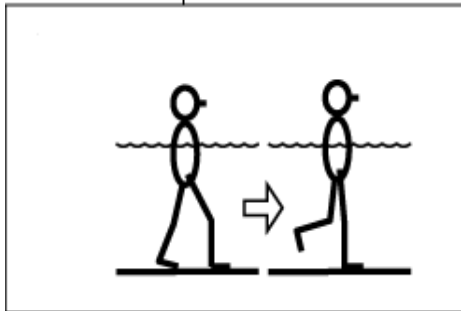


MOBILITY EXERCISES



Forwards Walking

1. Walk forwards, swing arms while walking
2. Ensure trunk is upright and swing opposite arm to opposite leg.

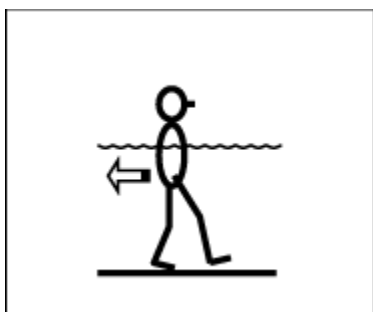
Distance/Lengths of Pool
Duration



Sideways Walking

1. Walking side ways
2. Lifting arms when legs are apart
3. Do not cross legs
4. Perform in both directions

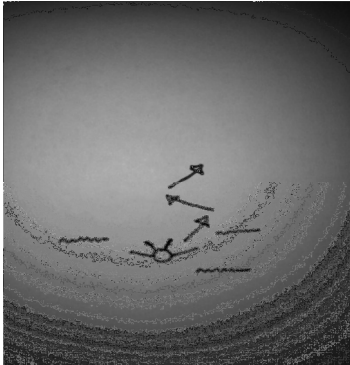
Distance/Lengths of Pool
Duration



Backwards Walking

1. Walk backwards, swing arms while walking
2. Ensure trunk is upright and swing opposite arm to opposite leg.

Distance/Lengths of Pool
Duration



Zig-zag Walking

1. Walk forwards swing arms while walking.
2. Ensure trunk is upright and swing opposite arm to opposite leg.
3. Walk slightly towards the left and then change direction after the third step.
4. Continue along the length of the pool.

Distance/Length of Pool
Duration



Ramp walking

1. Walk up and down ramp
2. Keep an even pace

Distance/Lengths of Pool

Duration