



Aquatic Exercise

Aquatic exercise is a great way to raise your heart rate and achieve cardiovascular workout without raising core temperature. Aquatic exercise is also more gentle on your joints and can be well tolerated by people who also experience back pain, hip pain or knee pain.

Cardiovascular exercise options within the pool include: Walking, jogging, jumping jacks, marching in place, swimming, or participation in a water aerobics class.



Walking Program

Walking is a great way to improve cardiovascular health and improve lower extremity strength.

To initiate a walking program, look for a place with flat ground such as a bike path, a side walk, or an in or outdoor mall. (keep in mind temperature when choosing setting/time of day)

Begin conservatively and add time and/or distance to your walk as you begin to feel more comfortable.



Recumbent Bike

The Recumbent Bike offers a back supported seat as well as a somewhat reclined posture. Biking is a great option for those who experience joint pain (as it minimizes the pressures of gravity/weight bearing) and is a great way to improve cardiovascular health and lower extremity strength.

To initiate a biking program, begin conservatively and add time and/or resistance as tolerated.

AMENDMENTS: For those who find it difficult to keep their feet on the pedals, a theraband or other strap can be tied around the foot to keep the foot in place on the pedal.



Upright Exercise Bike

The Upright Exercise Bike is a great option for those who experience joint pain (as it minimizes the pressures of gravity/weight bearing) and is a great way to improve cardiovascular health and lower extremity strength. The Upright Exercise Bike requires core strength in order to maintain upright sitting and appropriate posture.

To initiate a biking program, begin conservatively and add time and/or resistance as tolerated.

AMENDMENTS: For those who find it difficult to keep their feet on the pedals, a theraband or other strap can be tied around the foot to keep the foot in place on the pedal.



Upper Extremity Bike

The Upper Extremity Bike can be used to increase heart rate and improve cardiovascular health as well as upper extremity strength. Both forward and backward pedal directions are encouraged (perform a timed session forward and an equal session backward). Perform at a comfortable pace and adjust resistance to achieve an appropriate challenge level.

Initiate program conservatively and increase to tolerance.

AMENDMENTS: For those who find it difficult to keep their hands gripping the pedals, a theraband or other strap can be tied around the hand to keep the hand in place on the pedal.



SEATED MARCHING ALTERNATE ARMS AND LEGS

Sit towards the edge of a chair with good upright posture.

Begin by raising up one arm and the opposite side leg as shown. Lower arm and leg back down and then raise the opposite sides as you alternate back and forth.

OPTIONS: Amend other popular or enjoyable exercises routines to be performed in sitting. IE- dancing, boxing, aerobics