



relaxation

warm water exercise card

complete each exercise twice

lower back stretch

1



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.

rock the baby

3



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.

shoulder rolls

5



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

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

Time: 10 repetitions.

neck stretch

7



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

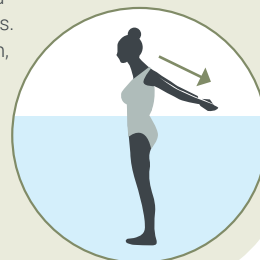
Action: Slowly tilt your head forwards and down so your chin meets your chest. Then slowly move your head up to starting position.

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

Time: 10 repetitions.

chest stretch

2



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

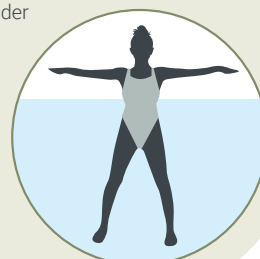
Action: Bring arms behind the body and interlace hands with palms facing inwards. Pull your shoulders back and hands down, as far as comfortable until you feel a stretch across the front of the chest.

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.

palms up & down

4



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

turning head side to side

6



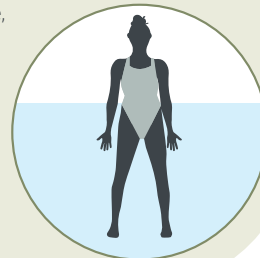
Start position: Look straight ahead.

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.

deep breathing

8



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

benefits

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safety guidelines

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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)	• High knee marching • Hugging knee to chest • Bending down to touch toes/floor
Hip adduction across the midline Bringing the leg across the middle of the body (i.e. crossing the legs)	• Scissor kicks • Grapevine (cross over) walking • Tapping foot over other foot • Swinging one leg across the other
Hip internal rotation beyond neutral Turning the leg inwards	• 'Charlie Chaplin' walking • Pigeon-toed walking • Turning upper body while keeping feet fixed



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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



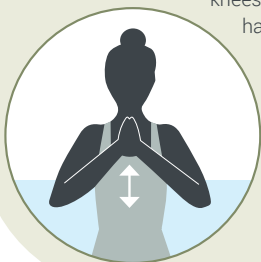
Start position: Stand tall with your feet hip-width apart and arms out to the side.

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.

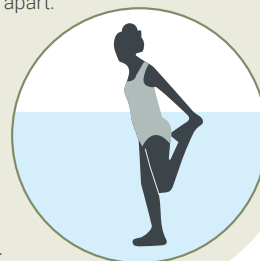
Time: 10 repetitions.

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.

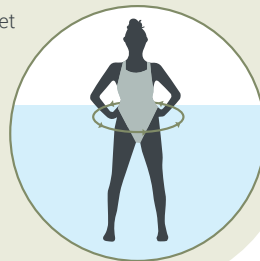


4 hoola hips

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.

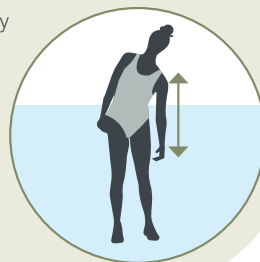


6 side bends

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.

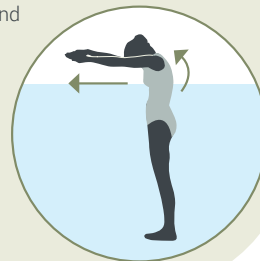


8 upper back stretch

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

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Hip adduction across the midline Bringing the leg across the middle of the body (i.e. crossing the legs)	• Scissor kicks • Grapevine (cross over) walking • Tapping foot over other foot • Swinging one leg across the other
Hip internal rotation beyond neutral Turning the leg inwards	• 'Charlie Chaplin' walking • Pigeon-toed walking • Turning upper body while keeping feet fixed



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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.

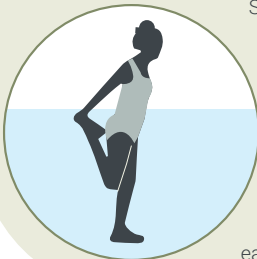
Precautions: Do not arch or round the lower back during the movement, as this can exacerbate back pain.

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.

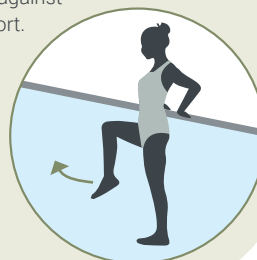
Time: Hold for 30 seconds on each leg.

leg extension

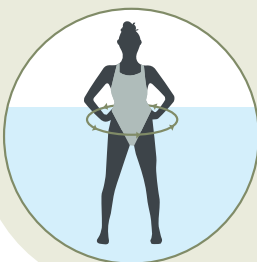
Start position: Stand with your back against the side of the pool, holding on for support. Feet hip-width apart.

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.

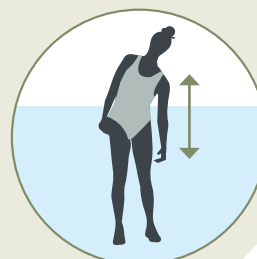
Time: 10 repetitions in each direction.

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.

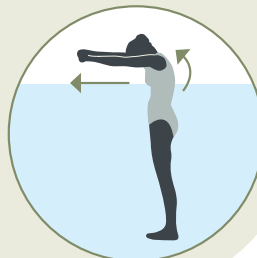
Time: 20 repetitions.

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.



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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

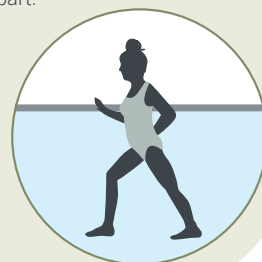
calf stretch

2

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.

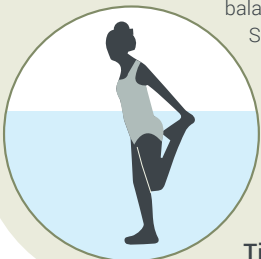
Time: Hold for 30 seconds on each leg.



quadriceps stretch

3

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.

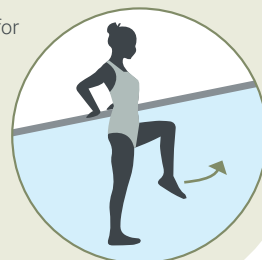
4

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.



back stretch

5



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.

6

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.



wrist bends

7



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.

8

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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