

HYDROTHERAPY EXERCISE CARDS

Index

1. Lower Limbs

2 Walking

3 Upper Limbs

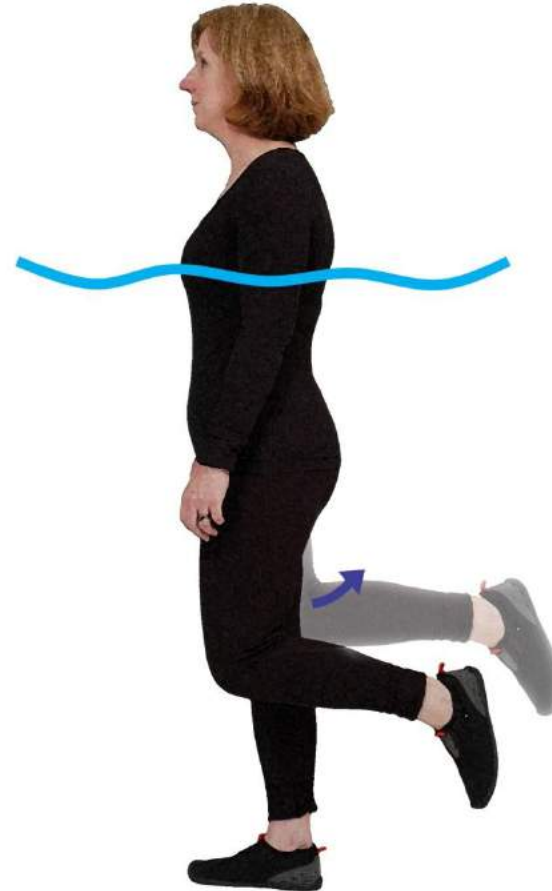
4 Strength and Balance

5 Instructions Cards

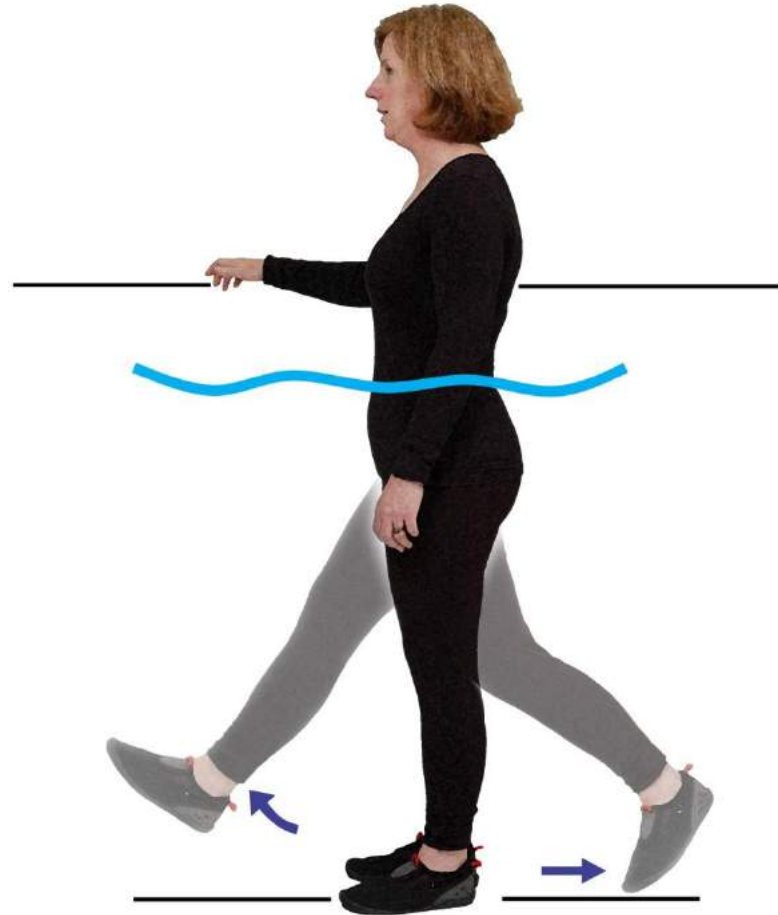
- Bend your knee



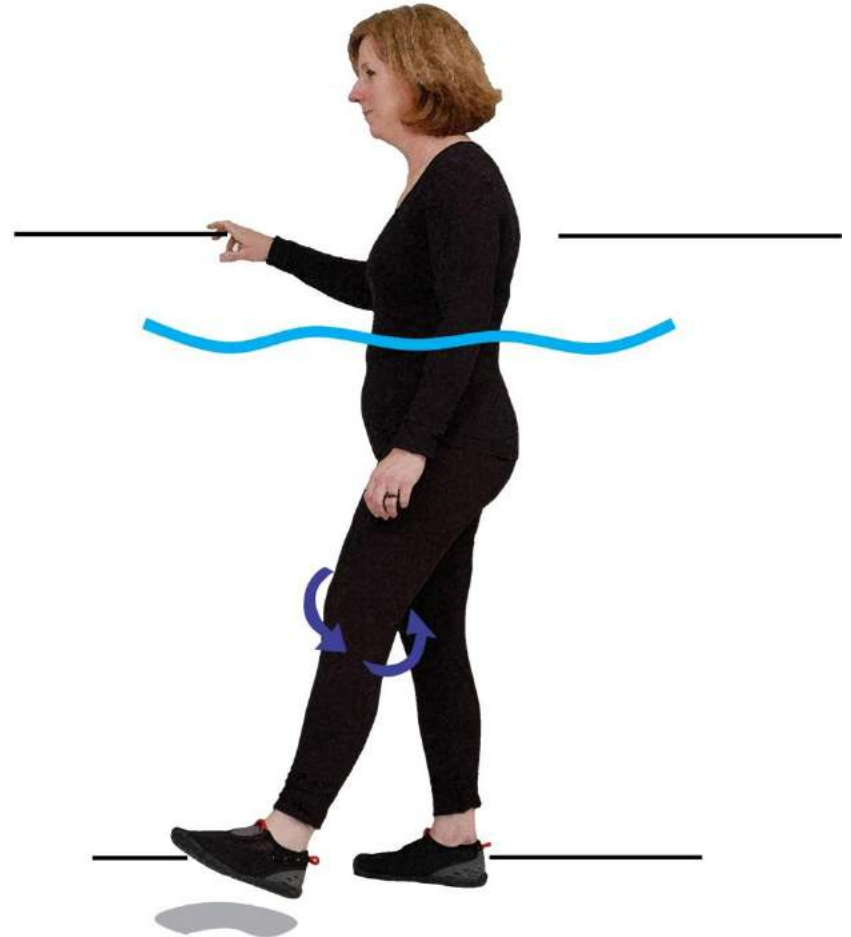
- Bend your knee
- Push your leg backwards



