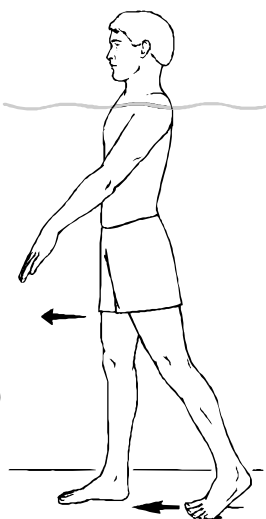


GAIT - 1
Forward Walk

Step forward with one leg.
Strike pool bottom with heel.
Rolling over foot, bring other
leg forward.

Session:
Walk 1 minutes.
Do 1 sessions per week.

Arm movement:
 Swing, elbows straight (UEP-1)
 Swing, elbows bent (UEP-2)
 Breaststroke (UEP-3)

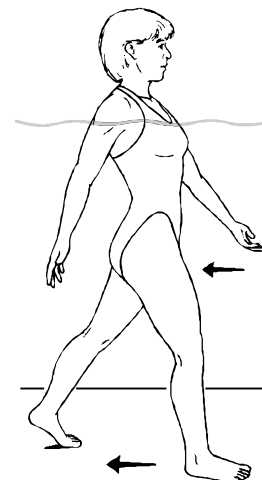


GAIT - 2
Backward Walk

Step backward with one leg.
Strike pool bottom with
front of foot. Rolling back
onto foot, bring other leg
backward.

Session:
Walk 1 minutes.
Do 1 sessions per week.

Arm movement:
 Swing, elbows straight (UEP-1)
 Reverse breaststroke (UEP-8)
 Figure eight (UEP-6)

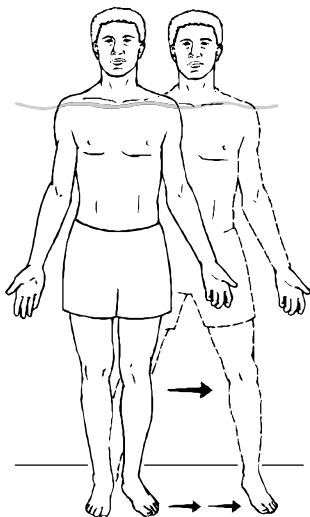


GAIT - 3
Side Step

Move one leg out to side
with knee slightly bent, then
bring other leg to it.

Session:
Walk 1 minutes.
Do 1 sessions
per week.

Arm movement:
 Figure eight (UEP-6)
 Diagonal up, out (UEP-9)
 Horizontal abduction/
adduction (UEP-10)

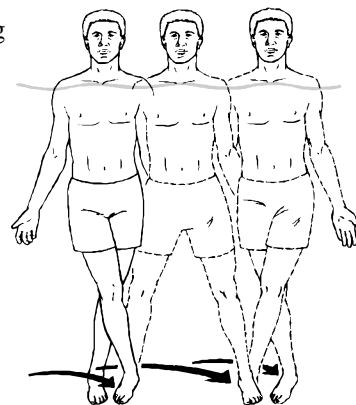


GAIT - 4
Grapevine Walk

Cross one leg in front, bring
back leg out to side, then
cross first leg behind the
other and front leg out to
side.

Session:
Walk 1 minutes.
Do 1 sessions
per week.

Arm movement:
 Out at chest level
 Figure eight (UEP-6)
 Up and over (UEP-7)



LOWER LIMB STRETCHES

CALF STRETCH: Standing with balls of feet on the first step keep knees straight and push heels towards pool floor
HAMSTRING STRETCH: Standing facing the steps, put heel of right leg on 2nd or 3rd step, keeping knee straight, bend forward at hips (chest towards knee) stretching right hamstring. Hold 10 secs. Repeat 3 times
Repeat with left leg

QUADS STRETCH: Standing facing the wall, keep thigh of right leg flat against the wall, bend right leg at the knee bringing heel to buttocks, stretching front of right thigh
Hold 10 secs repeat 3 times
Repeat with Left leg

UPPER LIMB FLEXIBILITY

Hold noodle at both ends and float on water surface

Keeping elbows straight lift noodle above head hold for 5 secs and then lower slowly - repeat x5

Lift noodle straight above head - as above- and then laterally flex alternately to the R and then the L x 5 then lower noodle slowly

Hold noodle at both ends and float on water surface - - rotate trunk to the L and then to the R gliding noodle across water surface - repeat x5 each side

NECK and UPPER LIMB STRETCHES

BALANCE EXERCISES

Attempt to maintain your balance, hands by side without holding on

Progress from

- (1) Standing with feet together
- (2) Standing heel to toe
- (3) Standing on one leg

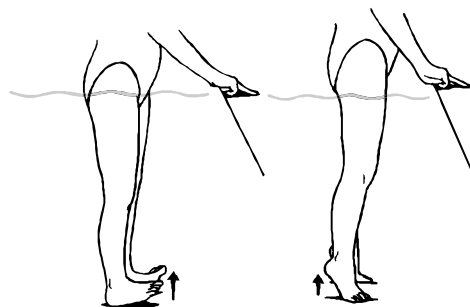
then try to maintain balance with eyes closed

