

Flotation Therapy: Rejuvenating the Body in a Body of Water
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Water Skills Flotation Buoyancy Enhanced Primary Care EPC Program
To accompany Computerized Coronary Age Risk Factor Assessment Program

Patient Name:

Referred by:

Date:

Please Note

- (A) **GOGGLES & NOSE CLIP ESSENTIAL – EXIT POOL FOR SPAR AT THE ONSET OF ANY CRAMPING.**
- (B) **TAKE BLOOD PRESSURE & PULSE TRACKING PRE AND POST WATER EACH TRAINING SESSION.**
- (C) **DAILY SWISSE MULTIVITAMIN SUPPLEMENT & SUGAR FREE SWEETS FRUIT JUICE SUBSTITUTES.**
- (D) **SHOWERING – VIGOROUS SOFT LOOFA SCRUB FOR INCREASED VASO-CAPILLARY CIRCULATION.**
- (E) **CHLORINE -- SHAMPOO & CONDITIONER, FOLLOWED WITH SKIN MOISTURIZER & EAR BUDS.**

- (F) **ESSENTIAL WARM UP ADJUSTMENT IN GENTLE MUSCLE & LIGAMENT STRETCHING EXERCISES.**
 - **CERVICAL: HEAD ROTATION AND LEFT RIGHT GENTLE EXTENSION TO EITHER SHOULDER.**
 - **THORACIC: BODY VERTICAL WITH ARMS AT 90 – LEG HORIZONTAL AND GENTLE TWIST.**
 - **LUMBAR: LEFT AND THEN RIGHT LEG RAISED SEPARATELY TO 45 AND GENTLE TWIST.**
 - **SACRAL: BODY PERPENDICULAR TO POOLSIDE AT 90 LEFT & RIGHT LEG AT 10-15.**

- (G) **POOLSIDE LEFT & RIGHT CALF THIGH STRETCH -- BOTH KNEES FOR SOFT STOMACH CRUNCHING**
 - 1. **DEPTH CHANGE: SINKING - EXHALING SLOWLY FOR DECREASED RESPIRATION LUNG EXPANSION -- BREATH EXTENSION TIME TO THE LIMIT BEFORE SURFACING TO INHALE.**
 - 2. **SKY-DIVE FLOTATION EXERCISES THEN, BACK SKULLING 15 - 25 METERS (increasing daily).**
 - 3. **TUMMY WAIST TWISTS - SPEED DANCING STATIONARY FROM HIPS 30-45 SECONDS CLOCKED.**
 - 4. **FROG KICK [ON BACK 20-25 METERS] THEN PLAYTIME DOLPHIN UNDER WATER SWIMMING.**

 - 5. **CORKSCREW – VERTICAL - ARMS FOLDED (CROSSED ON CHEST FOR BODY SWIVEL).**
 - 6. **STAR JUMPS 30-45 SECONDS (HEAD SUBMERGED WITH EACH STAR JUMP).**
 - 7. **EXTENSION WORK - 25 METERS FREESTYLE, 25 METERS BACKSTROKE [2 MINS REST RESPITE]**
 - 8. **UNDER WATER SEAL AND DOLPHIN UNDER WATER SWIMMING FREE PLAY EXERCISES.**
 - 9. **RESPITE PERIOD (2 MINUTES) AND TAKE PULSE – TIMED ON LAPS WALL CLOCK**
 - 10. **CATHARINE WHEELS - CLOCKWISE & ANTI-CLOCKWISE [2-3 ATTEMPS ONLY].**
 - 11. **RESPITE 2 MINUTES – EXTENSION (ONLY IF PLANNED) 4-8 LAPS FREESTYLE IN SLOW LANE.**

 - 12. **TUMMY TUCKS [FORWARD] 30 SECONDS AND THEN, BACKWARDS [30 SECONDS].**
 - 13. **REST RESPITE [2] MINUTES AND TAKE PULSE BEFORE FAST WATER WALKING [ONE MINUTE]**
 - 14. **CORKSCREW – HORIZONTAL - ARMS & HANDS STRETCHED FOR CLOCKWISE SWIVEL.**
 - 15. **TUMMY TUCKS BACKWARDS OR FORWARDS [30-45 SECONDS CLOCKED].**
 - 16. **STAR JUMPS 30-45 SECONDS HEAD NOT SUBMERGING WITH EACH STAR JUMP.**
 - 17. **ADJUSTMENT SUBLUX, LEG STRETCHING [WARMING SLOW DOWN] THEN SLOW DOWN SPAR.**
 - 18. **SPOTLIGHT FOCUS EXERCISES IN SPAR FOR COLOURED FRACTALS & VISUAL AFTERIMAGE.**

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