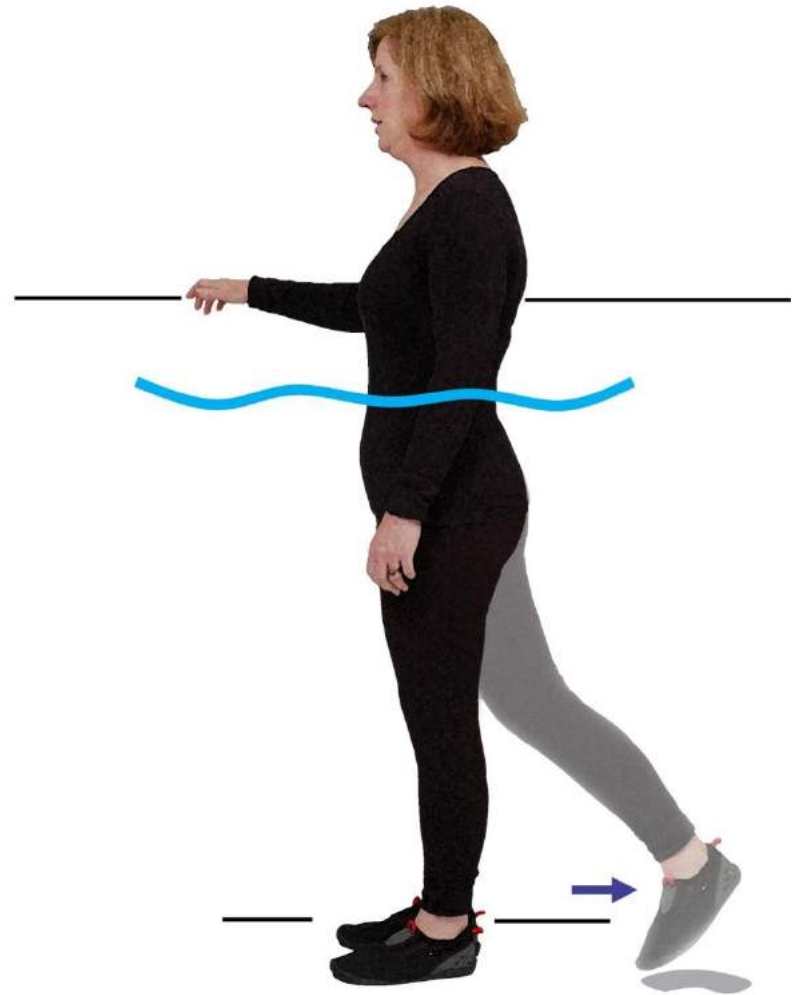
- Straighten your knee
- Swing your leg forwards and backwards



- Rotate your leg



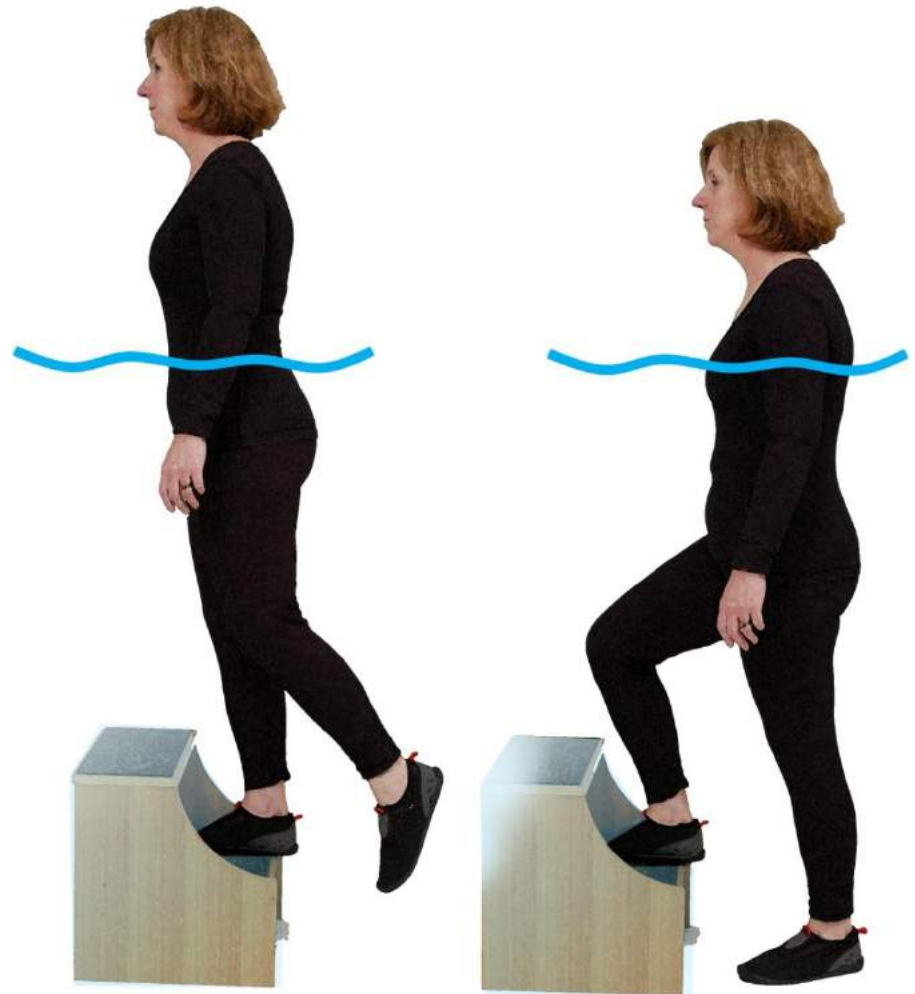
- Straighten your knee
- Push your leg backwards



