



FISIOTERAPIE PHYSIOTHERAPY

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Swimming Pool NWB Exercises

REMEMBER THAT THE DEEPER YOU ARE IN THE POOL THE MORE BOUYANT YOU BECOME (IE THE LESS WEIGHT YOU BEAR) AND THAT YOU BEAR MORE WEIGHT AS YOU MOVE TOWARDS THE SHALLOW END OF THE POOL. FIND THE CORRECT DEPTH (USUALLY BETWEEN SHOULDER AND HIP DEPTH) THAT IS COMFORTABLE FOR YOU.

1. Jog on the spot in the pool.

- a. Jog while you catch your breath between the various exercises.

2. Star jumps on the spot.

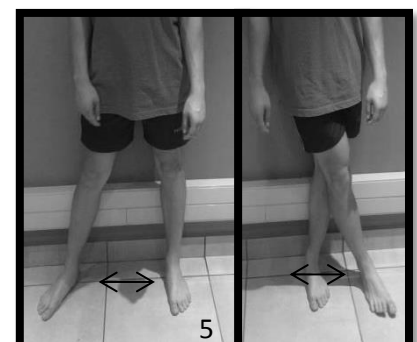
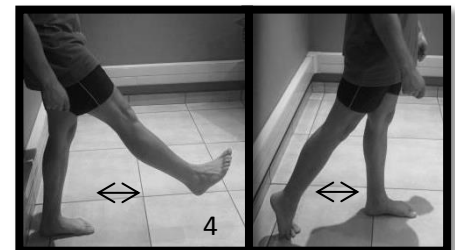
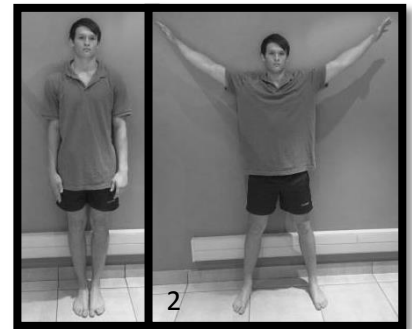
3. Splits on the spot.

4. Hip flexion / extension

- a. Moving at your hips move your foot forward and back

5. Hip abduction /adduction

- a. Move your leg away from your other leg.
b. Move it back until it touches the other leg.



6. High knees

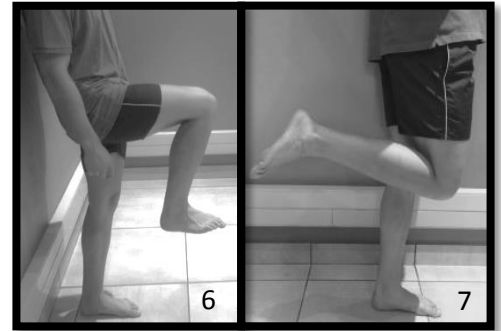
- a. Lift your knee as high as possible.

7. Heelups/kicks

- a. Lift your heel as close to your buttock as possible.

8. Hopping both legs

- a. Forward
 - 1. Stand steady on both legs. Find your balance.
 - 2. Jump slightly forward.
 - 3. Make sure to land with your knees slightly bent.
- b. Backwards
 - 1. Stand steady on both legs. Find your balance.
 - 2. Jump slightly backwards.
 - 3. Make sure to land with your knees slightly bent.
- c. Sideways
 - 1. Stand steady on both legs. Find your balance.
 - 2. Jump slightly sideways.
 - 3. Make sure to land with your knees slightly bent.



9. One leg hop

- a. When you are able to comfortably hop on both legs, repeat steps as above first on your healthy leg and then on the painful leg.
- b. Start this exercise in a pool and then progress onto dry land.
- c. Always remember that this exercise should not cause any pain.

