



Aquatic Exercise for Upper 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.

PHASE I:

Shallow or Deep Water –

- Shoulder passive stretching, all planes of motion
 - May use buoyancy assisted stretching with floatation
- Scapular Stabilization Exercises
 - Rowing Exercises
 - Wall Push Ups
 - Arm Swings
 - Standing Swim Strokes
- Progressive Strengthening Wrist/Elbow
 - All planes of motion, progress strengthening as tolerated.
- Shoulder Strengthening- Active ROM
 - Flexion, scaption, abduction to 90* only
 - Internal Rotation, External Rotation, Horizontal Ab/Adduction
 - Begin with buoyancy assisted and progress as tolerated

PHASE II

Shallow or Deep Water –

- Continue Phase I exercises.
- Progress into resisted strengthening exercises as tolerated
 - Buoyancy resisted, external resistance
 - Diagonals and IR/ER at 90/90 position
- Sports / Functional Activities
 - May simulate baseball / racquet sport swings w/out resistance

Deep Water –

- Cross Country Ski, Jumping Jack
- Swimming Strokes (arms only)

PHASE III

Shallow or Deep Water –

- Continue to progress functional and sports activities
- Dynamic Resisted exercises
 - Medicine Ball Throw
 - Explosive Presses off of the wall
- Resisted Swimming / Towing