

# **SAMPLE AQUATIC EXERCISE CLASS for LATE EFFECTS of POLIO**

## **COMPONENTS**

WARM-UP – 5 minutes

Lap swimming as able

Walking – forwards, backwards, sideways, grape vine, lunges, heels, toes

FLEXIBILITY – 10 minutes

LOWER LIMBS – calf, quads, hamstrings, hip flexors, glutes, adductors.

UPPER LIMBS – biceps, triceps, anterior and posterior shoulder, wrist.

NECK

LOWER LIMB STRENGTHENING - 7 minutes

BALANCE- 5 minutes

UPPER LIMB STRENGTHENING - 7 minutes

CORE STABILITY - 5 minutes

AEROBIC EXERCISE - 12 minutes

WARM DOWN – 5 minutes

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