**Hydrotherapy exercises**

Warm-up before starting!

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

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

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

For the exercises below, please try to maintain an upright posture and engage your core muscles:-

|  | 1. Walking on the spot   Bend and stretch alternate knees |
| --- | --- |
|  | 1. Bend alternate knees backwards   i.e. Take your heel to you bottom |
|  | 1. Raise leg sideways   Do not allow water to over stretch you leg |
|  | 1. Stretch leg forward with a straight knee   NB. Do not produce leg pain |

Notes\*

Walking forwards, backwards & sideways in the water, all help to strengthen the core muscles and improve balance.

If any of these exercises cause pain or discomfort, please STOP.

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