

## PATIENT INFORMATION

# HYDROTHERAPY – ARM EXERCISES



## **Hydrotherapy exercise – patient information**

You have been provided with this exercise leaflet following a course of outpatient hydrotherapy.

Please only complete the exercises you have been guided to do by your physiotherapist being mindful of any specific modifications made for your personal circumstances.

### **SAFETY**

If you experience sudden shortness of breath, chest pains, angina or dizziness STOP exercising and contact your doctor.

Stop if an exercise causes you pain. Next time do fewer repetitions and if still painful, stop the exercise and talk to your physiotherapist if possible.

### **Equipment**

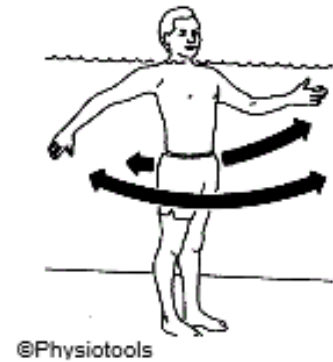
Although you may have used a variety of equipment with your physiotherapist in our hydrotherapy pool, this may not be available at your local swimming pool. Therefore, we are able to advise alternatives or equipment you can purchase.

## Arm swings

Standing in the water swing your arms forward and back. Lift one arm forwards and the other backwards. Let your head follow the movement.

Progressions:

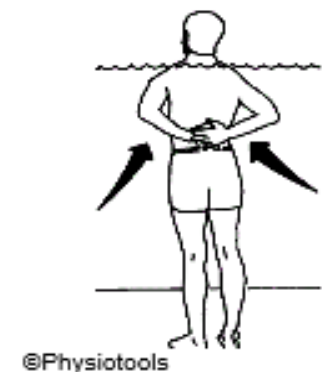
- Add weight
- Add rubber ring.
- Add plastic tennis racquet.



## Arm stretch

Stand with one (or both) hands behind your back – squeeze your shoulder blades back and attempt to raise your hand up your back.

Hold a rubber ring to increase the stretch.



## Upper limb range of movement

Move arm forward and backwards in the water. Next take from your side to the top of the water. Float hand on top of the water, move whole arm across the top of the water.

Progression – add float or weight as advised. Push float with both hands forward and back.



## Standing arm raise

In standing lift your arm up out of the water whilst holding a black sponge ring or weight. Maintain the arm out of the water then lower.

## Triceps dip

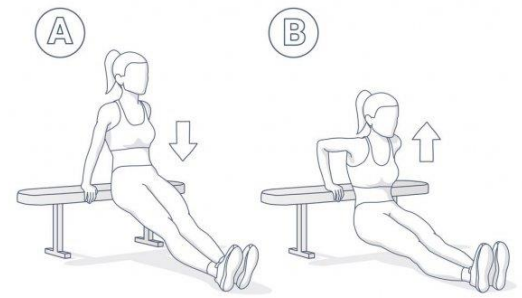
With your back to the wall of the pool, hands placed on the edge of the pool or on the handrails at shoulder width and elbows pointing back.

Lower your buttocks towards the floor by bending your arms and then push back up.

Note:

- Don't let your shoulders move forward or up towards your ears.
- Keep upper back active and trunk upright.

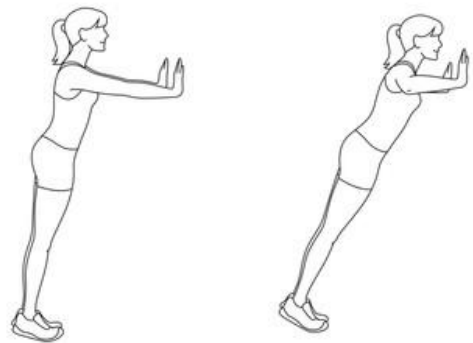
### TRICEPS DIPS



## Press ups

Stand facing the pool wall with your arms straight and hands on the wall.

Do push-ups against the wall or handrail keeping your body in a straight line.



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## Swimming

With or without buoyancy aids, swimming is a fantastic all round activity.

Variations:

- Breast stroke
- Front crawl
- Front crawl - one arm - use a float in the other hand stretched out in front.

**Additional personalised exercise programme**

Exercise 1

Exercise 2

Exercise 3

Exercise 4

**Where could I go now to continue my hydrotherapy?**

- **Perdiswell Leisure Centre Worcester – 01905457189**
- **Lower Wick Swimming Pool (warm) – 01905 421089**
- **Abbey Stadium Swimming Pool – 01527 60206**
- **Osborne Court Hydrotherapy (warm) – 01684 612722**
- **Malvern Splash – 01684 893423**
- **Pershore Leisure Centre – 01386 552346**
- **Bromsgrove Leisure Centre – 01527 916434**
- **Evesham Leisure Centre – 01386 444212**
- **Wyre Forest Leisure Centre – 01562 515151**
- **Droitwich Leisure Centre – 01905 771212**

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.