

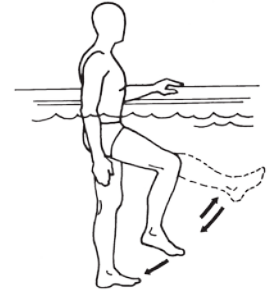
Lower Extremity Aquatic Home Exercise Program

Always begin each exercise with abdominals tightened and pelvis in neutral. Maintain this neutral spine throughout the following exercises.

1. Knee Lift / Kick

Begin with your feet shoulder width apart. Lift your right knee toward your chest, not higher than hip height, then straighten your right leg forward. Finally, bend your knee and return your foot to the floor of the pool. Repeat with left leg.

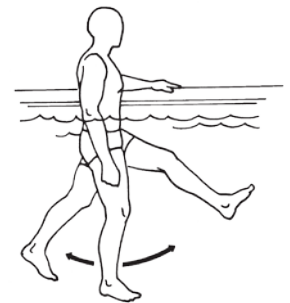
_____ repetitions _____ sets



2. Hip Flexion / Extension

Stand with your side to the wall and hold on to the pool deck. Lift the leg closest to the wall to a comfortable height. Reverse the direction of movement and press your leg backward. Keep your back in a neutral position through the entire exercise. Repeat with other leg.

_____ repetitions _____ sets



3. Squats

Stand facing the wall or ladder and hold on with both hands. Your feet should be shoulder width apart with knees pointing straight ahead. Push your buttocks down and back as if you are lowering yourself to a chair. Do not bring your knees over feet. Keep lower leg perpendicular to the pool floor.

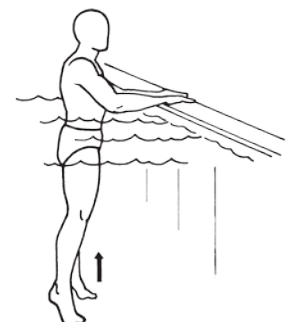
_____ repetitions _____ sets



4. Heel Lifts

Face the pool deck and hold on to the edge. Feet should be shoulder width apart. Raise yourself up onto your toes, then slowly lower your heels to the floor.

_____ repetitions _____ sets



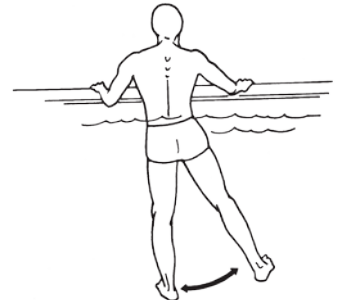
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5. Hip Abduction / Adduction

Stand facing the pool deck and hold on for balance. Keep hips and feet pointing directly at the wall. Lift your right leg out to the side as far as you can without bending your trunk to that side, keeping your hips level. Return right leg to starting position.

_____ repetitions _____ sets

_____ repeat with left leg

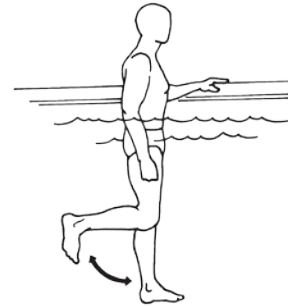


6. Hamstring Curls

Stand with your feet shoulder width apart. Lift your right heel toward your buttock, keeping your thighs parallel to each other and perpendicular to the floor. Return leg to starting position.

_____ repetitions _____ sets

_____ repeat with left leg.



7. Forward Lunge

Stand with your side to the wall and hold on to the pool deck. Step forward with your right leg, bending your knee no more than 90°. Keep your forward lower leg perpendicular to the bottom of the pool. Return to the starting position. Repeat with the left leg.

_____ repetitions _____ sets

_____ repeat stepping backward

_____ repeat stepping to each side

_____ repeat with both hands on hips

