

Axial Spondyloarthritis (Axial SpA) Exercise Group 'Foundation Set' of Hydro Based Exercise

Water exercise can be performed each week as often as you feel able or need. Water exercise should be considered as part of your overall exercise management for your Axial SpA. A session of water-based exercise at least once a week could be considered a minimum level to complete.

All foundation exercises below should be performed in sets of **10** if able and repeated as **2 or 3** sets.

These exercises should **never be painful**. If you experience discomfort with any of these exercises then please discuss them with your physiotherapist.

Hip stretch with Ring



Superman



Back Strengthening



Titanic Stretch



Scissor Cross Over Stretch



Woggle Twists



Axial Spondyloarthritis Group – Hydro based exercise programme

Select 2 of your favourite exercises from each week and add them to the table below to keep a record. These should be combined with your foundation exercises to give you an overall programme of water-based exercise that can help you self-manage your Axial SpA.

Theme	Exercise 1	Exercise 2
Stretching		
Strengthening		
Core Stability		
Cardiovascular		
Balance		

Name: _____

DOB: _____

WEEK 2: STRETCHING

Hamstring Stretch



Inner Thigh Stretch



Straight Leg Push Back



Pendulum Swings



Thread The Needle



Neck Stretches

- Look over shoulder
- Chin to chest
- Look up to ceiling
- Ear to shoulder stretch
- Chin tucks

Water Angel



WEEK 3: STRENGTHENING

Straight Leg Push Down



Both Legs Straight Down In Water



Straight Arm Push Down



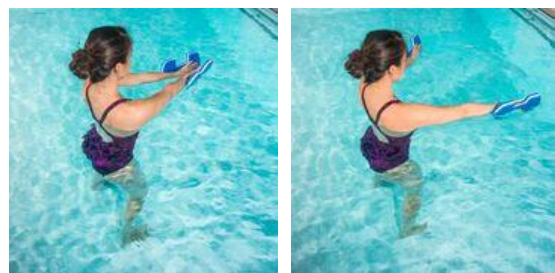
Punching With Floats



Punching Down With Floats



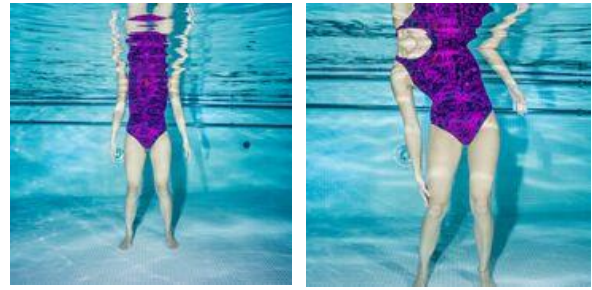
Shoulder Blade Squeeze



Feet Together Feet Apart



Side Bends



Push Heels Through Water



WEEK 4: CORE STABILITY

Float Push Up and Down



Alternate Finger Lifts in Floating



Fingers Lift in Squat Position



Alternate Finger Lifts Sitting On Woggle



Olympic Rings



WEEK 5: CARDIOVASCULAR

Spotty Dogs



Jumping Twists



Flippy Eggs



Quick Widths



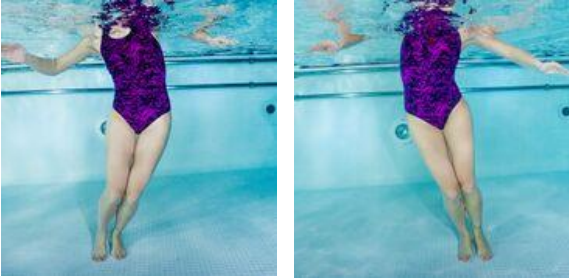
Punching With Floats



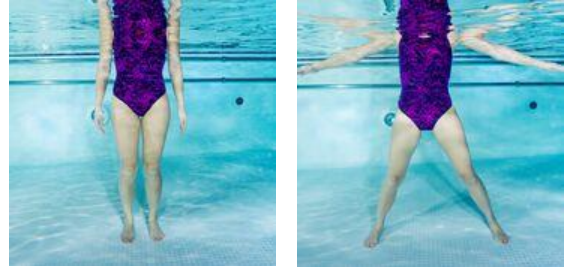
Running on the Spot



Side Jumps



Star Jumps



Cycling on Woggle



Cycling

WEEK 6: BALANCE

Push and Pull Forwards and Backwards



Single Leg Stand



Single Leg Stand with Float under Foot