- March on the spot
- Bend your knees



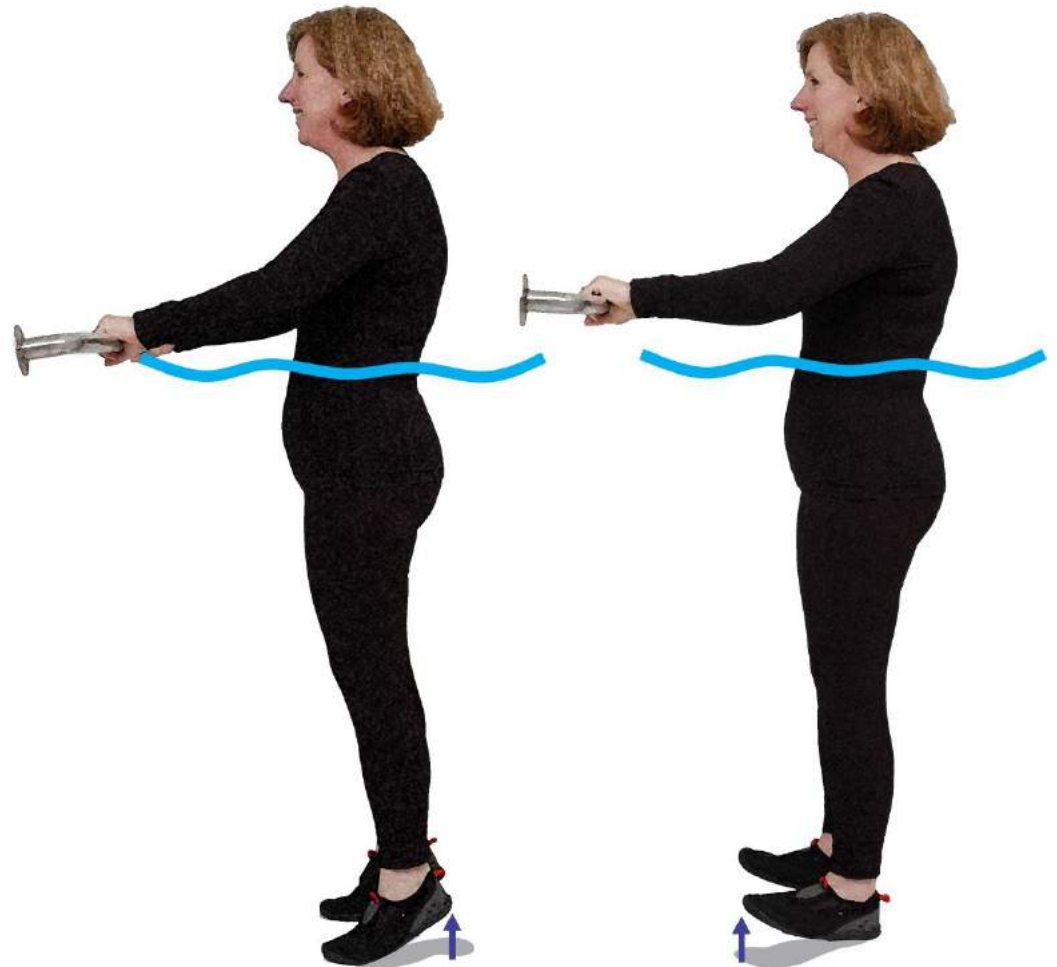
- Step up onto step
- Step down



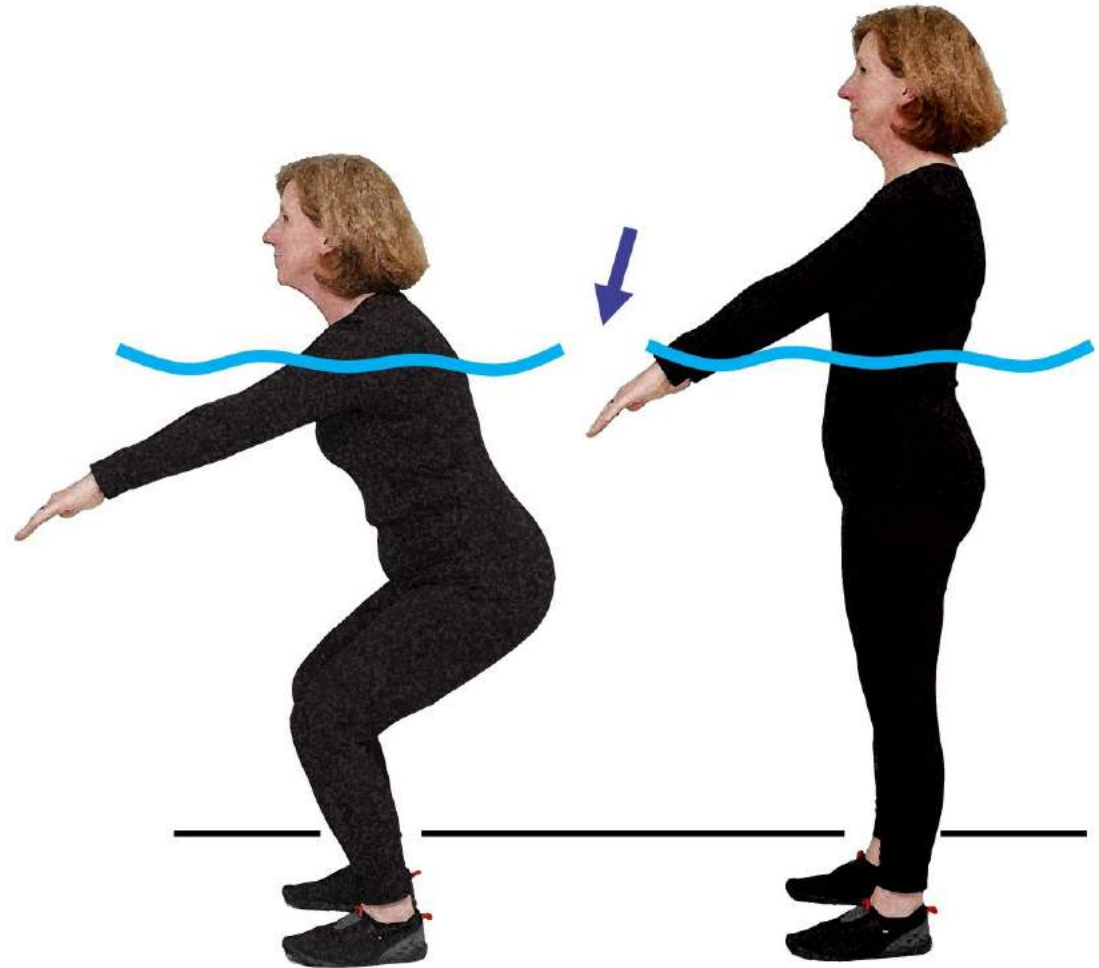
