

Aquatic Exercise for Lower Extremity

Contraindications for Aquatic Rehabilitation:

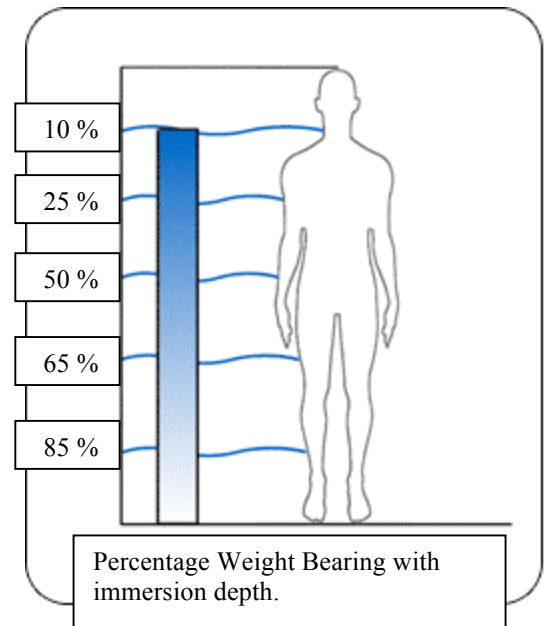
Although aquatic therapy is appropriate for many individuals, there are some conditions whereby water-based therapy is not recommended. Such diagnoses as seizure disorders, open wounds, non-healing ulcers, chlorine allergy, and/or extreme fear of water are populations that may be better served in a land based therapy program. Encourage patients to discuss any concerns they might have with their therapist prior to aquatic therapy treatment.

Weight Bearing-

1. See Image for weight bearing levels at specific depths

Shallow Water-

1. Closed chain
 - a. Mini-Squats, Step Ups, Lunges, LungeWalk
 - b. Calf Raises
 - c. Balance / Proprioception
 - i. Weight Shirts
 - ii. Single leg standing
 - d. Gait
 - i. forward / backward walking
 - ii. braiding, side stepping, etc
2. Open Chain
 - a. LAQ / LAH seated or floating with noodle
 - b. Standing Leg Raises
 - i. all planes, combination planes
 - c. Flutter kicks / swimming
3. Plyometric / Sport Activities
 - a. Bunny hops (stationary, side/side, fwd/bwd)
 - b. Jumps for height
 - c. Jogging, Skipping, Shuffle, Backpedal
 - d. Resisted swimming
 - e. Sport-specific activities



Deep Water-

1. Cardiovascular Exercise
 - a. Running, Biking, Cross Country Ski, Jumping Jacks, etc
 - b. Lap swimming