



Stretches

Upper Limbs	Therapy prescription	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --
<p>Elbow flexor stretch Subject position: Inclined standing or sitting with the shoulder abducted with a float in their hand. Therapist position: Standing behind, to the side or in front of the subject stabilising the position of the upper arm. <i>Action: Extend the elbow and then push the float down into the water. The position is held for the count of 5. The arm is then relaxed allowing it to move up in the water producing a stretch until limited by discomfort or anatomical restriction occurs.</i></p> <p><i>Alternatives: Use a plinth, sit or lean against the wall without a float. Use turbulent drag as therapist moves subject. BC with float and momentum.</i> <i>Modified Bad Ragaz Patterns</i></p> <div data-bbox="97 1140 719 1413" style="border: 1px solid black; height: 120px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Wrist Subject position: Standing holding or hands flat on a small float Therapist position: Stabilises the distal forearm if required <i>Action: Flex the wrist with the forearm pronated and under the water.</i></p> <div data-bbox="97 1720 719 1993" style="border: 1px solid black; height: 120px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



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<p>Radio-ulnar Supination/Pronation Subject position: Arm in abduction, external rotation, supination, wrist extension and finger extension via positioning by therapist or against the poolside wall Therapist position: <i>Action: Move the trunk away from the arm (this also gives a pectoral stretch) to bat a ball etc. with opposite hand.</i></p> <div data-bbox="97 898 722 1140" style="border: 1px solid black; height: 100px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Ai Chi uplifting In early stages supination and pronation can also be combined with BA shoulder medial rotation (arm up against back) and pushing floats under water. Also simple pronation/supination wearing a swim glove or using a paddle to reduce streamlining</p> <div data-bbox="97 1420 722 1662" style="border: 1px solid black; height: 100px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Thumb and Finger stretches Need to combine with wrist and elbow as a long finger flexor stretch.</p> <div data-bbox="97 1816 722 2058" style="border: 1px solid black; height: 100px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



Stretches

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<p>Hip Flexor stretch Subject position: Standing facing the wall holding onto the rail they flex one knee against the wall to stabilise the pelvis. A float is placed on the other knee. Therapist position: Stand behind the subject and stabilise the pelvis and trunk <i>Action: Push the float down into the water. The position is held for the count of 5. The leg is then relaxed allowing it to move up in the water producing a stretch until limited by discomfort or anatomical restriction occurs.</i></p> <p><i>Alternatives: Use a plinth or lean against the wall without a float. Use side lying with drag and modified Watsu® hold. Use modified Bad Ragaz patterns in supine. Use turbulent drag supported upright by the therapist and using a noodle or body band.</i></p> <div data-bbox="98 1211 722 1435" style="border: 1px solid black; height: 100px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>ITB Hip abductors and external rotators Need to prevent too much knee flexion. Adapted Watsu® in supported side lying. Incorporate into half roll facilitating from legs, upper body and neck supported by floats. Sitting to lying with drag and use of trunk side flexion and rotation, use of sandwich position to prevent overuse of hip flexors. Rhythmic Stabilisations at trunk with rotations/side flexion – plank.</p> <div data-bbox="98 1845 722 2069" style="border: 1px solid black; height: 100px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



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<p>Knee Flexor stretch (1) Subject position: Sitting on a step, plinth or submerged stool with the knee extended and stabilising their thigh with their hand. A float is placed on the ankle. Therapist position: The therapist may need to stabilise the thigh. <i>Action: Push the float down into the water. The position is held for the count of 5. The leg is then relaxed allowing extensions to occur until limited by discomfort or anatomical restriction occurs.</i></p> <div data-bbox="97 947 722 1144" style="border: 1px solid black; height: 88px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Knee Flexor stretch (2) Subject position: Squatting with their back against the wall and one leg extended out in front of them. A float on the knee. Therapist position: <i>Action: Raise the leg as far as possible without flexing the knee. The position is held for a count of 5 and the subject then attempts to raise the leg further until limited by discomfort or anatomical restriction occurs.</i></p> <p><i>Alternatives: Use a plinth, sit on step or sunken stool/seat or therapist. without a float. Use side lying with drag and modified Watsu® hold. Use modified Bad Ragaz patterns in supine and sitting. Use turbulent drag supported upright by the therapist and using a noodle or body band. Use buoyancy by supported sitting and lowering body down into water with leg outstretched. Push offs from the wall</i></p> <div data-bbox="97 1879 722 2076" style="border: 1px solid black; height: 88px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