- Push your leg sideways



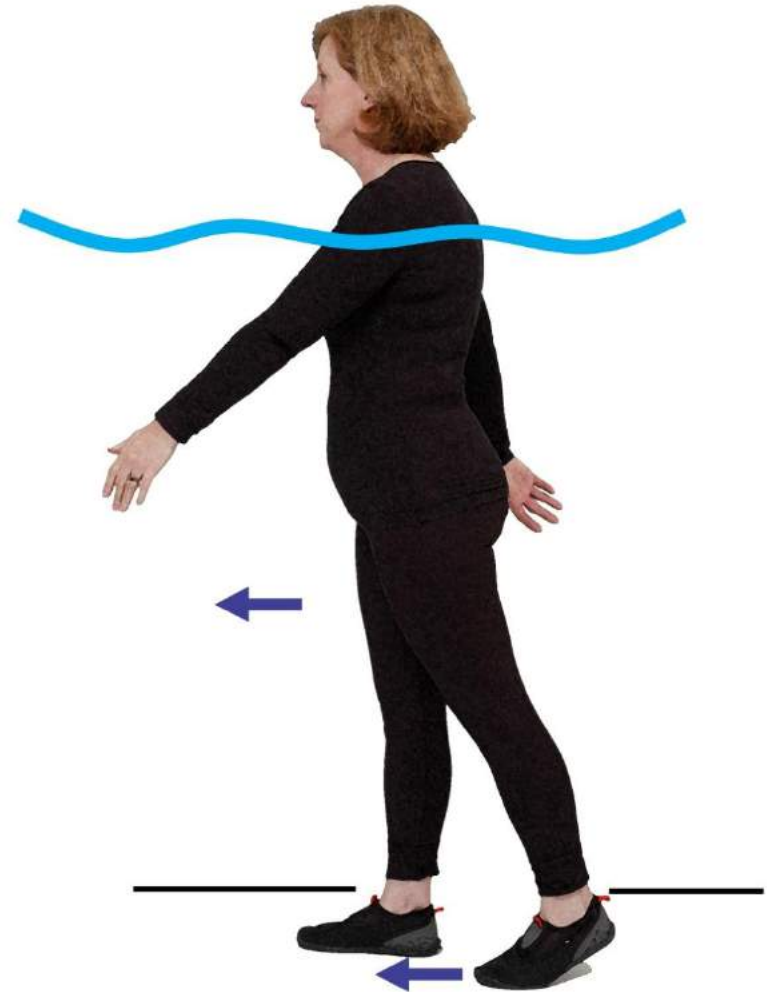
- Hold the rail
- Lift your toes
- Lift your heels



