

Hydrotherapy Exercises

Walking forwards	include arm swings	4x15m each
Walking backwards		
Walking sideways	lateral arm swings	
Leg swings forwards and back	keep back from swaying	3x10
Lateral leg swings		
Leg circles each way	back braced	
Squats and extend up	push up on toes	x12
Single leg squats and extend		2x10 each leg
Body and arm rotations	arms straight and 90° twists	x12
Pool buoy pull downs	lateral and frontal	3x10

Kickboard

Breaststroke, freestyle and backstroke as tolerated and recommended by your physiotherapist