

Instructor:

Arthritis, obese, hip, back, knee and weak trunk clients:
Please eliminate the exercise on the left and replace as noted.

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Aquatic Therapy Rehab Institute

Exercise	Replace with	For
<i>Kick</i>		
forward	Kneelifts, lunge forward	backs and hips
side	half time, rock side to side, or lunge side	knees
diagonal	diagonal kneelifts or lunges	backs and hips
back	half time, knee flexed, or back lunges	hips, weak abs
<i>Flick kick/Jazz kick</i>	kneelifts or standing squats	knees
<i>Heel hits</i>	kneelifts w/some ext hip rotation	hip
	mule kicks (heels kick butt)	
<i>Jumping Jacks</i>	side lunges, side touch or side leg lift	hip,knee,back,obese
<i>Jumps/Bounces</i>	squats	hip,knee,back,obese
<i>Cross Country Ski</i>	forward or back lunge, forward or back touch	hip,knee,back,obese
<i>Rockinghorse</i>	step and kneelift, step drag	hip,back,knee
	shift, step touch forward and back	weak trunk
<i>Rock side to side</i>	side step, lunge side	knees
	side leg lift w/knee flexed	
<i>Slide side</i>	slide w/butt leading	hip
<i>Swing twist/Bounce twist</i>	feet together torso twist w/no hip or knee movement	knee,hip,back
<i>Leap</i>		
side	side step	hip,knee,back
forward	walk high knee	weak trunk