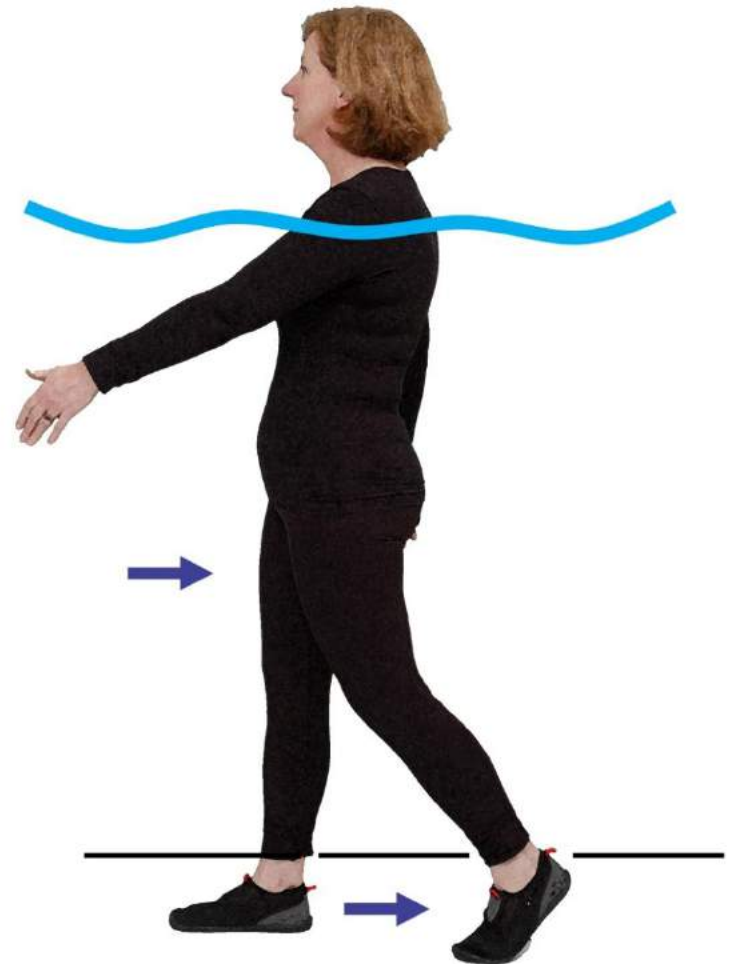
- Stand still
- Bend your knees



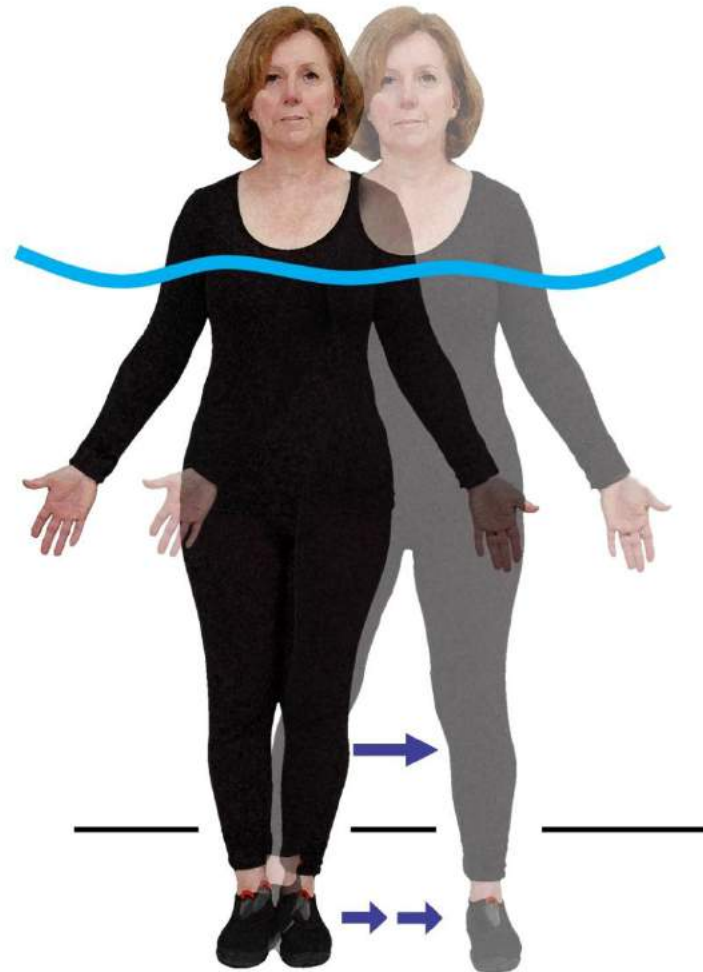
- Walk forwards



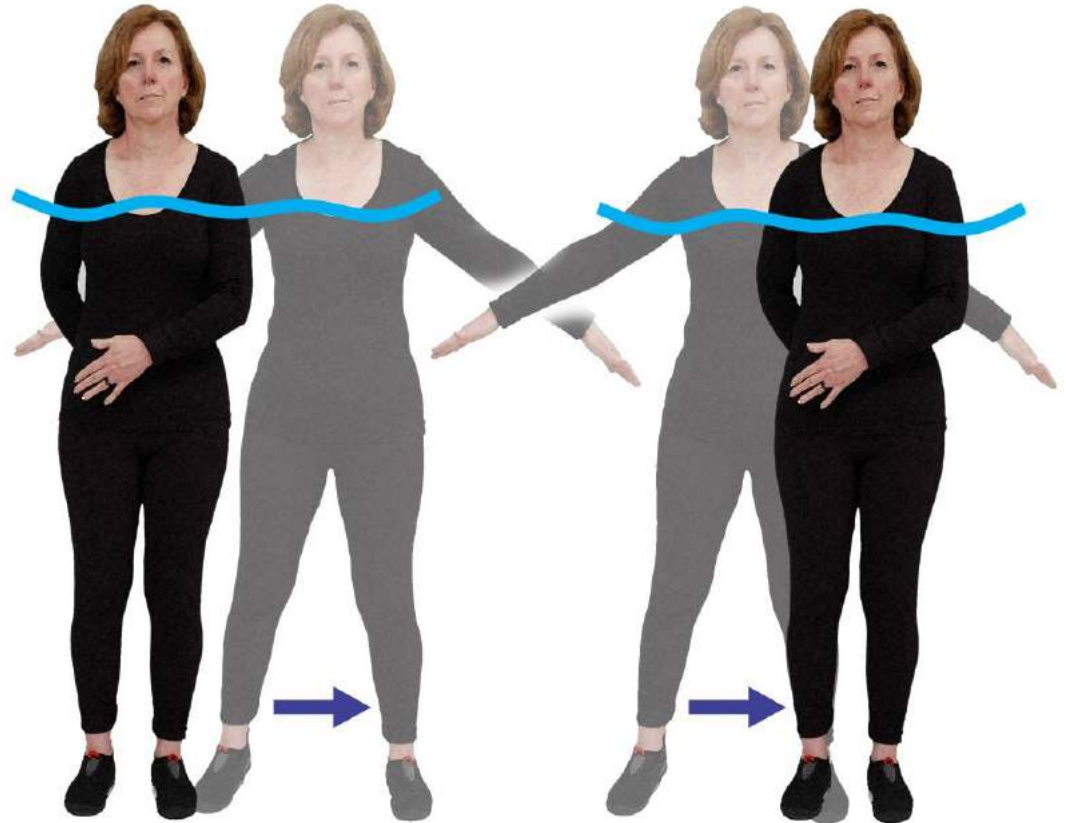
- Walk backwards



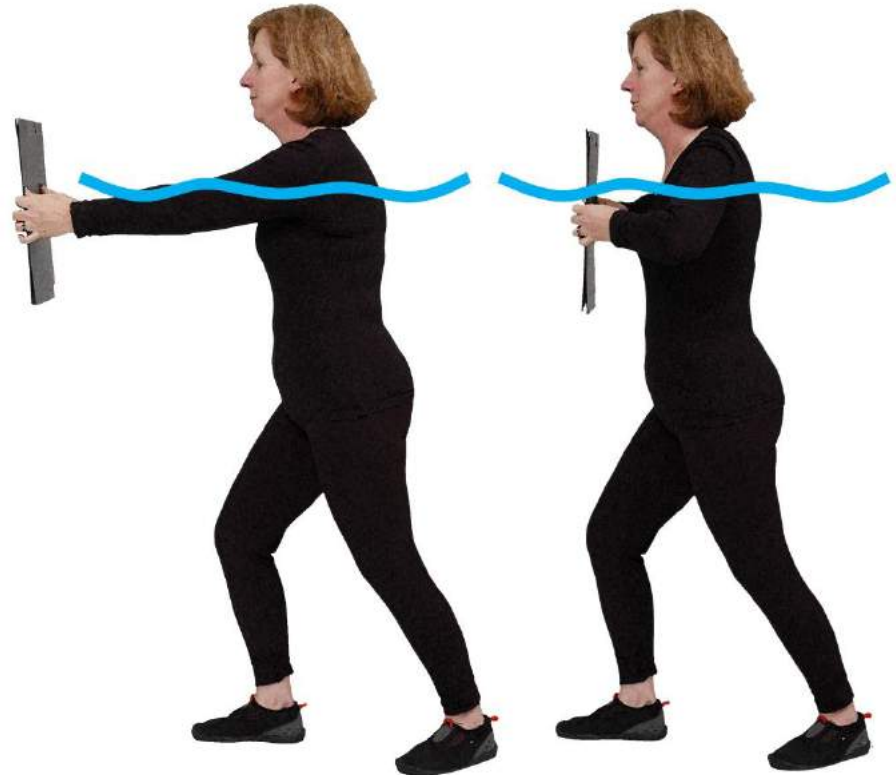
