

## SHALLOW-WATER TONING EXERCISES (CONTINUED)



**Spinal rotation (internal and external obliques):** Perform rotational movement from the spine, making certain the hips remain forward. Repeat opposite side.



**Spinal lateral flexion (quadratus lumborum and rectus abdominis):** Lean the body to one side, remaining in the frontal plane (i.e., do not lean to the front or to the back). Repeat on the opposite side. Visualization cue: Slide hand down side of leg.



**Spinal rotation and flexion (obliques, rectus abdominis, and erector spinae):** Combine forward flexion with rotation; bring shoulder toward opposite hip bone. Many variations. Standing vertical position is shown. Repeat on opposite side. This combination of spinal functions may not be appropriate for all individuals.

## SHALLOW-WATER STRETCHES



**Gastrocnemius:** (a) Basic stride position with one leg forward and knee bent, other leg back and knee extended with toe facing forward and heel on pool bottom. Variations: (b) One hand on wall for balance or facing wall with both hands on wall. Repeat both sides.



**Soleus:** Beginning from gastrocnemius stretch, slightly bend the back leg, keeping the heel down, to stretch the soleus. Repeat both sides.



**Quadriceps and iliopsoas, stride positions:** From a stride position, (a) lower the back knee and allow heel to lift; (b) tilt the pelvis (posterior tilt). (c) Variation: The top of the foot, dorsal surface, can be positioned toward pool bottom to incorporate a stretch for the tibialis anterior. Repeat both sides.