

Patients name:

Program date:

Swimming

Level 4

Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' position.

Action

- INHALE to prepare
- EXHALE, reach your left arm forwards off the mat. Simultaneously slide the opposite foot along the floor away from the body, continue to reach the leg lifting it off the mat
- INHALE and lower this arm and leg
- Repeat alternating arms and legs

Reps: 10



Tips

- Imagine balancing a drinks tray on your lower back to avoid rocking sideways
- Imagine reaching through the arms and legs to reach the wall at either ends of you

Therapists signature _____