



HYDROTHERAPY EXERCISES FOR LOW BACK

Try exercises for x20-30 counts and repeat 3 sets, Water temp 32-34 degrees

Beginners:

1. Side walking – foot to foot side stepping
2. Walk forwards and backwards with high knees
3. Single leg: Standing still one leg for balance and use other straight leg to sweep forward and backwards, start slow and then increase pace to increase core engagement and resistance against water x30.
4. Add: side abduction (open leg away from body) and adduction (inner thigh activation by “kicking soccer ball” across your body)
Add: single leg hip circles (breast stoke kick) without slumping onto standing hip. Being mindful to draw stomach muscles in and stand up tall, this will work balance also.

Holding ledge:

5. Hold onto ledge with arms out to support upper body and face towards water and kick legs (can have x1-2 pool noodles under hips/back for extra support)
6. Add: extend legs in front into bicycle circles x30, mermaid kick (double leg) x30, bring knees to chest x30
7. Oblique roman twists: knees together and twist side to side to engage core x30

Intermediate:

8. Jogging on the spot with high knees and coordinating arms
9. Standing: hip width apart tap elbows to knees x30
10. Standing: hip width apart tap fingers to toes x30
11. Use a block/stairs: step ups, step side to side on and off block, step backwards x30 of each
12. Leg kicks holding rails, being mindful to engage core by drawing stomach muscles in towards spine and reduce the arch in your back

Using floats: x30 counts x3 sets

13. Flipper kicks holding wall/ledge facing away towards the water
14. Kickboard oblique: stand with wide legs and use kickboard to push through the water at chest height away and towards chest.
Add straight arm single rotation twist holding kickboard at chest height. Push through water from midline to one side only at a time (eg. Left rotation - with left arm bent holding inside of kickboard and right arm straight holding the back of the kickboard x30. Then from midline to right rotation) one arm straight and the other bent. This uses transverse abs and rec abs. x30 each side.
15. Arms: Dumb bell flies- hold onto weights with thumbs pointing up towards ceiling at chest height. With straight arms open and close arms in front of chest and out to the side x30.
Add: dumb bell punches: in front of body x30.
Add: dumb bell lateral pull downs: straight arms from water level push down towards hips x30.

Yours sincerely,

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