

## Warming up and cooling down

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.

### Warming up

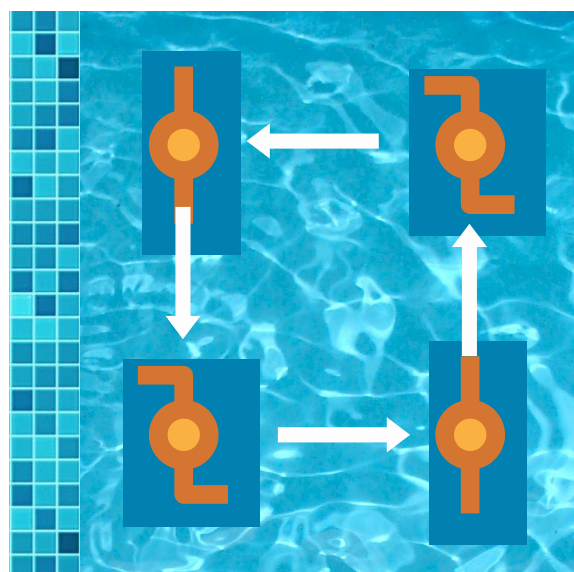
Warm up for 5 minutes.

Walk slowly following a square shaped path:

- Forwards 10 steps
- Sideways to left for 10 steps
- Backwards for 10 steps
- Sideways to right for 10 steps

Vary by:

- swinging opposite arms forward and backward while stepping forwards and backwards.
- lifting both arms sideways as stepping to side.
- keeping legs straight like a toy soldier.
- opening and closing fingers, moving wrists.



**EASIER:** Walk forwards and backwards holding onto the handrail, 10 steps in each direction, then walk sideways holding onto the bar, 10 steps in each direction.

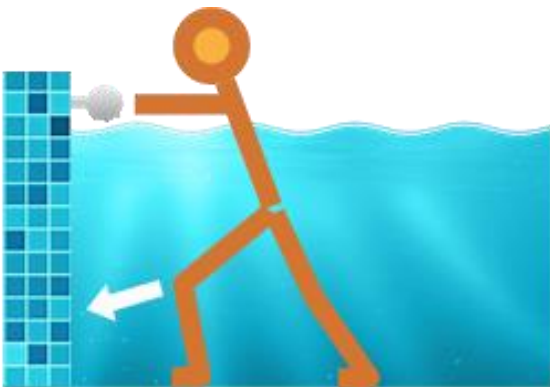
**HARDER:** 1. Walk faster, raising knees or feet higher (marching). 2. Hold a float in front when walking forwards/backwards or to the side when walking sideways. 3. Walk on tiptoes.

## Cooling down and stretching

Ideally stretch each muscle group for a total of 2 minutes – e.g. 2 x 60 seconds.  
You can repeat warm-up exercises as part of the cool down.

### CALF MUSCLES

Push knee towards pool wall.  
Keep heels on floor.



### HAMSTRINGS

Place a float or noodle under the knee.  
Straighten knee.



### THIGH MUSCLES

Pull heel towards your bottom.  
Keep knees together.



### BUTTOCK MUSCLES

Pull knee towards your chest.





## SIDE MUSCLES

Lift arms above your head.

Lean to side.



## SHOULDER MUSCLES

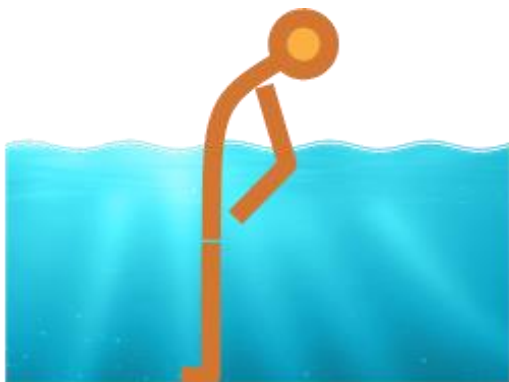
Pull elbow across your chest.



## BACK MUSCLES

Place hands in the small of your back.

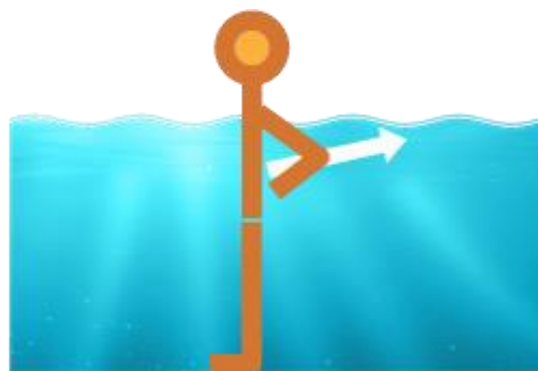
Lean over backwards.



## CHEST MUSCLES

Lift arms out to side with elbows bent.

Stretch arms backwards.



*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](http://www.arthritis.org.nz). Page created September 2019.*