HEEL AND TOE RAISES

Heels off the floor then slowly lower and lift toes off the floor

LOWER BODY - 24

Toe / Heel Raise



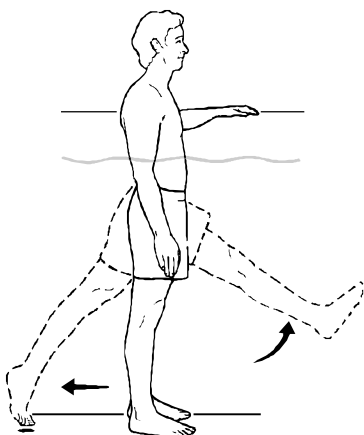
Gently rock back on heels and raise toes. Then rock forward on toes and raise heels.

Repeat sequence 10 times per session.
Do 1 sessions per week.

LOWER BODY - 14

HIP FLEXION EXTENSION WITH STRAIGHT KNEE

Brace abdominals keep trunk upright
Lift right leg forward as , knee straight, foot up. Pull leg down and back, leading with heel. Extend hip without arching back.

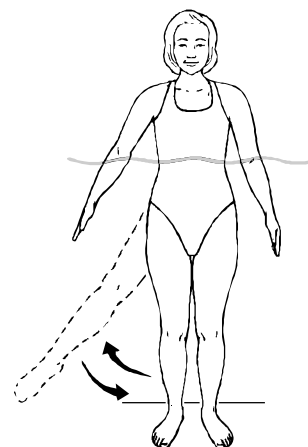


Repeat sequence 10 times each leg per session.
Do 1 sessions per week.

LOWER BODY - 8

Hip Lateral Abduction / Adduction To Midline

Brace abdominals - keep trunk upright.
Lift right leg out to side. Keep knee straight. Pull leg down to start. Repeat with left leg



Repeat sequence 10 times each leg per session.
Do 1 sessions per week.

GAIT - 6

March

Lift knee toward chest to 90° bend, then lower leg as knee is straightened.

Session:

March 1 minutes.

Do _____ sessions per week.

Arm movement:

___ Swing, elbows straight (UEP-1)

___ Breaststroke (UEP-3)

___ Overhand crawl (UEP-4)

___ Move: In place

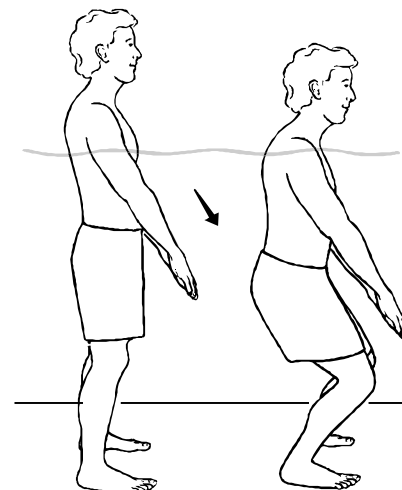


LOWER BODY - 17

Squat

Bend both knees lowering body.
Straighten knees and raise body.

Repeat 10 times per session.
Do 1 sessions per week.



POSTURE IN STANDING

feet shoulder width apart
knees slightly bent - not locked
abdominals braced
shoulders back and down
Sternum elevated
chin tucked in - neck long

STAND TALL

Keep shoulders as relaxed as possible and chin tucked in for all standing exercises

Awareness of breathing

CORE STABILITY EXERCISES

Stand with good posture chin in, sternum elevated, abdominals braced (navel to backbone), soft knees then:

BALL PASS:

Keeping arms straight and ball close to body pass ball from one hand to another around body

Pass ball under each alternate leg

ARM SWINGS

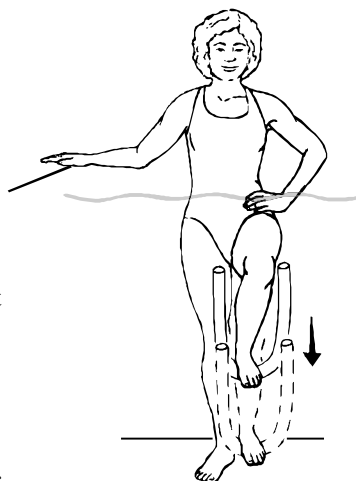
Swing both arms together at side of trunk
Progress by: increasing speed, adding paddles, standing on one leg, standing with 1 foot on a noodle

LOWER BODY - 13

Hip / Knee Extension, Resisted Using Buoyant Object

Lift and bend left leg. Place buoyant object under foot. Push buoyant object down by straightening hip and knee. Control upward movement of noodle back to start position. Repeat with right leg.

Repeat 10 times per leg per session.
Do 1 sessions per week.



