

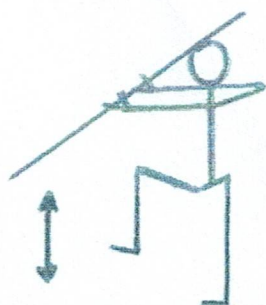
HYDROTHERAPY EXERCISES

1. With feet about one foot apart, raise and lower both heels x 10

2a. Stand on left foot, raise left heel x 10

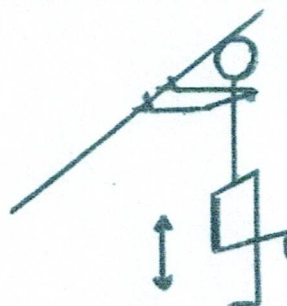
2b. Stand on right foot, raise right heel x 10

2c. Lean towards pool side, keep toes on floor, bend and stretch alternate knees x 10



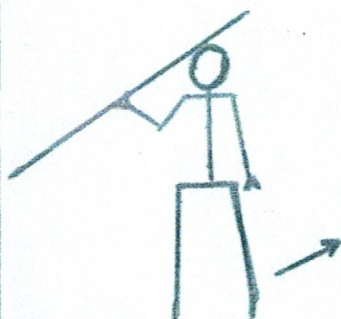
3. Walking on the spot

Bend and Stretch alternate knees



4. Bend alternate knees backwards

ie take your heel to your bottom



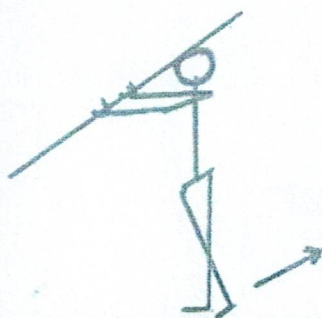
5. Raise leg sideways

Do not allow water to outstretch your leg



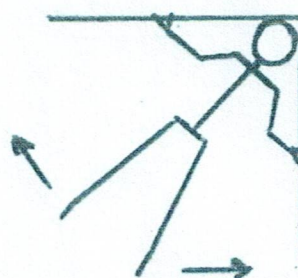
6. Stretch leg forwards With straight knee

NB do not produce leg pain



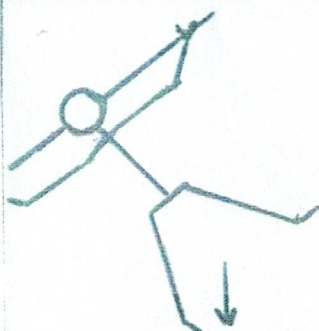
7. Stretch leg backwards

NB
Keep back straight



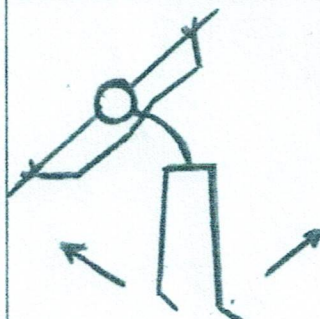
8. Floating on back

Keep knees straight
Push feet apart
Pull together



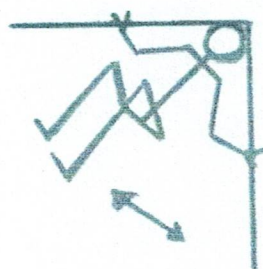
9. Floating on back

Keep knees straight
Push alternative feet to floor of pool
Add ring onto ankle for further resistance



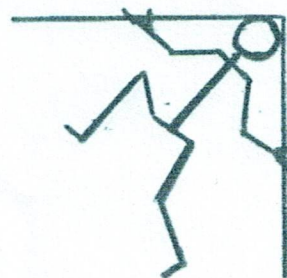
10. Floating on back

With support under hips/knees. Swing body from side to side. Move from the waist



11. Floating on back

With ring under knees
Roll knees from side to side



12. Floating on back

"Bicycling"