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<p>Ankle and Foot stretches Subject position: Sitting on a plinth, step or submersed stool with the knee slightly flexed. Therapist position: Facing the subject. Hand under the heel and forearm along the plantar aspect of the foot. <i>Action: Stretches against the wall. Incorporate into modified Bad Ragaz patterns supine and sitting. Sandwich support to maintain hip extension whilst rotating and/or side flexing the trunk. Stand on a noodle and allow foot to come up.</i></p> <div data-bbox="97 967 722 1240" style="border: 1px solid black; height: 120px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



Stretches

Trunk and Neck	Therapy prescription	Session Date / /	Session Date / /	Session Date / /	Session Date / /	Session Date / /	Session Date / /	Session Date / /	Session Date / /
<p>Neck stretches Subject position: In supine float Therapist position: Supporting the head with their hands. <i>Action: The therapist flexes the neck by moving the head and elongating the neck.</i></p> <div data-bbox="97 781 722 1055" style="border: 1px solid black; height: 122px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Trunk Stretches Rotation Subject position: Seated and immersed Therapist position: May need to stabilise the pelvis. <i>Action: The subject reaches with both hands on a float or supported with an inflatable ring. The therapist assists them to rotate the trunk. The position is held for the count of 5. The legs are then relaxed allowing them to move up in the water producing a stretch until limited by discomfort or anatomical restriction occurs.</i></p> <div data-bbox="97 1478 722 1751" style="border: 1px solid black; height: 122px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



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<p>Trunk Stretches Side Flexion</p> <p>Subject position: Facing the wall holding the rail. The knees are then either flexed or extended depending upon the depth of the pool, the hips must remain extended.</p> <p>Therapist position: Stabilising the upper trunk.</p> <p><i>Action: The subject allows the legs to move up in the water. They then push them down into the water. The position is held for the count of 5. The legs are then relaxed allowing them to move up in the water producing a stretch until limited by discomfort or anatomical restriction occurs.</i></p> <p><i>Seaweeding and trunk elongation in supine float and an upright position, include the shoulder, BC with drag for both side flexion and rotation, include pectoral stretch.</i></p> <div data-bbox="97 1189 722 1458" style="border: 1px solid black; height: 120px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



Muscle Training: Stage One (early)

Upper Limbs	Therapy prescription	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --
<p>Shoulder Abduction Use buoyancy counterbalanced position or standing and increase speed, then add a bat. Penguin arms with speed whilst standing or sitting on a woggle or kickboard.</p> <div data-bbox="97 741 722 1014" style="border: 1px solid black; height: 120px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Shoulder Flexion and Extension (fingers open or closed to affect drag and streamlining) Use standing position and increase speed, then add a bat with forward and backward walking</p> <div data-bbox="97 1261 722 1534" style="border: 1px solid black; height: 120px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Elbow Flexion and Extension Use standing position and increase speed, then add a bat or swim glove, pushing float down.</p> <div data-bbox="97 1702 722 1975" style="border: 1px solid black; height: 120px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



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<p><i>Wrist and fingers All movements</i> In standing or sitting on a plinth, step or submersed stool. Keep the arm by the side with the elbow flexed to about 90 degrees. Increase speed of movements or use a bat.</p> <div data-bbox="97 741 722 1014" style="border: 1px solid black; height: 120px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



Muscle Training: Stage One (early)

Lower Limbs	Therapy prescription	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --
<p>Hip Extension In supine float (preventing the trunk from extending). Standing increase speed.</p> <div data-bbox="98 680 722 833" style="border: 1px solid black; height: 68px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Hip Adduction Supine float or standing, increase speed and cross leg side step.</p> <div data-bbox="98 1008 722 1160" style="border: 1px solid black; height: 68px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Knee Extension Incorporate into hip extension exercise in standing. Walking backwards.</p> <div data-bbox="98 1321 722 1473" style="border: 1px solid black; height: 68px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Ankle and Foot All movements Incorporate into the hip extension exercise in standing. Increase speed and use a shorty flipper, metacentric and standing work, push offs from the wall and stepping onto and over a submerged step.</p> <div data-bbox="98 1711 722 1863" style="border: 1px solid black; height: 68px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



