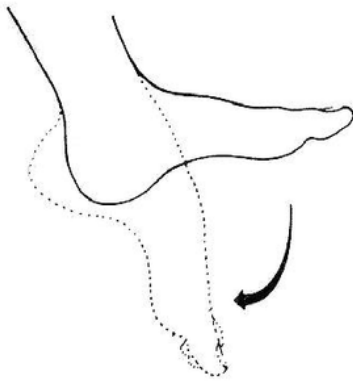
Ankles/Foot

Ankle Bend

Sit with back supported and slowly straighten your knee. While holding the knee straight, bend the ankle and point the toes. Then reverse to point them toward the ceiling.

Ankle Bend (Dorsiflexion/Plantar Flexion)

Sit with back supported and slowly straighten your knee. While holding the knee straight, bend the ankle and point the toes. Then reverse to point them toward the ceiling.



Toe Curl (Flexion/Extension)

Curl right toes down and then straighten them out. Repeat with left foot.

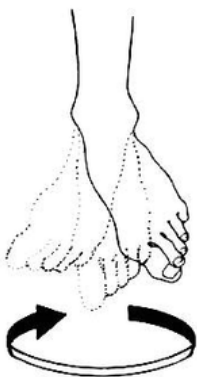
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Curl right toes down and then straighten them out. Repeat with left foot.



Ankle Circles (Dorsiflexion/Plantar Flexion and Inversion/Eversion)

Sit with back supported and slowly straighten your knee. While holding the knee straight, make large inward circles with the foot, moving from the ankle. Then repeat circles in the opposite direction. Repeat with other foot.



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