TRUNK - 2

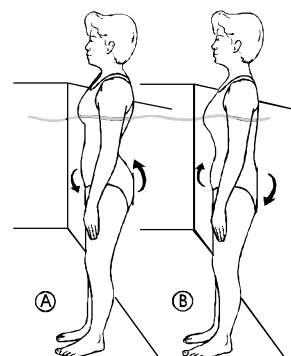
Pelvic Anterior / Posterior Tilt / Pelvic Rock

Stand with upper back and buttocks touching wall, feet _____ inches from wall, knees relaxed.

- A. Anterior tilt: Raise chest and arch back slightly.
- B. Posterior tilt: Contract abdominals and flatten back.

Rock 5 times per session.
Do 1 sessions per week.

X Progression: Perform pelvic tilt away from wall.



CORE STABILITY 2

Stand with good posture: chin in, sternum elevated, abdominals braced (navel to back bone), soft knees then:

NOODLE PUSHDOWNS

Using hands and forearms to hold noodle against thighs slowly control movement of noodle up to surface of water then back down

LOWER LIMB NOODLE PUSHDOWNS

Place middle of noodle under one foot, ends up, standing on the other foot, bend knee and control the noodle rising slowly to the surface then push it back down. Use hands to help control then let go to increase difficulty

TRUNK - 8

Spine Stabilization, Sitting Suspended on noodle
Sit in the neutral pelvis position with feet OFF pool bottom.

Hold position 10 seconds.

- Hold position while you:
- Lift and hold R arm out of water - repeat with L arm
 - Straighten and bend right knee 5 times repeat with L leg
 - Combine leg and arm movement R and then L side x5.
 - Move arms in breaststroke forwards x5, backwards x5.

If you can no longer hold a neutral pelvis, stop, relax trunk muscles, correct position and resume.



UPPER BODY - 12
Shoulder (Scapula) Retraction

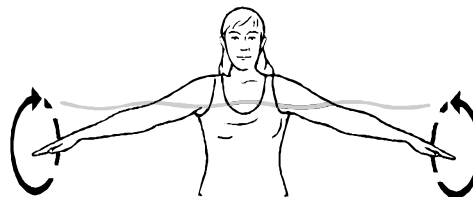
Pull shoulders back, squeezing shoulder blades together. Then circle shoulders backwards

Repeat 10 times per session.
Do 1 sessions per week.

 Position: Standing



UPPER BODY - 17
Straight Arm Circles

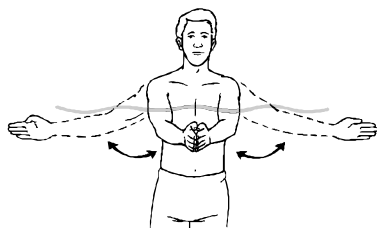


With palms down, hold both arms straight out from sides. Make circles, increasing from baseball size to basketball size, then decrease. Complete circles forward first, then backward.

Repeat 10 times each direction per session.
Do 1 sessions per week.

 Hand Variation: Thumbs down
 Position: Standing

UPPER BODY - 1
Shoulder Horizontal Abduction / Adduction, Elbows Straight

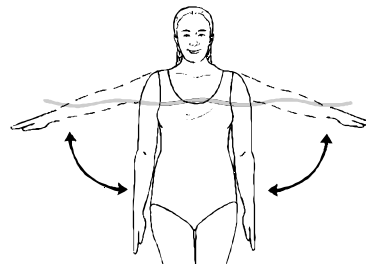


Hold arms forward at chest level, elbows straight, thumbs up. Move both arms apart, out from midline. Then move arms forward to start position.

Repeat sequence 10 times per session.
Do 1 sessions per week.

 Hand Variation: Palms up
 Position: Standing

UPPER BODY - 2
Shoulder Lateral Abduction / Adduction, Elbows Straight



With arms at sides, thumbs forward, lift both arms out from sides to chest height. Then pull arms down to start position.

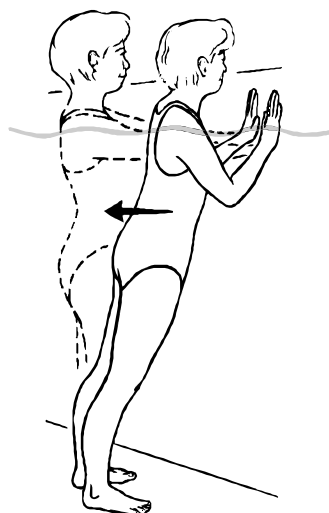
Repeat sequence 10 times per session.
Do 1 sessions per week.

 Hand Variation: Palms forward
 Position: Standing

UPPER BODY - 28
WALL PUSHUPS

Stand with palms on wall together, elbows bent. Straighten arms, pushing away. then bend elbows to return to starting position

Repeat 10 times per session.
Do 1 sessions per week.



AEROBIC EXERCISE - LOWER LIMBS

LAP SWIMMING

STRADDLING NOODLE- breaststroke arms- fwds, bwds

SUPPORTED - NOODLE UNDER ARMS- deep water

Cycling forwards and backwards

Legs apart and together

Straight leg kicking

Scissor kicking

X country Skiing

Corkscrew keeping trunk upright

Leg swing throughs - supine to prone and back