

## Aquatic Exercise Program Progressions for Client

---

Date:

RELAX the SHOULDERS! Tall posture; chin level. While you move in the water it is challenging your balance and engaging your stability muscles... this is good! Keep pulling the shoulders away from the ears. Move around and feel good!

### WARM UP with WALKING:

- rhythmic, easy walk, full breaths from the belly, draw shoulder blades down the back – constantly check in with you breath and posture; arms moving opposite to legs
  - water is a slow motion medium – it supports you so you can work on an even step length, landing on your heel, pushing off with your toe, can you activate your buttock muscles to push off?
1. **Forward Walking** - arms are reaching forward and pushing away water (like the breast stroke), keep your hands below the waters surface, keep shoulders down (shoulder blades in 'back pocket'). – x6 lengths of the pool
  2. **Backward Walking:** easy backward steps, even step length, x4 lengths of the pool.
  3. **Walking Sideways**, leading with heel – x4 lengths of the pool.
  4. **Lunge walking** – make the biggest steps you can, its in slow motion and your body will go up and down. Just keep the pelvis looking where you are going (so inline with your head/eyes).
  5. **Skate/ski walk** – walking wide stance as if you are skating/skiing, even Right (R) and Left (L), 4 lengths
  6. **Walking on toes** – 1 length as comfortable – reintroducing the body's movement when you are 90% offloaded.
  7. Add a float/noodle – Cut a noodle in half, hold in 1 hand, walk, hold in other hand, walk.

### SHOULDER MOVEMENT

8. **Standing, feet one in front of the other:** arms at sides, sway arms and make a gentle figure 8 motion with the straight arms, opening the palms out to the sides. X10. As this feels easier you can sway your trunk forward and back. X 1-2 minutes.
9. **Push Noodle down in front** - full noodle, in chest deep water, using both arms, push noodle down in front and slowly let rise – x10, as tolerated.

### SUSPENSION

10. **Sitting on a noodle** - maintain head out of water, find stillness, arms out to sides. Can you turn 360 both ways? Maintain still position, arms floating, breathing easy, x 1 minute.

### WARM-UP / COOL-DOWN

**Ai Chi** –is a great full body movement with the rhythmic breath. Here are the 2 video's by the Ai Chi creator, Jun Kunno. The music is good, too. Part 1 - <https://www.youtube.com/watch?v=Wje4Y4E1CXA>; Part 2 - <https://www.youtube.com/watch?v=anplxTKNIHI>

## Aquatic Exercise Program Progressions for Client

---

Date:

- slightly more advanced but we did some part 2, too. The arms are supported by the water's buoyancy so there is no load on your neck. Keep shoulders submerged and away from your ears! When palms are open to the ceiling, you are opening and reaching and you breathe in; when palms down to floor you are closing and coming back to the 'home' position and breathe out.

Signed: *name, credentials*