

# Aquatic Exercises: Benefits and Rationale

**ESSENTIAL FIRST STEP:** Clear with a doctor that this is a safe and appropriate modality for you. Due to the information just provided on water properties, it may be inappropriate or dangerous to work out in water.

SO, NOW WHAT?

## IDEAS



1. **WALKING:** forward, backward, side to side, big strides, big arms. If you walk with intention and emphasis of movement you will feel it as a whole body work out.
2. **LEG EXERCISES:** Stand upright, keep torso from moving requiring core engagement and swing leg forward and back in water.
3. **KNEE EXERCISES:** Can either do in sitting or standing (seated is easier); hold core tight and kick knee out with same concept as hip with speed and intention of movement to make it easier or harder.
4. **SHOULDER EXERCISES:** any movement, strengthening exercise you do on land can be done in the water with same form considerations and pain free range of motion.
5. **IDEAS FOR CORE:** 1. kickboard kicks or hold onto edge of pool; make your body go horizontal and kick legs 2. Pike sits: hold onto noodle or without and draw both legs up toward your arms as in picture. 3. kickboard push pulls and push downs: hold kickboard with both hands and brace against wall in staggered stance and push forward and back, then with hands on top of board push down and control upwards.



**BENEFITS:** Increased speed of healing, gravity lessened environment for pain relief and ease of movement, Multisystem challenge



## PROPERTIES:

Density: upward force equal to the amount of water your body displaces.

Buoyancy: offloading of a person's weight on joints

Thermodynamics: water's ability to hold heat (1000x more capable than air)

Viscosity: resistance increases in proportion to force exerted

Hydrostatic Pressure: reduces edema and increases blood flow

Slow and rhythmic = stretching and mobilizing; fast and controlled = strengthening. Also, can do swinging your legs out to the side and back.

