



### calf stretch

**Start position:** Stand facing 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.

### hip flexion & extension

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

**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.

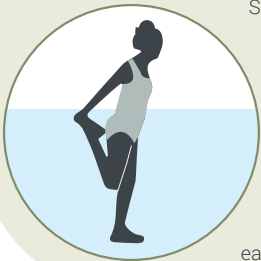
**Precautions:** Do not arch or round the lower back during the movement, as this can exacerbate back pain.

**Time:** 20 repetitions each leg.



### 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.

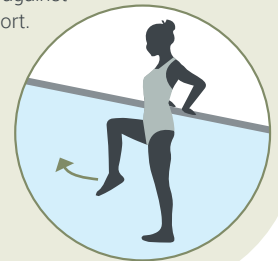
**Time:** Hold for 30 seconds on each leg.

### leg extension

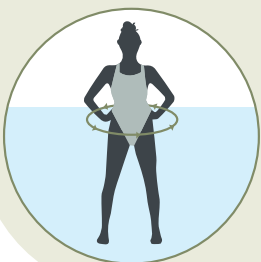
**Start position:** Stand with your back against the side of the pool, holding on for support. Feet hip-width apart.

**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.



### 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.

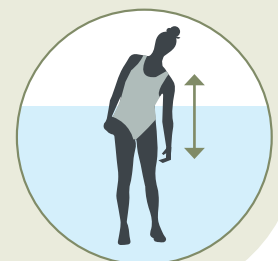
**Time:** 10 repetitions in each direction.

### 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 on each side.



### gentle arm curl



**Start Position:** Stand tall with your feet hip-width apart. Elbows bent forming a right angle and pressed into sides. Palms facing up.

**Action:** Straighten arms and extend along the side of the body, then bend elbows and bring hands up to shoulders.

**Time:** 20 repetitions.

### upper back stretch

**Start position:** Stand tall with your feet hip-width apart. Reach your arms out in front of you and interlace your fingers with palms facing away from you.

**Action:** Bring your head between your arms and push your arms away from you while gently rounding your upper back 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><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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