PRECISION
PHYSICAL THERAPY
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STEP 1

STEP 2

Forward Walking Lunge in Shallow Water

REPS:10 | SETS:3 | DAILY:1 | WEEKLY:7

Setup
Begin standing upright in shallow water.

Movement
Take a long step forward into a lunge position with your knees bent at 90-degree angles. Then raise yourself up and lunge forward on your other leg without letting your foot touch the pool floor in between. Continue until you reach the end of the pool, then pause and repeat the exercise going backwards.

Tip
Make sure not to let either knee collapse inward or let your knees move forward past your toes. Keep your trunk steady during the exercise.

STEP 1

STEP 2

Push-Up on Pool Wall

REPS:10 | SETS:3 | DAILY:1 | WEEKLY: 7

Setup
Begin standing upright in shallow water with your feet shoulder width apart, facing the pool wall.

Movement
Lean forward and place your hands on the wall at shoulder height, lifting your heels off the ground. Bend your elbows, leaning your body toward the wall, then push yourself back and repeat.

Tip
Make sure to bend only at the elbows and keep the rest of your body straight during the movement.

STEP 1

STEP 2

STEP 3

STEP 4

Standing 3-Way Kick with Ankle Float at Pool Wall

REPS:10 | SETS:3 | DAILY:1 | WEEKLY:7

Setup
Begin standing upright in shallow water next to the pool wall with an ankle float on your outside leg. Keep one hand on the wall for balance.

Movement
Lift your leg straight forward, hold briefly, then lower it back to the starting position. Repeat this movement out to your side, and then backward.

Tip
Make sure to maintain your balance and keep your shoulders, pelvis, and knees facing straight ahead during the exercise.
Progression: As you gain more control, hover your hand over the wall.

STEP 1

STEP 2

Squat

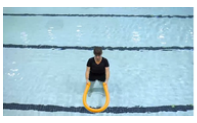
REPS:10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup
Begin in a standing upright position in shallow water with your feet hip width apart.

Movement
Slowly bend your knees to lower into a squat position, keeping your chest upright. Hold briefly, then press into your feet to return to standing, and repeat.

Tip
Make sure to keep your heels on the ground and maintain your balance during the exercise. Do not let your knees bend forward past your toes or collapse inward.Modification: If you are unable to control the movement, do not lower into as deep of a squat or hold onto hand floats.Progression: As you gain more control, increase your speed with the movement.

STEP 1



STEP 2

STEP 3

Standing Trunk Rotation with Overhead Arm Raise with Noodle

REPS:10 | SETS:3 | DAILY:1 | WEEKLY:7

Setup
Begin standing upright in shallow water, holding the ends of a noodle in each hand.

Movement
Rotate your trunk to bring the noodle to one side, looking at the center of the noodle, then lift it up over head, across your body, and back down to the surface of the water on the opposite side. Repeat in the opposite direction.

Tip
Make sure to stand tall and keep your gaze at the center of the noodle during the exercise.
Modification: If you are unable to keep you balance while watching the noodle, look straight ahead at a still object or a spot on the wall in front of you.