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01935 384590**

**SWIMMING POOL BASED
PHYSIOTHERAPY
EXERCISE PROGRAMME**
(Back Mobility and Core Stability)

Physiotherapy Department:
01935 384358

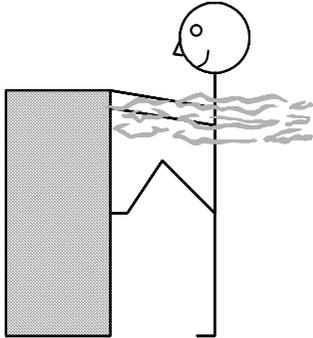
**Physiotherapy
Department**

GENERAL MOBILITY

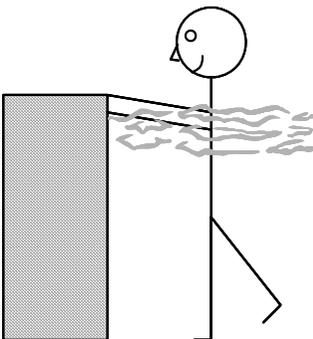
These exercises will help you to move more freely.

1. Walk up and down to warm up in chest deep water.

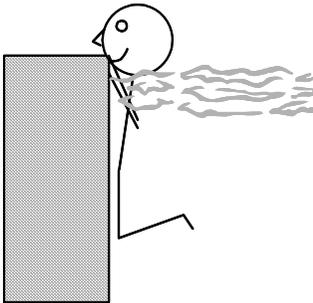
2. Lift knee up high to chest, let the water help.



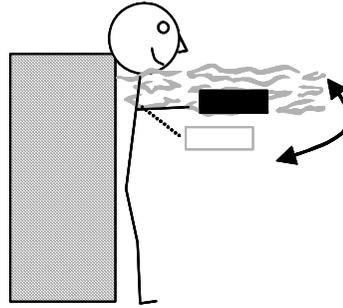
3. Lift leg backwards, let the water help.



4. Hang on to the side with your arms. Bend your knees, keeping your thighs against the side, swing your hips up the wall to your left, then the right.



5. Stand with your back to the wall, arms on a float, (keep your hips in contact with the wall).



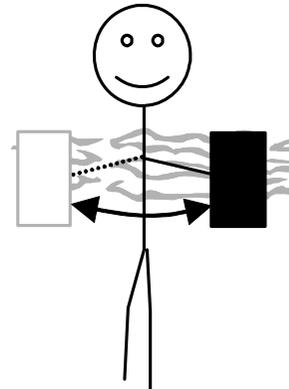
Twist your upper body to sweep the float from side to side.

CORE STABILITY

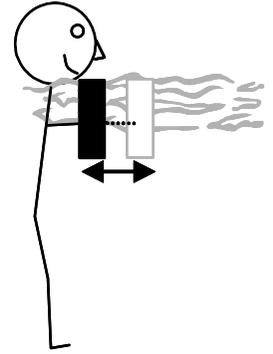
These exercises will help you strengthen your deep tummy muscles to help support your back.

You will need to tighten your lower tummy muscles during **all** these exercises.

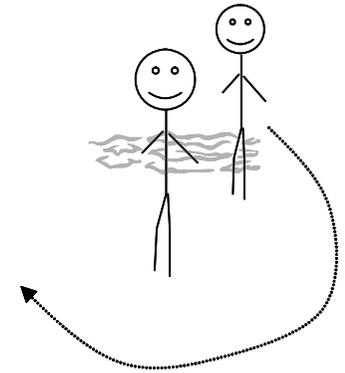
1. Hold a float vertically (or use the flat of your hand) and move it from side to side, under the water, keeping your balance.



2. Hold onto a float vertically in front of you. Push it away to arm's length and then pull it back to you, being sure to keep your balance.



3. If swimming with a friend, get them to walk around you creating turbulence while you stand still with arms by your side, keeping your balance.



To make the exercises more challenging, you can:

- Bring your feet closer together
- Stand on one leg
- Move float more quickly through water
- Make sure whole float is underwater
- Get someone to move more quickly around you
- Stand in deeper water