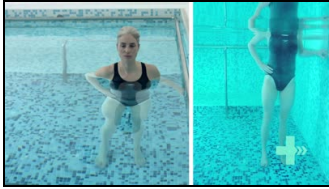


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### 1. Standing hip abduction BA – beginner

Stand up straight with a wall to your side. Hold onto the wall with your nearest hand, you will be exercising your opposite leg. Keeping your back straight, slowly move your leg out to the side. Return to the start position.

8 reps, 2 sets



### 2. Standing hip flexion BA - advanced

Stand up straight in the water holding onto the poolside. Place an inflatable ring under the sole of your foot. Keeping your back straight, slowly lift your leg bending your hip and knee. Keep your heel below your knee. Return your foot to the floor.

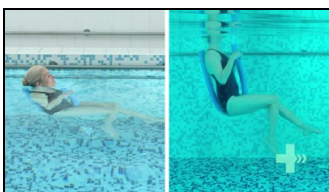
10 reps, 2 sets, 3 s hold



### 3. Squats BA

Stand up straight in the water holding onto the poolside at a depth as instructed by your therapist. You may need to use a pool step to alter the depth of the water. Keep your feet shoulder width apart at arms length from the wall. Sit back into the water as if sitting into a chair. Push down through your heels, tensing your buttock and thigh muscles to stand back up without using your arms.

10 reps, 2 sets, 4 s hold



### 4. Straddle seated noodle cycling DR

Stand up straight with the water at chest depth. Straddle a noodle as if sitting on a horse, and allow your feet to come off of the floor. Hold onto the noodle with your hands to help you to balance. Move your legs in a cycling action. Increase your speed to progress the difficulty of this exercise.

15 reps, 4 sets, 10 sec duration



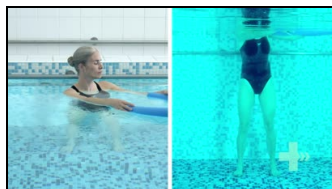
### 5. Standing bi-lateral ankle plantar flexion from plantargrade strength (BA) – advanced

Stand up straight in the water at a depth instructed by your therapist, holding onto the poolside. Keep your back and legs straight. Push up onto your tiptoes. Return to the start position.

10 reps, 2 sets, 10 sec duration

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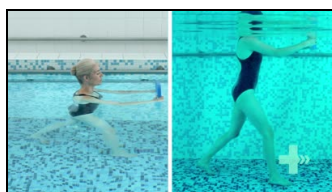


### 6. Standing thoracic rotation long lever BC

Stand up straight with the water at chest depth, your feet shoulder width apart and your knees slightly bent. Hold onto a noodle on the surface of the water with your elbows straight. Turn to look over your shoulder by leading with your elbow, keep your hips and knees facing forwards. Repeat to the other direction.

10 reps, 2 sets

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### 7. Balance in alternate split stance 'lunge' DR and TR

Stand up straight in the water at a depth instructed by your therapist. Hold a small kickboard in both of your hands in front of you. Push the kickboard forward through the water as you take a long step forwards with one leg. Plant your foot, keep both of your knees bent and hold this position. Step back with your leg to bring both of your feet together. Repeat with your other leg.

10 reps, 2 sets, 10 sec duration

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