



H2XERCISE™

 BY MASTER SPAS

MASTER YOUR FITNESS WITH H2XERCISE

RECOVERING FROM KNEE SURGERY OR INJURY

ABOUT THIS PROGRAM

This program focuses on flexibility, strength, coordination, and alignment of the body. Knee pain can sometimes be attributed to movement imbalances from other areas of the body such as the hips and ankles. The movements in this program work to gain flexibility and strength in those areas. Designed to take full advantage of the properties of water, you can complete these exercises more freely, while relieving joint stress. When performed regularly, this fitness program helps stabilize the core and increase mobility for those suffering knee pain or soreness.

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 the 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

HOLD SIDE OF SWIM SPA IF NEEDED



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.)



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**



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
- Keep Knee Straight
- Do Not Rotate Body
- HOLD SIDE OF SWIM SPA IF NEEDED**

STRENGTHENING 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



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 EXERCISES (CONT.)



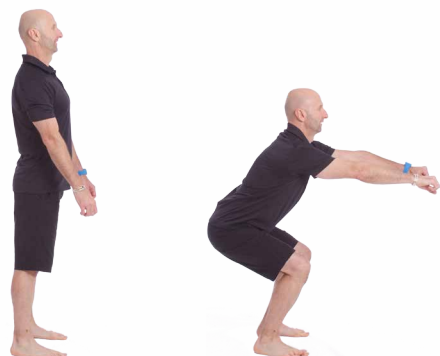
LEG OPEN/CLOSE

- 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**



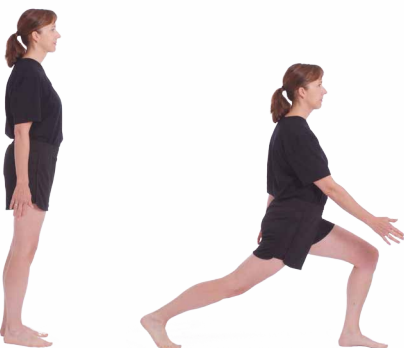
KNEE CURLS

- 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**



SQUATS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Weight Equal
- Keep Pressure on Heels



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**

STRENGTHENING EXERCISES (CONT.)



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



KICKBOARD LEG LIFT/LOWER

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Knee in Line with Hip
Keep Foot in Center of Board
HOLD SIDE OF SWIM SPA IF NEEDED



ARM/LEG SWINGS

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



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

CARDIOVASCULAR

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

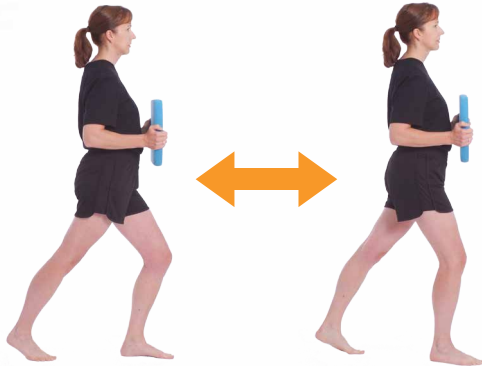


TIME

Perform each exercise **2-3 minutes** increasing 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

For more H2Xercise programs, visit [MasterSpas.com/swim-spa-exercise](https://www.MasterSpas.com/swim-spa-exercise)

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