

GENERAL INSTRUCTIONS - 3

Fatigue

Signs of fatigue:

- Severe shortness of breath, breathlessness
- Vertigo, dizziness, or feeling faint
- Nausea or cold sweat
- Loss of sense of direction
- Flushed or red face
- Irregular or unusual heart rate
- Extreme weakness or sudden fatigue
- Pressure or pain in the arm, chest or throat

If you experience these feelings: Stop vigorous exercise, notify instructor or lifeguard, and ask for help.

Normal fatigue should only last 2-3 hours after aquatic exercise. If more than that, reduce the intensity of your next exercise session.

GENERAL INSTRUCTIONS - 4

Water / Air Temperature

Pool temperatures for therapeutic exercise should be: 86°F - 98°F (30°C - 37°C) unless otherwise instructed.

Exception: Pool temperature for people with Multiple Sclerosis should be 82°F or cooler, unless warmer is tolerated.

Lower temperatures can result in muscle tension.

Higher temperatures can result in overheating, fatigue.

Body temperature can be increased by wearing swimwear with longer legs, sleeves, tights, and using vests or jackets.

If the air temperature is cool in the pool area, bring in dry towels or cover-ups to put on immediately after exiting the water.

Desired water temperature: _____ Air temperature: _____

GENERAL INSTRUCTIONS - 5

Accessories

Have a plastic container for drinking water.
Drink water before, during, and after aquatic exercise.

You should use:

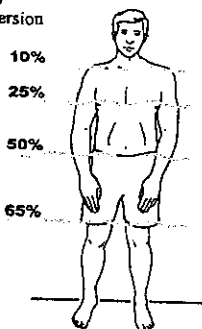
- ___ ear plugs
- ___ nose plugs
- ___ water shoes
- ___ head cap
- ___ splint or orthotic device
- ___ flotation or rail support

At all times:

- Wear a name tag.
- Keep necessary emergency medication at poolside.
- Have emergency information available at pool office or with instructor.

GENERAL INSTRUCTIONS - 6

Weight Bearing - Effects of Immersion



The amount of your body's weight which you support is reduced in water.

Standing, your weight bearing drops as water deepens, as shown in diagram.

GAIT - 1

Forward Walk

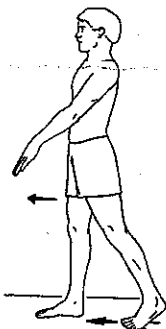
Step forward with one leg. Strike pool bottom with heel. Rolling over foot, bring other leg forward.

Session:

Walk _____ minutes.
Do _____ sessions per week.

Arm movement:

- ___ Swing, elbows straight (UEP-1)
- ___ Swing, elbows bent (UEP-2)
- ___ Breaststroke (UEP-3)



GAIT - 3

Side Step

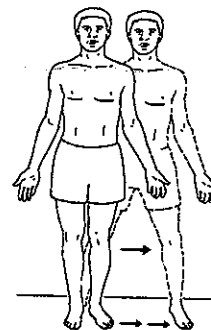
Move one leg out to side with knee slightly bent, then bring other leg to it.

Session:

Walk _____ minutes.
Do _____ sessions per week.

Arm movement:

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

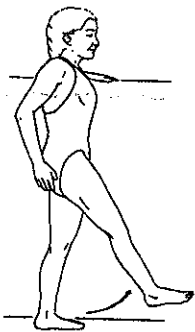


LOWER BODY - 4

Hip Flexion, Knee Straight

Lift **right** straight leg forward and up _____ inches.

Repeat _____ times per session.
Do _____ sessions per week.

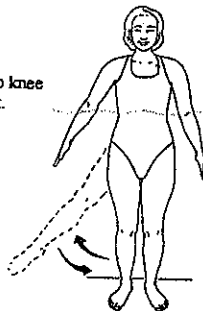


LOWER BODY - 8

Hip Lateral Abduction / Adduction To Midline

Lift **right** leg out to side. Keep knee straight. Pull leg down to start.

Repeat sequence _____ times per session.
Do _____ sessions per week.

