



### toe curls



**Start position:** Stand side-on to the pool wall holding on for balance if necessary with feet hip-width apart.

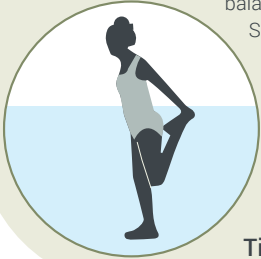
**Action:** Gently curl up your toes, then straighten them out without letting them touch the pool floor. Then scrunch toes pressing into the pool floor. Release and then repeat with other foot.

**Time:** 10 repetitions each side.

1

### quadriceps stretch

**Start position:** Stand side-on to the pool wall, holding on for balance if necessary, with feet hip-width apart. Shift weight on to your left leg.



**Action:** Bend your right knee behind you, take hold of your right ankle with your right hand and gently pull your heel toward your buttocks until you feel a gentle pull on the front of your thigh. Repeat with opposite leg.

**Time:** Hold for 30 seconds on each leg.

3

### back stretch



**Start position:** Stand at arm's length from the edge of the pool, holding on with both hands.

**Action:** Slowly push your hips backwards and gently lengthen the spine.

**Time:** Hold for 30–60 seconds.

5

### wrist bends



**Start position:** Place both arms out in front of you, with your palms facing in toward each other.

**Action:** Draw your wrists together and your fingers away from each other. Then press your fingertips together and draw your wrists away from each other.

**Time:** 10 repetitions.

7

### calf stretch

**Start position:** Stand facing the side of the pool wall, holding on for support. Feet hip-width apart.

**Action:** Take the left foot out behind you, making sure your toes are pointing straight ahead. Keeping the left knee straight, bend your right knee and gently lunge toward the pool wall until you feel a stretch in your left calf. Release and repeat with the right leg.

**Time:** Hold for 30 seconds on each leg.



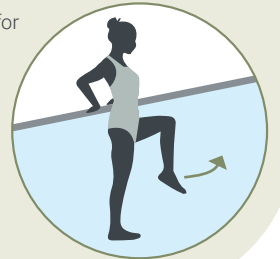
2

### leg extension

**Start position:** Stand with your back against the side of the pool, holding on for support. Feet hip-width apart.

**Action:** Bend your right knee and draw it towards the water's surface, then straighten the right leg as far as comfortable until you feel a stretch in the back of your thigh. Release and repeat with left leg.

**Time:** 10 repetitions each leg.



4

### open & close finger curl

**Action:** Place your hands in the water. Curl in your fingers and then fold your thumb over to make a fist. Release and then repeat.

**Time:** 10 repetitions.



6

### wrist twist

**Start position:** Elbows tucked into your sides, creating a right-angle with the forearm.

**Action:** Make a circling motion with your hands, as if turning a door knob in a clockwise, and then anti-clockwise direction. Make sure the movement comes from the wrist.

**Time:** 10 repetitions.



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## benefits

Gentle exercise can have a range of benefits for people with muscle, bone and joint conditions, especially when combined with the advantages provided by the warm water of the hot springs. Benefits can include pain relief, improved flexibility and joint mobility, reduced fatigue, enhanced sense of relaxation and improved state of mind. Benefits will vary for each individual.

## safety guidelines

The exercises displayed on this card include low intensity self-directed stretches designed to increase mobility. If you have any health concerns it is your responsibility to obtain clearance from your medical professional and ensure safe performance of each exercise. For further guidance please ask our pool attendants in the Bath House first aid office.

No responsibility or liability whatsoever can be accepted by Musculoskeletal Australia or the Peninsula Hot Springs Group for any loss, damage or injury that may arise from any person acting on any statement or information contained in this exercise program.

**PLEASE NOTE:** If you have had a hip replacement there are certain movements that should be avoided. Below is a chart explaining these movements and the related exercises to be avoided or modified:

Movements to avoid	Exercises to avoid or modify
<p><b>Hip flexion beyond 90°</b> Bending the hip further than a right angle (i.e. when the knee is higher than the level of the hip)</p>	<ul style="list-style-type: none"> <li>• High knee marching</li> <li>• Hugging knee to chest</li> <li>• Bending down to touch toes/floor</li> </ul>
<p><b>Hip adduction across the midline</b> Bringing the leg across the middle of the body (i.e. crossing the legs)</p>	<ul style="list-style-type: none"> <li>• Scissor kicks</li> <li>• Grapevine (cross over) walking</li> <li>• Tapping foot over other foot</li> <li>• Swinging one leg across the other</li> </ul>
<p><b>Hip internal rotation beyond neutral</b> Turning the leg inwards</p>	<ul style="list-style-type: none"> <li>• 'Charlie Chaplin' walking</li> <li>• Pigeon-toed walking</li> <li>• Turning upper body while keeping feet fixed</li> </ul>



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