

# Hydrotherapy for lower limb – exercise sheet

The aim of this information leaflet is to provide you with exercises for the hydrotherapy pool, as shown to you by your physiotherapist.

If you have any questions or concerns, please speak to the physiotherapist caring for you.

## Walking



### Starting position

- Stand in the pool.

### Action

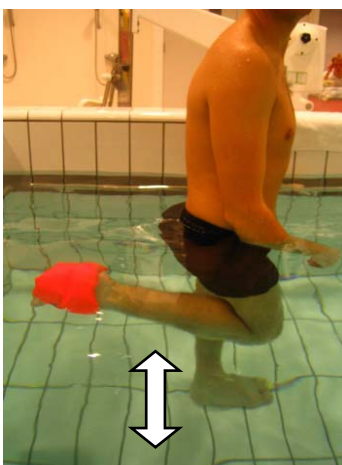
- Walk forward, backward or side to side.

### Progress

- Increase your speed.
- Use paddles.
- Walk on your toes or heels.

Repeat: \_\_\_\_\_

## Knee bends with a float



### Starting position

- Stand holding the rail and bend your knee (as shown).

### Action

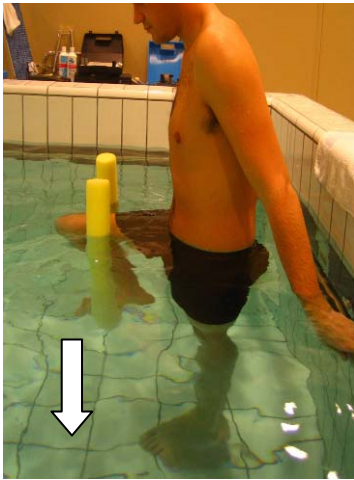
- Straighten the knee to bring the foot down to the floor of the pool.

### Progress

- Use a band around the ankle.

Repeat: \_\_\_\_\_

## Knee straightening against the resistance of the water – noodle pushdowns



### Starting position

- Stand with a noodle under your foot.

### Action

- Raise your foot off the pool floor bending it at the hip and knee.
- Push the noodle down.

### Progress

- Use additional noodles at the same time.

Repeat: \_\_\_\_\_

## Step up, step down



### Starting position

- Stand facing a step.

### Action

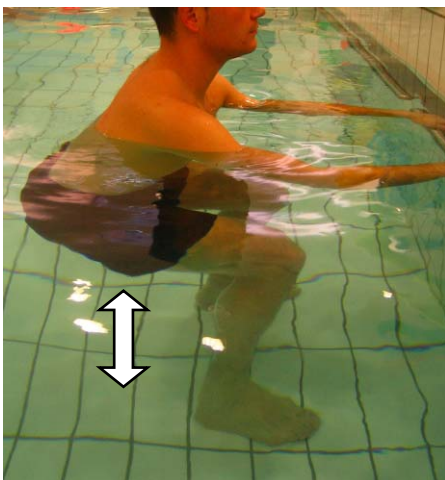
- Step up and down keeping the same foot on the step. Repeat with the other leg.

### Progress

- Reduce the depth of the step.
- Step up and over the step.

Repeat: \_\_\_\_\_

## Squats



### Starting position

- Stand facing the wall.

### Action

- Bend your hips and knees keeping your back straight.

### Progress

- Go onto 1 leg.
- Hold float.
- Reduce depth.

Repeat: \_\_\_\_\_

## Lunge



### Starting position

- Stand facing the step.

### Action

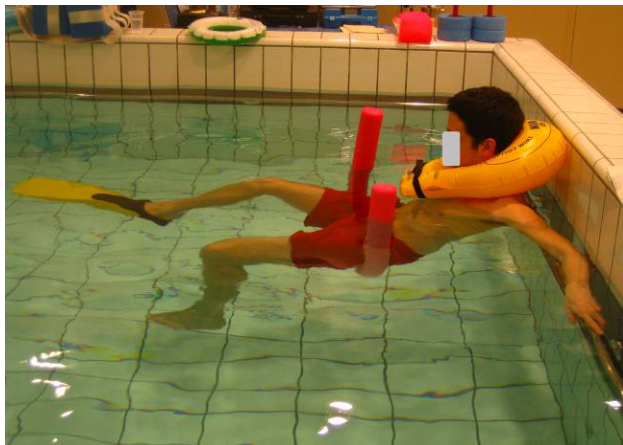
- Place one foot on the step and lunge forward bending both knees to a right angle position.

### Progress

- Lunge further forward and hold for several seconds.

Repeat: \_\_\_\_\_

## Cycling in the corner



### Starting position

- In a corner of the pool, holding onto the rail, add or remove floats for support as required.

### Action

- Move your legs as if you were cycling.

### Progress

- Increase your speed.
- Add flippers.

Repeat: \_\_\_\_\_

## Single leg balance



### Starting position

- Stand in the pool with your feet slightly apart.

### Action

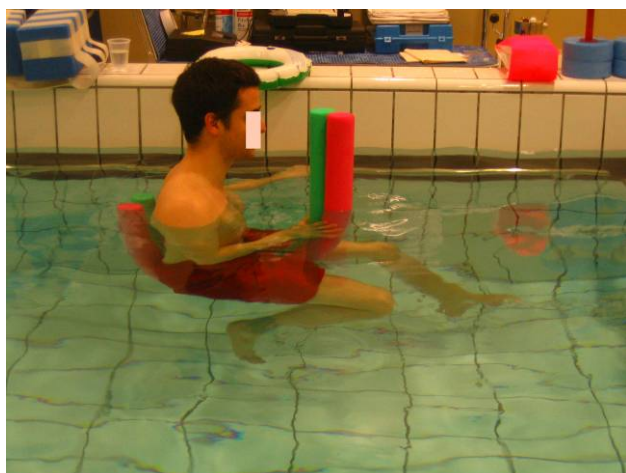
- Raise 1 leg and balance.

### Progress

- Add turbulence yourself using floats or ask someone to generate it for you.
- Throw or catch a ball.

Hold: \_\_\_\_\_

## Noodle cycling



### Starting position

- Sit on a noodle.

### Action

- Move your legs as if you were cycling.

### Progress

- Increase the speed

Repeat: \_\_\_\_\_

### Contact us

If you have any questions or concerns about your hydrotherapy exercises, please contact your physiotherapist at **Guy's on 020 7188 5101** or **St Thomas' on 020 7188 5095**, Monday to Friday, 8.30am to 4.30pm.

Out of hours, please contact your GP.

## Useful sources of information

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

### Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. w: [www.nhs.uk](http://www.nhs.uk)

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