



## Aquanaion location and details

Reilly St (Corner of Reilly and Greenwood Ave) Ringwood VIC 3134

## Fees

Pay the entry cost (\$8.80 for adults) at the front desk. Physio session fee is same as a standard physio visit. Pay this at your next physio session at SuperSpine or call and pay over the phone.

## Process

Get changed and go to either the Warm Water (hydro) pool or the 50m pool (ask which one to meet at). You can enter pool if you feel safe to do so, otherwise wait for the physio to assist you.

## General exercises

### The “Strong wind” - Walking forwards x 10

Stand upright, keep back straight but lean slightly forwards, keep arms straight, use legs to push you through the water. This build strength and endurance

### The “Desk chair” - Walking backwards x 10

"Sit" with water level to shoulder height, keep feet in front of you, use your legs to drive you backwards

### The “Banana” - Walking sideways right and left, x10

Use dumbbell in leading hand, keep shoulders at water level, lengthen body & legs,

### The “Bike” - Riding imaginary bike (3-5 min)

Sit on seat (or use elbows on rail), gently do a “cycling” motion with the legs. Don’t let the knees break the water. This is good for leg pain than comes from the back.

## Specific exercises

### Wall exercises

1. Hold the foam pool noodle in both hands, shoulder width apart, and shape into a “stirrup” shape. Use both hands to place the noodle under your right shin, then place right hand onto the bar. Then repeat using left hand to guide the noodle under your left shin and place left hand on the wall. You should be in an upright kneeling position, floating with the noodle supporting your weight. Keep your back vertical. Some people will find this position difficult to maintain. Then you will need to do the following small movements by keeping knees together and moving.....
  - a. Knees to chest x10 (“**Knee lifts**”)
  - b. Knees left and right (side bending) x 10 each side (**The “Windscreen wiper”**)
  - c. Knees side to side (small twisting movements) x 10 each side (**The “rock’n’roll Twist”**)
2. **The “Cobra”**. Lumbar extension mobility. Stand with feet behind you. Push hips into wall (front and sideways)
3. **The “Scrunch”**. Lumbar flexion mobility. Feet on wall, hands on rail, pull into the wall then gently stretch away
4. You can create your own exercises ! But talk with your physio



- The goal is to swim laps, gradually building towards a target of 1000 metres in 30 minutes (20 lengths of the 50m pool or 40 laps of a 25m pool).
- Start with a comfortable distance and gradually build up endurance/strength
- Fins (flippers) must be used for at least 50% of the total swim

## Swim styles

1. 25% Kicking with fins on back (hold kickboard on chest)
  2. 25% Kicking with fins on stomach with kickboard (hold kickboard out in front)
  3. 25% Freestyle +/- fins
  4. 25% Backstroke +/- fins (feel free to use fins as you wish for this part, but ankles and feet may get sore if use fins for all of the swim)
- Mix the different types of laps up. For example, kick with fins on stomach for 1-2 laps then swap to kicking on your back
  - Keep knees relatively straight, the power comes from your trunk, hips, then knees
  - If you have pain, slow down or don't do that particularly style of swimming i.e if kicking on the stomach hurts but kicking on the back doesn't then just use kicking on the back.

## Fins/Flippers

You must use fins for the 'kicking only' laps. The longer fins are the easiest to use, give you the fastest movement but are less effective from a strength and fitness perspective. Speedo training fins and DMC Silicone training fins are better from a strength/training perspective. When purchasing fins, remember that slightly bigger is better than too tight.