



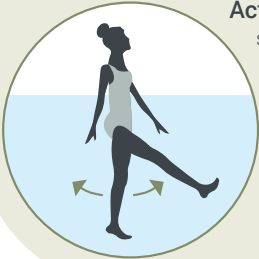
flexibility

warm water exercise card

complete each exercise twice

1 hip flexion & extension

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

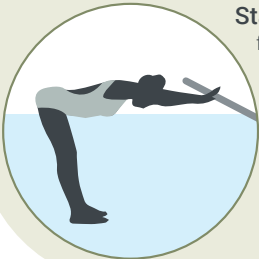


Action: Keeping your body upright, gently swing a leg forward and then back as far as comfortable. The moving leg can be straight or bent at the knee.

Precautions: Do not arch or round the lower back during the movement, as this can exacerbate back pain.

Time: 20 repetitions 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 trunk rotation



Start position: Stand tall with your feet hip-width apart and arms out to the side.

Action: Slowly turn your shoulders and arms as far as you comfortably can, twisting from the waist. Make sure that the movement is occurring at your waist, not just your neck.

Time: 10 repetitions each side.

7 wrist & finger extension

Start position: Stand tall with your feet hip-width apart and knees slightly bent. Place the palms of your hands and fingertips together as shown with fingertips under your chin.



Action: Keeping palms together and fingers straight, gently move your hands downwards as far as comfortable and then bring back to start position under your chin.

Time: 10 repetitions.

2 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.

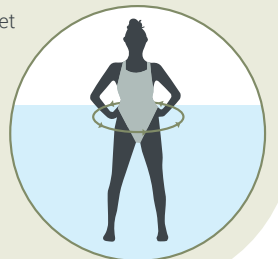


4 hoola hips

Start position: Stand tall with your feet hip-width apart, knees slightly bent and hands on hips.

Action: Gently move your pelvis around in a circular motion, as though manipulating a hoola hoop.

Time: 10 repetitions in each direction.



6 side bends

Start position: Stand tall with arms by your side and feet hip-width apart.

Action: Bend your upper body sideways, sliding your hand down the side of your leg as far as comfortable. Straighten up and return to starting position. Repeat on opposite side.

Time: 10 repetitions each side.

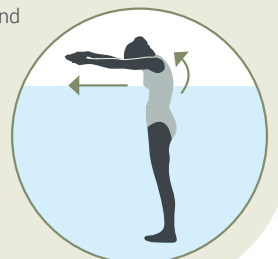


8 upper back stretch

Start position: Stand tall with your feet hip-width apart, both arms out in front and one hand stacked on top of the other, palms down, head between arms.

Action: Gently round your upper back and continue to stretch your arms out in front of you until you feel a stretch between the shoulder blades.

Time: Hold for 30 seconds.



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



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