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Hydrotherapy Exercises in water

1. Walking in Water against the resistance pressure of the water

Move Forwards

Backwards Sideways

Keep the feet + pelvis pointing directly forwards

Start with waist deep water and go progressively deeper to shoulder depth as you can.

Adjusting the speed of walk is also another way of adjusting the resistance – the faster the movement the more the resistance and vice versa.

- 2. Stand with body sideways onto the wall and hold on with hand nearest the wall for balance Swing the leg furthest away from the wall back and forth as hard and / or as fast as possible as possible against the water in a forward/backward direction.
 - Swing leg along the diagonal as in making an 'X' with foot where centre of the 'X' is where your foot is when you are standing normally!
- 3. Stand with feet flat on floor, while bending knees and hips to bring shoulders level to surface of water. Lift arms directly up to the surface in front of you.
 - Sweep the hands as far as possible from one side to the other as far as possible by rotating the upper body and shoulders while keeping the body upright.
 - Feel the force of the movement on the arms against the water. Do not allow arms to drift behind body movement keeps arms directly to the front.
- 4. Lie/float on back (best done in the corner of the pool if possible) and brace the upper body by holding onto the pool edge / bars with the hands. The legs should also be on the surface of the water.

Turn the legs from the hips to point the heels to one side. Brace the back.

Push the heels along the surface of the water in the direction they are pointing by extending the hips and back.

At the extreme of available movement turn the heels to face the opposite direction and push the legs as far as possible in the opposite direction.

Feel the force of the movement against the water.

5. Lie/float on back (best done in the corner of the pool if possible) and brace the upper body by holding onto the pool edge / bars with the hands

Keeping the legs on the surface of the water and keeping legs together sweep the legs as far as possible from side to side by bending the body sideways. Keep the body and legs in good straight alignment

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6. Lie/float on back (best done in the corner of the pool if possible) and brace the upper body by holding onto the pool edge / bars with the hands. The legs should also be on the surface of the water.

Force the heels downwards towards the floor as fast as possible against the water by extending the hips and back. Keep legs together.

Allow the legs to float gently back to surface before repeating.

7. Lie/float on back (best done in the corner of the pool if possible) and brace the upper body by holding onto the pool edge / bars with the hands. The legs should also be on the surface of the water.

Brace the back/body and pull the knees and feet up and down together as far as possible as quickly as possible – start gently and build up speed as allowed

Alternately use a cycling type action with the legs.

Alternately float on the surface and hook your feet onto the bar if possible and pull yourself in and out from the wall while floating on the surface.

(Another person could hold your feet but they need to be well braced when they stand to do this). You can increase the resistance by having your arms out from side, down by your side, in the streamline position