- Walk sideways



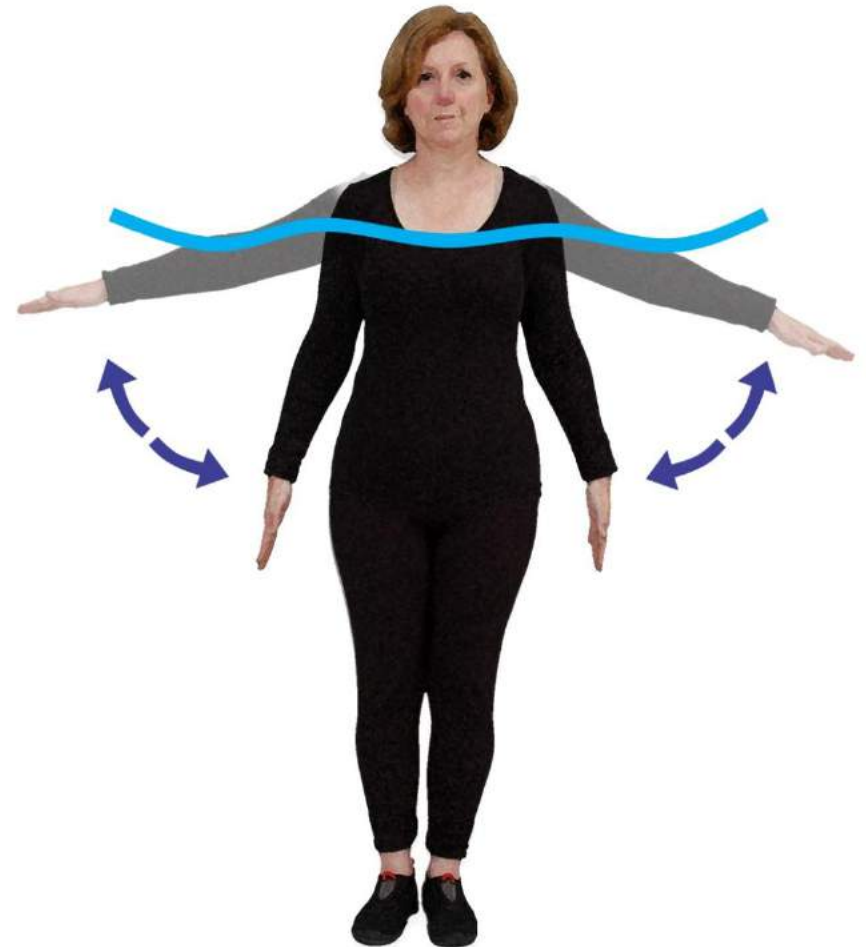
- Walk side ways
- Lift your arms sideways
- Pull your arms down



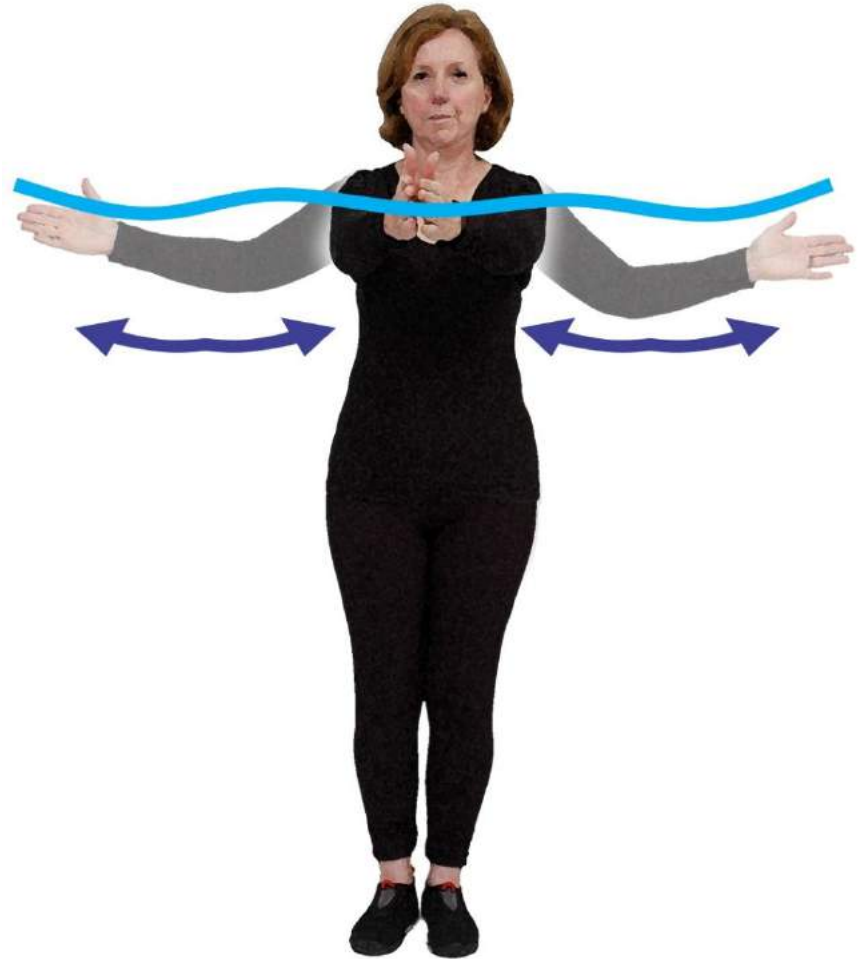
- Straighten your elbows
- Bend your elbows
- Walk forwards



