



**H2XERCISE™**

 BY MASTER SPAS

MASTER YOUR FITNESS WITH H2XERCISE

## LOWER-BACK POST SURGERY OR INJURY RECOVERY

### ABOUT THIS PROGRAM

The Lower-Back Post Surgery or Injury Recovery Program focuses on balancing muscle groups, strengthening the core and keeping the spine healthy. Designed to be performed consistently, these exercises can help soothe muscle tightness and chronic pain from a back injury. The swim spa water creates a soothing, dynamic resistance that cannot be replicated on land. By increasing strength and stabilizing the core through these exercises, your body will be better able to support itself and less prone to back pain.

### 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

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.



### TIME

Perform each exercise **2-3 minutes**

### PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



## WALKING FORWARD

Keep Core and Buttocks Muscles Tight

Keep Good Stride Length

Keep Reciprocal Arm Swing



## SIDE STEPPING WITH SEMI-SQUATS

Open and Close Arms and Legs at Same Time

Sit Back Like You Are Sitting in a Chair

Return to Standing Position with Closed Arms and Legs

Keep Pressure on Heels



## WALKING BACKWARDS

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Good Stride Length

Keep Reciprocal Arm Swing

Step Back, Do Not Lean Back



## HEEL TO BUTTOCKS WALK

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Upper Leg Straight

Reach Back with Arms in Attempt to Touch Heel

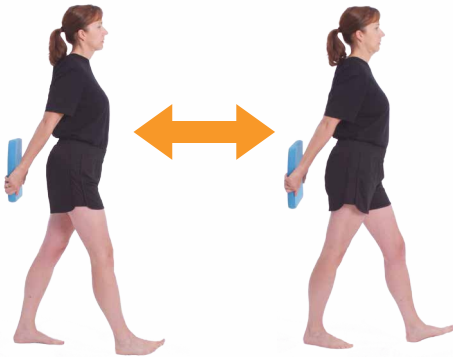
Do Not Arch Lower Back

## DYNAMIC WARM UP (CONT.)



### HIP ROTATION WALK

- Bring Inner Foot Towards Opposite Hip
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Reciprocal Arm Swing
- Do Not Rotate Body



### TRAILING: WALKING FORWARD/ BACKWARD WITH KICKBOARD

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Down and Back
- Keep Elbows Straight

## STRENGTH & 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.

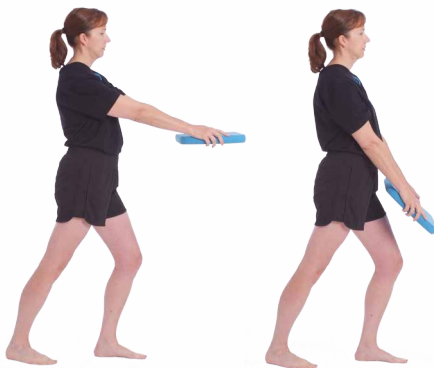


### TIME

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

### PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



### STRAIGHT ARM PULL-DOWNS WITH KICKBOARD

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Elbows Straight
- Keep Shoulder Blades Squeezed
- Push Kickboard Just Underwater to Begin
- Alternate Forward Leg

## STRENGTH & STABILITY EXERCISES (CONT.)



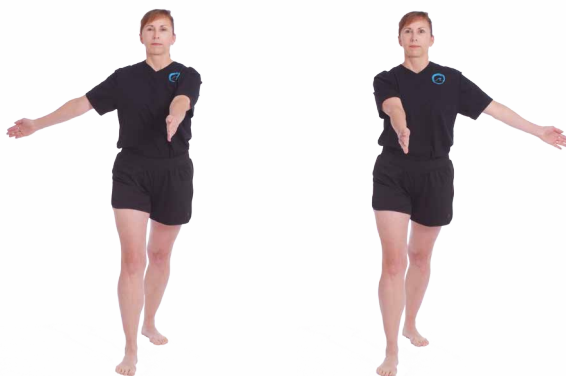
### PUSH/PULLS WITH KICKBOARD

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Keep Kickboard Halfway Underwater  
Keep Shoulders Down and Back  
Push and Pull Board Equally  
Alternate Forward Leg



### ARM FLIES

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



### ALTERNATING ARM FLIES

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Keep Shoulders Back/Chest Up  
Do Not Rotate Body  
Open and Close Arms One at a Time  
Open and Close With Equal Strength  
Alternate Forward Leg



### ARM/LEG SWINGS

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Do Not Rock Upper Body  
Keep Opposite Arm/Leg Motions



## STRENGTH & STABILITY EXERCISES (CONT.)



### DIAGONAL KICKS

- Bring Leg Diagonally Across
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Forward
- Keep Knee Straight
- Do Not Rotate Body

HOLD SIDE OF SWIM SPA IF NEEDED



### KICKBOARD CORE ROTATIONS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Chin/Chest/Kickboard in Line with Each Other
- Bring Kickboard Slightly Underwater and Get Deeper as You Progress
- Rotate from Hips



### ALTERNATING PASS WITH FLOTATION DEVICE

- Keep Core and Buttocks Muscles Tight
- Keep Elbows Straight
- Keep Good Posture
- Do Not Rotate Body
- Pass Device From One Hand to the Other
- Put Device Slightly Underwater and Get Deeper as You Progress
- Keep Shoulders Down and Back

## STRENGTH & STABILITY EXERCISES (CONT.)



### BULLFIGHTER FORWARD/BACKWARD WITH KICKBOARD

- Keep Core and Buttocks Muscles Tight
- Keep Kickboard in Alignment
- Keep Inside of Kickboard at Middle of Stomach
- Do Not Let Body Rotate
- Keep Proper Upright Posture
- Keep Shoulders Down and Back
- Put Kickboard Slightly Underwater and Get Deeper as You Progress
- Perform Both Sides, Forward/Backward

## CARDIOVASCULAR

Keep a good upright posture with core and buttocks muscles engaged.



### TIME

Perform each exercise **2-3 minutes** then increase to **5-10 minutes**

### PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



### PLOWING FORWARD/BACKWARD WITH KICKBOARD

- Do Not Lean Forward/Backward
- Keep Proper Upright Posture
- Keep Shoulders Down and Back
- Walk Forward While Plowing Kickboard Through the Water



MASTER YOUR FITNESS WITH H2XERCISE

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