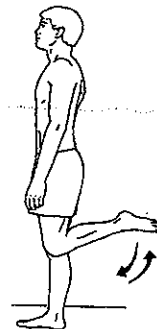


LOWER BODY - 15

Knee Flexion / Extension

Lift **left** heel toward buttocks, keeping knee straight down from hip. Straighten knee, pushing foot down to start position.

Repeat sequence _____ times per session.
Do _____ sessions per week.

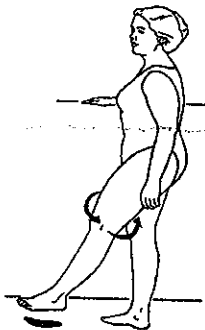


LOWER BODY - 18

Leg Circle

Raise **left** leg forward to comfortable height, knee straight. Circle same leg in front of body.

Repeat _____ times clockwise, then counterclockwise to complete session.
Do _____ sessions per week.

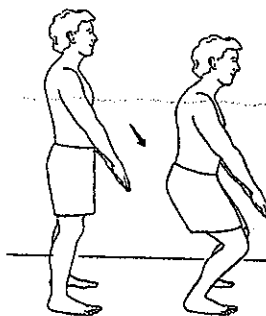


LOWER BODY - 17

Squat

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

Repeat _____ times per session.
Do _____ sessions per week.



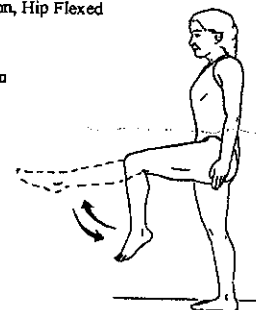
LOWER BODY - 16

Knee Extension / Flexion, Hip Flexed

Lift **left** leg forward, bending knee. Straighten knee and lift foot, then bend knee and return to start.

Repeat sequence _____ times per session.
Do _____ sessions per week.

___ Position: Standing



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

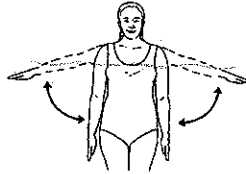


Hold arms forward at chest level, elbows straight, thumbs up. Move **both** arms apart, out from midline. Then move arms forward to start position.

Repeat sequence _____ times per session.
Do _____ 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 _____ times per session.
Do _____ sessions per week.

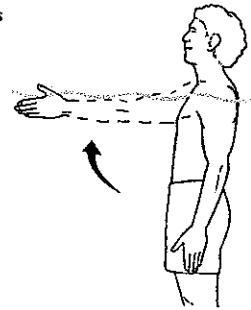
___ Hand Variation: Palms forward
___ Position: Standing

UPPER BODY - 5
Shoulder Forward Flexion to 90°

With arms at sides, thumbs forward, lift **both** arms forward to chest level.

Repeat _____ times per session.
Do _____ sessions per week.

___ Hand Variation: Palms forward
___ Position: Standing

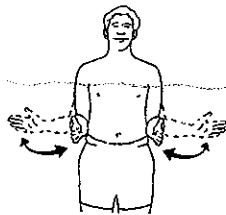


UPPER BODY - 13
Shoulder External / Internal Rotation, Elbows Bent

With elbows bent at 90° and close to body, thumbs up, move hands out, rotating at shoulders. Then move hands back to start, keeping elbows tucked.

Repeat sequence _____ times per session.
Do _____ sessions per week.

___ Hand Variation: Palms down
___ Position: Standing



DEEP WATER - 9
Bicycle

Move legs as if bicycling, bending each at hip, knee and ankle.

Bicycle _____ minutes per session.
Do _____ sessions per week.

___ Variation: Move backward by reversing movement.

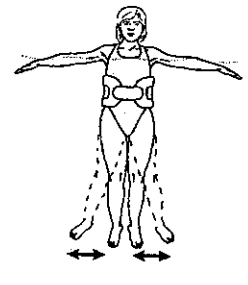


DEEP WATER - 7
Hip Abduction / Adduction

Move legs apart, then pull together. Keep knees straight.

Repeat _____ times per session.
Do _____ sessions per week.

___ Variation: Cross legs in front and behind in a scissors motion.



DEEP WATER - 13
Hip Flexion / Extension: Flutter

Move from hips, one leg forward, the other backward in short "flutter" kicks.

Flutter _____ minutes per session.
Do _____ sessions per week.

