



**H2XERCISE™**

 BY MASTER SPAS

MASTER YOUR FITNESS WITH H2XERCISE

## SHOULDER INJURY RECOVERY PROGRAM

### ABOUT THIS PROGRAM

Repetitive use and improper posture can cause the shoulders over time to misalign, which can lead to injury. The exercises in this injury recovery program use the resistance of the swim spa water to strengthen your shoulders, improve posture, alignment, and flexibility, as well as help prevent future injuries. By improving in these areas, shoulder pain can be relieved.

### 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 WITH FOAM BELLS TOUCH FRONT/BACK

Begin with Arms at Sides and Feet Together

Step to Side Touching Bells Together in Front of Body

Return to Standing and Touch Bells Together Behind Back

Repeat Side Stepping Sequence



## STANDING INTERNAL/EXTERNAL SHOULDER ROTATION WITH FOAM BELLS

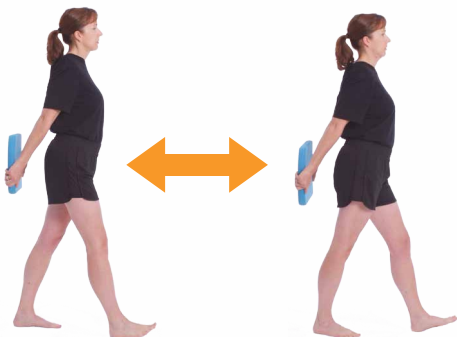
Begin with Arms at Sides and Feet Shoulder Width Apart

Bring One Bell in Front of Body Towards Chest and the Other Bell Behind Back

Should Feel a Gentle Stretch with Bell Behind Back

Return to Start Position

Alternate Arms



## TRAILING: WALKING FORWARD/BACKWARD WITH KICKBOARD

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Shoulders Down and Back

Keep Elbows Straight

Keep Equal Step Length

## 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.



### TIME

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

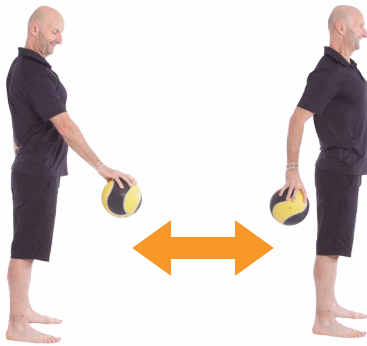
### PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



### PASS BEHIND BACK WITH BALL

- Keep Ball Underwater
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Chest Up
- Keep Shoulder Blades Squeezed



### FRONT/BACK STABILIZATION WITH BALL

- Keep Ball Underwater
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Chest Up
- Squeeze Shoulder Blades
- Try to Keep Elbow Straight



### UPPER BODY DIAGONAL PATTERN 1

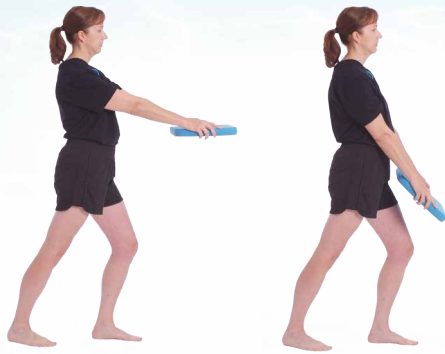
- Grasp Device in Right Hand with Palm Facing Down
- Bring Device Across Body and Upward Towards Opposite Shoulder, then Return to Start Position
- Keep Upright Posture
- Keep Shoulder Blades Squeezed
- Repeat with Opposite Arm



### UPPER BODY DIAGONAL PATTERN 2

- Grasp Device in Right Hand with Palm Facing Down against Outside of Left Thigh
- Move Hand Upward Towards the Ceiling and Away from Your Body as if You were Drawing a Sword from it's Sheath, then Return to Start Position
- Keep Upright Posture and Shoulder Blades Squeezed
- Repeat with Opposite Arm

## STRENGTHENING & STABILITY EXERCISES (CONT.)



### 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  
Bring Kickboard Deeper as More Comfortable



### STRAIGHT ARM CROSS COUNTRY ARM MOTION

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture and Elbows Straight  
Keep Shoulder Blades Squeezed  
Perform Slowly with Full Range of Motion  
Alternate Forward Leg



### ALTERNATING ARM FLIES

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



### SHOULDER INTERNAL/EXTERNAL ROTATION WITH FOAM BELLS

Keep Core and Buttocks Muscles Tight  
Keep Upright Posture  
Keep Chest Up  
Keep Shoulder Blades Squeezed  
Do Not Elevate Shoulders  
Keep Elbows at Side and Bell Underwater



## STRENGTHENING & STABILITY EXERCISES (CONT.)



### SHOULDER FRONT RAISE WITH FOAM BELLS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Chest Up and Shoulder Blades Squeezed
- Do Not Elevate Shoulders
- Keep Bells Underwater



### SHOULDER LATERAL RAISE WITH FOAM BELLS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Chest Up and Shoulder Blades Squeezed
- Do Not Elevate Shoulders
- Keep Bells Underwater

## 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



### VARIOUS BOXING COMBINATIONS WITH FOAM BELLS

- Perform Boxing Jabs, Upper Cuts and Cross Body Punches at Different Speeds and Foot Positions
- Can Progress by Performing While Walking
- Keep Upright Posture
- Rotate from Hips



### 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



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