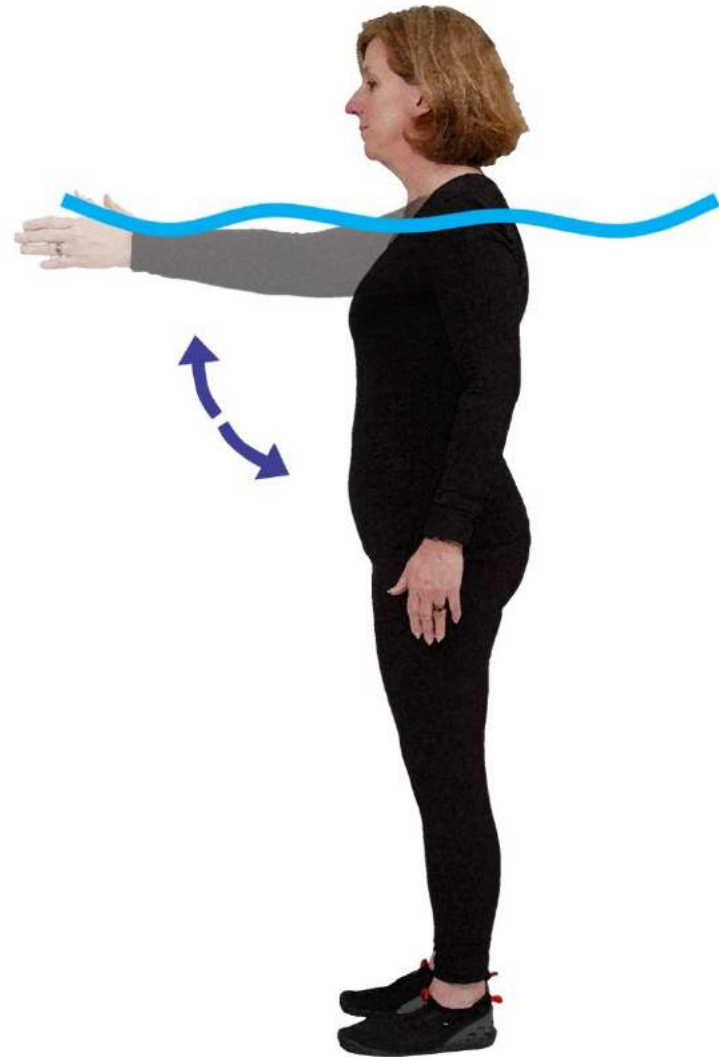
- Lift your arms sideways
- Pull your arms down



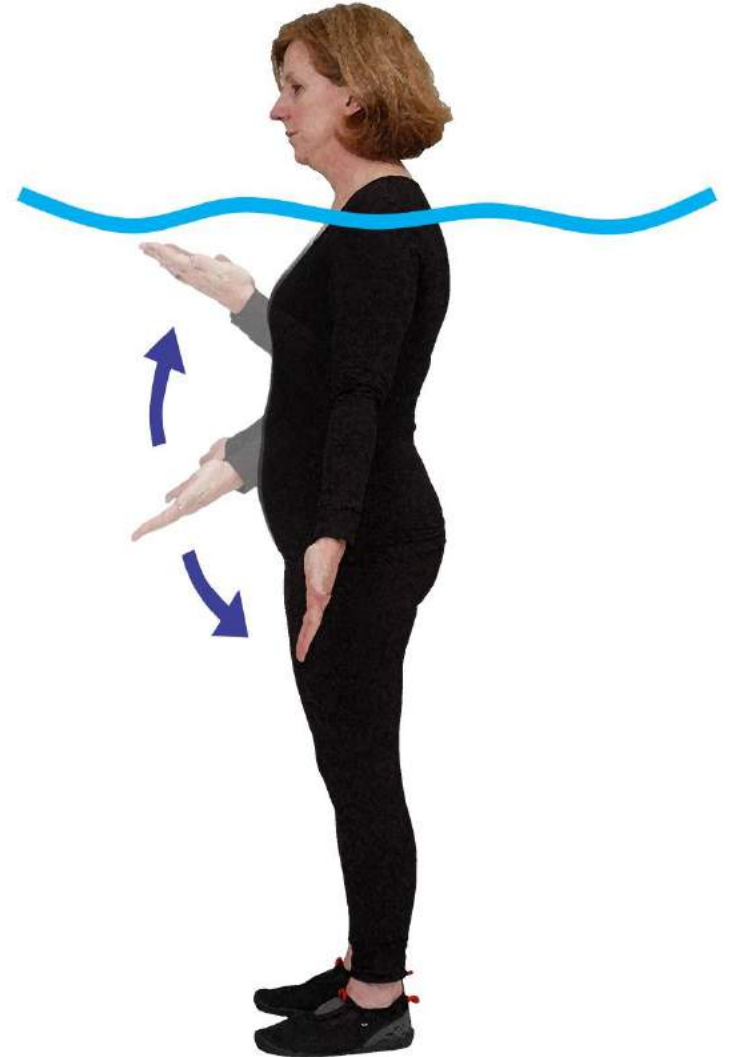
- Push your arms out sideways
- Pull your arms in



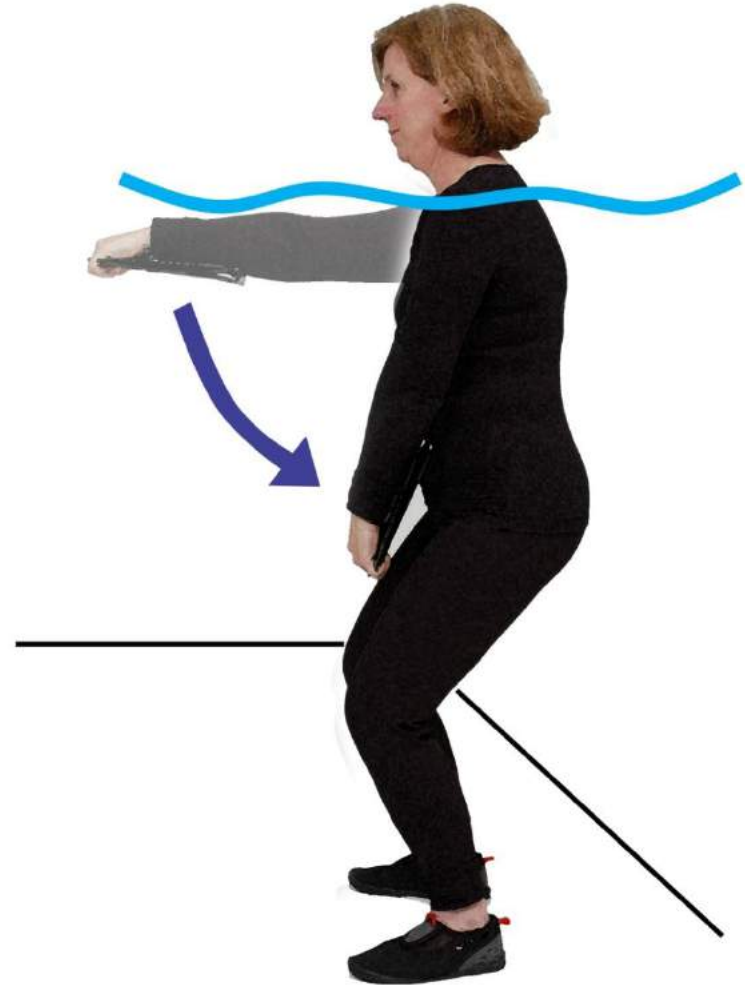
- Lift your arms forwards
- Pull your arms down



