

MASTER YOUR FITNESS WITH H2XERCISE

ARTHRITIS SYMPTOM RELIEF

ABOUT THIS PROGRAM

This program was designed to offer symptom relief for those experiencing arthritis pain. In this wellness program, you'll work on improving posture, coordination, balance and motion. As you exercise, the properties of water will help to alleviate the stiffness, aches and swelling that many people with arthritis suffer from, as well as improve joint flexibility. Plus, you have the freedom to exercise at your own speed, without having to worry about the impact it will have on your body. As you progress, consider increasing your speed of movement or the water propulsion speed to create greater resistance and help improve muscle strength.

DR. RICK MCAVOY

This program was designed by Rick McAvoy, PT, DPT, CSCS. Dr. McAvoy has specialized in Aquatic Physical Therapy and Sports Performance for over 25 years.

BEFORE YOU BEGIN

MASTER SPAS PROPULSION/JETTED SYSTEMS

When starting to incorporate the propulsion/jetted systems, begin at the lowest speed/resistance possible in order to perform all instructed exercises with a proper upright posture and a full motion. As you gain increased strength, balance and comfort with your ability to perform the exercises then you can start increasing the propulsion/jetted resistance level to your tolerance.

PLEASE NOTE

It is recommended that you wear water shoes if your swim spa does not have the SoftTread Nonslip, Comfort Floor System.

As you begin to increase your speed of each exercise do not sacrifice posture and correct form.

DISCLAIMER

This exercise program is not medical advice or a treatment plan and is intended for general education and demonstration purposes only. This exercise program should not be used to self-diagnose or self-treat any health, medical or physical condition. Do not use this exercise program to avoid going to your own healthcare professional or to replace the advice they give you. Consult with your healthcare professional before doing anything contained in this exercise program. In no event shall Rick McAvoy PT, DPT, CSCS or Master Spas or their suppliers be liable for any and all losses, injuries, or damages resulting from any and all claims that arise from your use or misuse of this exercise program's content. Rick McAvoy PT, DPT, CSCS and Master Spas or their suppliers make no representations about the accuracy or suitability of this content. USE THIS EXERCISE PROGRAM AT YOUR SOLE RISK.



DYNAMIC WARM UP

Listen to your body-pain is a warning. Go slow to begin. Keep a good upright posture with core and buttocks muscles engaged. Make sure to keep buttocks muscles engaged on standing leg when opposite leg

is moving.



Perform each exercise 2-3 minutes

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



Keep Core and Buttocks Muscles Tight Keep Good Stride Length

Keep Reciprocal Arm Swing

STRAIGHT LEG RAISE WALK

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Reciprocal Arm Swing

Keep Moving Knee Straight

Do Not Rock Pelvis Back

HOLD SIDE OF SWIM SPA IF NEEDED

WIDE KNEE WALK

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Reciprocal Arm Swing

Keep Belly Button Facing Forward

Do Not Rotate Body



TRAILING: WALKING FORWARD

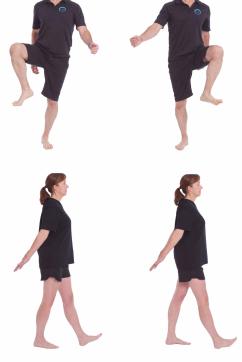
Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Shoulders Down and Back

Keep Elbows Straight

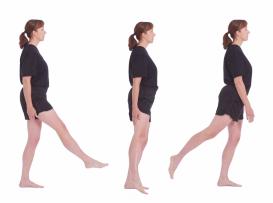
Keep Equal Step Length





DYNAMIC WARM UP (CONT.)





OPEN ARM CORE ROTATIONS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Head and Chest in Line
Rotate from Hips
Keep Arms in Line with Ears

LEG 1/2 CIRCLES

Start with Leg Forward

Move Leg Out and then Backward

Return to Start Position

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Do Not Rotate Body

Keep Knee Straight

HOLD SIDE OF SWIM SPA IF NEEDED

STRENGTHENING/STABILITY EXERCISES

Keep a good upright posture with core and buttocks muscles engaged. Make sure to keep buttocks muscles engaged on standing leg when opposite leg is moving. Move slowly and gently. Only move limb enough to feel a gentle stretch. Listen to your body—pain is a warning.





TIME

Perform each exercise **30-45 seconds** then increase to **60-90 seconds**

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment

LEG SWINGS FORWARD/BACKWARD

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Knee Straight on Standing Leg
Move Leg through Full Range of Motion
Do Not Lean to Side
HOLD SIDE OF SWIM SPA IF NEEDED



STRENGTHENING/STABILITY EXERCISES (CONT.)



KNEE CURLS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Upper Leg Straight
Bring Heel to Buttocks
Do Not Rock Forward
HOLD SIDE OF SWIM SPA IF NEEDED



FORWARD LUNGE

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Reciprocal Arm Swing
Keep Front Shin Vertical
Pressure on Front Heel
HOLD SIDE OF SWIM SPA IF NEEDED



SIDE LUNGE

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Front Shin Vertical
Pressure on Heels
HOLD SIDE OF SWIM SPA IF NEEDED



ALTERNATING STRAIGHT ARM SWINGS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Elbows Straight
Keep Shoulder Blades Squeezed
Move Arms Equally Forward/Backward

STRENGTHENING/STABILITY EXERCISES (CONT.)



ARM FLIES

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Shoulders Back
Open and Close With Equal Strength
Alternate Forward Leg



CLASP HANDS CORE ROTATIONS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Chin/Chest/Arms in Line with Each Other
Rotate from Hips
Rotate Slowly in Each Direction

CARDIOVASCULAR ENDURANCE

Start slowly and gradually increase pace. Keep a good upright posture with core and buttocks muscles engaged.



TIME

Perform each exercise 1-2 minutes increasing to 5-10 minutes if tolerated

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



WALKING BREAST STROKE

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Coordinate Arms and Legs
Do Not Rock Body
Move Arms Slowly and Through Full Range of Motion

CARDIOVASCULAR ENDURANCE (CONT.)







JUMPING JACKS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Open/Close Arms and Legs Together While
Keeping Arms Below Water
Move Arms/Legs Through Full Range of Motion
Both Feet Leave and Land Together
Land with Soft Knees

JOGGING FORWARD

Keep Core and Buttocks Muscles Tight Keep Good Posture Keep Elbows by Sides High Knees Slightly Lean Forward