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<p>Trunk Rotation In supine float with the knees flexed to approximately 90°. Increase the speed of movement/deflate the float around the ankle. Resisted rolling by therapist movement away from the direction of roll, creating therapist drag as transitions between lying and sitting using truncal rotation and side flexion with hips in extension, using metacentric principles.</p> <div data-bbox="97 891 722 1043" style="border: 1px solid black; height: 68px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Trunk Side Flexion Alternatively in supine float holding onto the rail with a float around the ankle increase the speed of movement/deflate the float around the ankle. Tick tock standing with floats in each hand.</p> <div data-bbox="97 1285 722 1438" style="border: 1px solid black; height: 68px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



Muscle Training: Stage Two

Upper Limbs	Therapy prescription	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --	Session Date -- / -- / --
<p>Shoulder In supine float with the body supported with the relevant flotation (with a float above the wrist), supine float or lying supine on a plinth.</p> <div data-bbox="98 692 722 846" style="border: 1px solid black; height: 69px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Shoulder Rotation In standing with their arm by their side and elbow flexed to 90°.</p> <div data-bbox="98 1005 722 1160" style="border: 1px solid black; height: 69px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Elbow Flexion and Extension In supine float with the body supported with the relevant flotation (with a float above the wrist) supine float or lying supine on a plinth or sitting with speed.</p> <div data-bbox="98 1388 722 1543" style="border: 1px solid black; height: 69px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Wrist and Fingers All movements In standing or sitting on a plinth, step or submersed stool, use glove initially for resistance as appropriate, play piano, floating xylophone, floating drums, watering cans, sieves.</p> <div data-bbox="98 1774 722 1928" style="border: 1px solid black; height: 69px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



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<p>Hip Flexion and Extension Floating on their side with support from the physiotherapist. Standing with speed. Walking forwards and backwards. Ai Chi gathering and freeing. Free floating with a noodle or body band.</p> <div data-bbox="97 736 721 891" style="border: 1px solid black; height: 69px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Hip Adduction In supine float holding onto the rail with the body supported with the relevant flotation with a float around the ankle with speed. Cross leg stepping up and down incline in pool (if there is one). Standing with speed. Diving stick races (kick water just in front to make them move).</p> <div data-bbox="97 1193 721 1348" style="border: 1px solid black; height: 69px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Knee Flexion and Extension Floating on their side holding onto the rail or with support from therapist or on plinth with a float around the ankle. The physiotherapist stabilises the hip. Sitting with a body/leg band around legs to keep in neutral position (out of abduction). Cycle legs, motor boats and speed boats, quarter turn prone.</p> <div data-bbox="97 1682 721 1836" style="border: 1px solid black; height: 69px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Ankle and Foot All movements Incorporated into the knee movements.</p> <div data-bbox="97 1951 721 2074" style="border: 1px solid black; height: 55px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								



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<p>Metacentric Effects Stand, sitting or supine float – change shape or immersed surface on one side – splash, push ball, lifts one hand out of water, different games that achieve the above in different starting positions.</p> <div data-bbox="98 741 724 896" style="border: 1px solid black; height: 69px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Trunk Rotation Sit or lying to sitting, the therapist steps forward or back to facilitate or resist the movement as they reach to the opposite shoulder. The subject faces the wall holding the rail. The knees are then flexed to approximately 90° and the trunk rotated to left and right.</p> <div data-bbox="98 1200 719 1352" style="border: 1px solid black; height: 68px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								
<p>Trunk Side Flexion In supine float holding onto the rail. The physiotherapist stabilises the upper body if necessary. Drag effect through upper limb activity, BC at pelvis, keep hips extended and use snaking, one side only and block pelvis if scoliosis/pelvic obliquity present.</p> <div data-bbox="98 1653 719 1805" style="border: 1px solid black; height: 68px; width: 100%;"></div> <p><i>Comment</i></p>	<input type="checkbox"/> Yes <input type="checkbox"/> No								