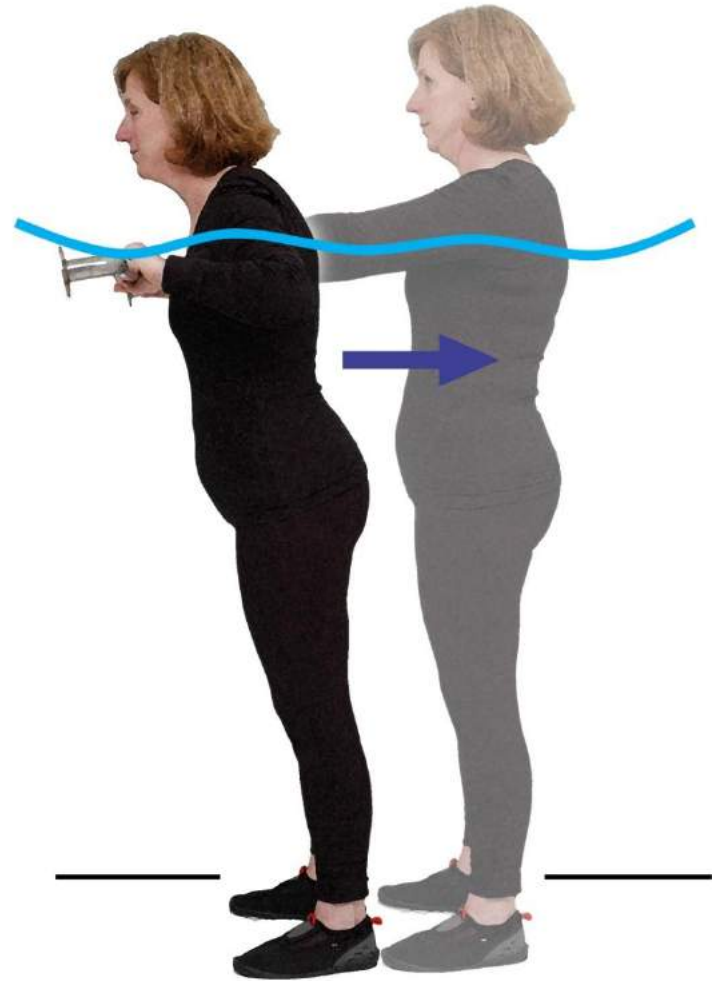
- Bend your elbows
- Straighten your elbows



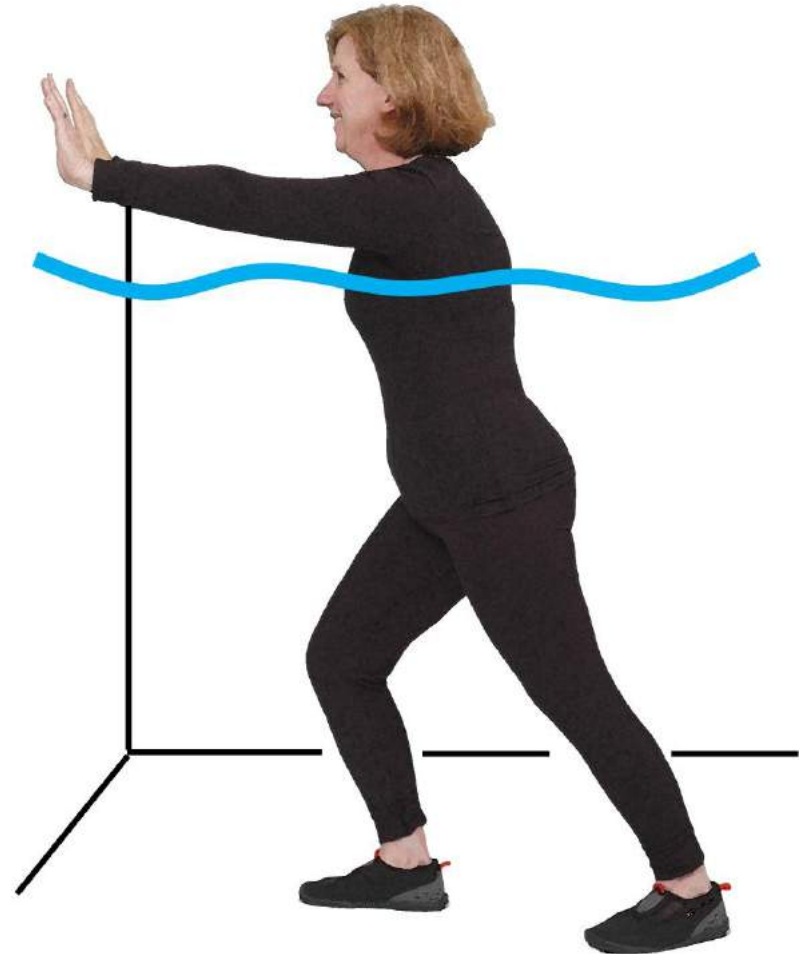
- Straighten your elbows
- Push your arms down



- Hold the rail
- Push away
- Straighten your elbows



- Bend front knee
- Straighten back knee
- Lean forward
- Keep both heels on floor



- Stretch
one arm
up
- Bend
sideways



- Turn to your right
- Turn to your left



- Straighten your knee
- Let your leg float
- Stretch
- Relax



- Stand still



Keep your balance

Let go of the rail

Face the rail

Stretch

Relax

- 1

- 2

- 3

- 4

- 5

- 6

- 7

- 8

- 9

- 10

Acknowledgements

Members of the working party

Lynelle Bartram, Narelle Payne, Rhonda Passlow, Linda Cooper, Meng Chen, Pauline McGrath, Meagan Dyson

And for assistance from consumer perspective

Tony Trajceski, Matilda Merlino, Rose Fish, Catherine