

Fitness

These water-based exercises are recommended by Arthritis NZ to help with a variety of conditions.

It shouldn't hurt to do these exercises but it's OK to feel the joints and muscles work.

See your GP or physiotherapist if your pain or movement gets worse from doing these exercises.

Tell the pool staff and see your GP if you feel unwell while doing these exercises.

Elbow to knee

- Stand with feet hip width apart.
- Bend elbow and lift opposite leg with knee bent.
- Bring elbow towards opposite knee.
- Swap sides.

EASIER: 1. Bring hand to knee. 2. Lean against pool wall for balance.

HARDER: Move faster.



Heel jacks

- Stand with feet hip width apart.
- Step one heel forwards and tap on pool floor while bending knee of the leg you are standing on.
- Swap legs.

EASIER: Hold on to rail.

HARDER: Lift hands up to water surface as you step, then push them back behind your hips as you tap your heel on floor.



Rocking horse

- Stand in a stride.
- Rock forwards and put weight on front leg, lifting back leg off the floor.
- Rock backwards and put weight on back leg, lifting front leg off floor.

EASIER: 1. Hold onto rail 2. Keep the non-weight bearing leg in contact with the floor.

HARDER: 1. Jump between legs. 2. Lift arms out as you rock forwards and together as you rock backwards. 3. Move faster.



Cossack shuffle

- Stand with arms crossed across chest.
- Lift one leg straight forward off the pool floor.
- Swap legs.

EASIER: 1. Hold on to rail. 2. Bend knee as you raise leg.

HARDER: 1. Jump between legs. 2. Move faster.



Jumping jacks

- Stand with arms at side and elbows bent.
- Jump legs apart and lift arms to side.
- Jump legs back together and lower arms.

EASIER: 1. Step rather than jump legs apart. 2. Only move arms or legs

HARDER: 1. Straighten arms. 2. Move faster.



Cross-country ski

- Stand in a stride with opposite arms forwards and backwards
- Jump to swap the hand and foot that are forward.

EASIER: Step rather than jump when changing sides

HARDER: 1. Place paddles on hands. 2. Move faster.



Adapted with permission from Darlow B, Perry M, Chapple C (2013) Water based exercise for people with arthritis. University of Otago and Arthritis New Zealand. This manual was produced as part of a joint project between Arthritis New Zealand and the School of Physiotherapy, University of Otago. Further information and advice about managing arthritis is available free by calling an arthritis educator 0800-663-463 or visiting www.arthritis.org.nz. Page created September 2019.