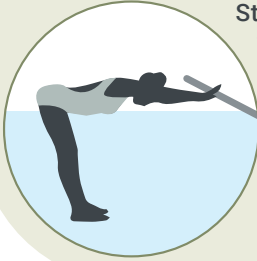




lower back stretch



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.

1

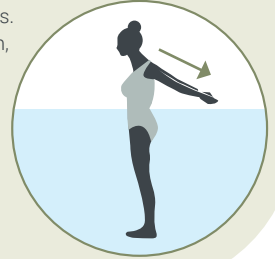
chest stretch

Start Position: Stand tall with feet hip-width apart.

Action: Bring arms behind the body and interlace hands with palms facing inwards. Pull your shoulders back and hands down, as far as comfortable until you feel a stretch across the front of the chest.

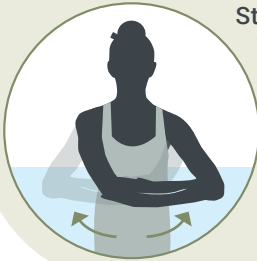
Variation: Take both of your arms out to the side of your body with your thumbs up and reach back until you feel a stretch in the front of your chest.

Time: Hold for 30–60 seconds.



2

rock the baby



Start position: Stand tall with your feet hip-width apart and hold opposite elbows with hands.

Action: Gently move your elbows side to side, creating a rocking movement with your arms.

Time: 10 repetitions.

3

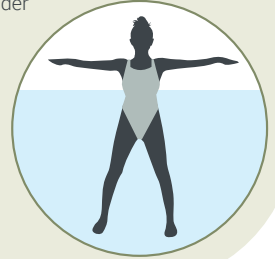
palms up & down

Start Position: Stand tall with feet hip-width apart.

Place both arms out to the side at shoulder height, palms facing down.

Action: Rotate wrists so that palms are facing up, then return hands to starting position. Repeat.

Time: 10 repetitions



4

shoulder rolls



Start position: Stand tall with your feet hip-width apart.

Action: Gently roll shoulders up, back, down and around.

Time: 10 repetitions.

5

turning head side to side

Start position: Look straight ahead.

Action: Slowly turn head to look over your left shoulder as far as comfortable. Return to centre and repeat on your right side.

Time: Hold for 30 seconds on each side.



6

neck stretch

Start position: Stand looking straight ahead with feet hip-width apart.



Action: Slowly tilt your head forwards and down so your chin meets your chest. Then slowly move your head up to starting position.

Note: Lifting your chin too high or looking up at the sky can cause dizziness and neck pain if done incorrectly.

Time: 10 repetitions.

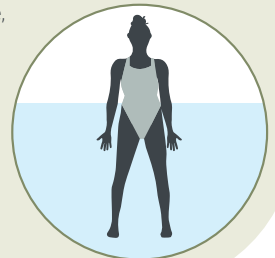
7

deep breathing

Start Position: Stand with your back against the wall with hands by your side, palms facing forward, eyes closed.

Action: Breathe through your nose and into your belly for four seconds then hold your breath for one second. Breathe out through your mouth for five seconds.

Time: Repeat 5 times



8

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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