

SWIMMING EXERCISE PROGRAM

FOR REHABILITATION OF LOW BACK AND LEG INJURIES

TO BE HELD IN A POOL WITH A 3' CONSISTENT DEPTH

A. SWIMMING LAPS - USING A KICK BOARD - 50 METRES EACH EXERCISE

1. Face down - hands on kick board.
2. On back - hands on kick board.
3. One hand on kick board, one in air - face down.
4. Face down - both hands on kick board - dolphin kick.
5. Freestyle - kick board between legs.
6. Breaststroke - kick board between legs.
7. Backstroke - kick board between legs.
8. Butterfly - kick board between legs.

B. RUNNING - 100 METRES EACH EXERCISE IN 3' OF WATER

1. Straight running - using arms
2. Straight running - arms on head.
3. Running backwards - arms on head.
4. Running sideways - arms on head.
5. Opposite knee to elbow.
6. Dive push and butterfly.

C. EXERCISES

1. Hamstring - leg on side of pool - hold 6 seconds/leg x 3 times.
2. Ballet - 30 seconds hold each position - front, side and back.
3. Kicking on side of pool - 60 seconds rest 60, 45 rest 45, 30 rest 30, 15 rest 15.
4. Running on spot - same procedure as in no. 3 above.
5. Underwater swimming.

D. FINISH WITH LAPS AS IN A