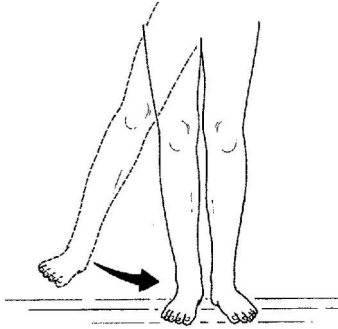


## RANGE OF MOVEMENT EXERCISES

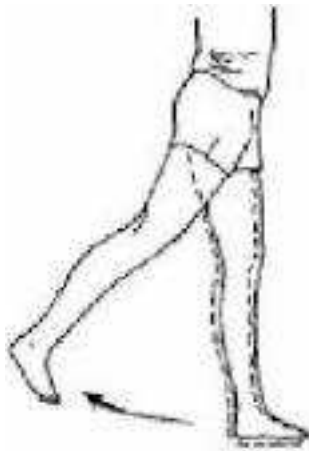


### Hip Adduction/Abduction

1. Standing beside pool wall at arms length away
2. Keep trunk facing forward
3. Swing leg out and in while keeping toes forward and torso in upright position.

#### Sets

#### Repetitions



### Hip Flexion/Extension

1. Stand side on to pool wall
2. Keep trunk and head upright
3. Keep support leg slightly bent
4. Swing leg forward and backward whilst keeping knee straight.

#### Sets

#### Repetition



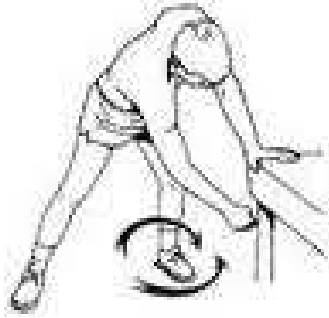
### Marching

1. Stand side on to pool wall
2. Use hand on side of pool to stabilise if necessary
3. Walk on the spot lifting knees as high as is comfortable.

#### Sets

#### Repetitions

### Shoulder pendular exercises



1. Stand with feet shoulder width apart.
2. Adopt a bent over position allowing the affected shoulder to hang downwards.
3. Move shoulder in a clockwise direction allowing gravity and momentum to do the work.
4. Repeat anti-clockwise.

**Sets**

**Repetitions**

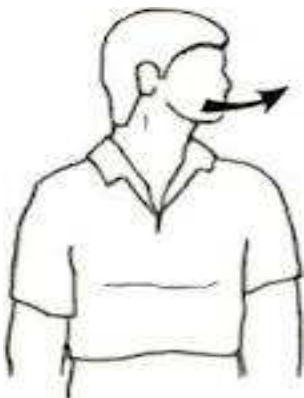


### Spinal rotations

1. Stand with legs shoulder width apart.
2. Turn upper body including head and shoulders to one side as far as is comfortable and hold.
3. Release and repeat towards other side.

**Sets**

**Repetitions**



### Neck Rotations

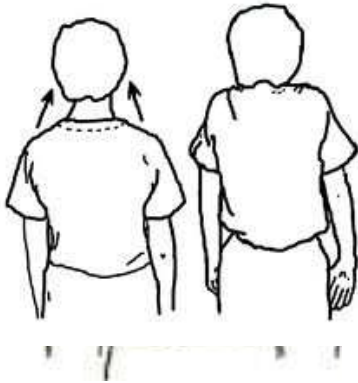
1. Keeping shoulders square, turn head in one direction until stretch is felt and hold for 3 seconds.
2. Release and repeat in opposite direction.

**Sets**

**Repetition**



### Shoulder Shrugs



1. Stand with feet shoulder width apart
2. Raise shoulders to ears without rounding upper back and keeping arms straight.
3. Gradually depress shoulders away from your ears.

**Sets**

**Repetitions**

### Shoulder retractions



1. Stand with feet shoulder width apart and arms by your side.
2. Pull elbows back and squeeze shoulder blades together.

**Sets**

**Repetitions**