

Aqua Therapy Program

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	T: D:	T: D:	T: D:	T: D:	T: D:	T: D:
Tuesday	T: D:	T: D:	T: D:	T: D:	T: D:	T: D:
Wednesday	T: D:	T: D:	T: D:	T: D:	T: D:	T: D:
Thursday	T: D:	T: D:	T: D:	T: D:	T: D:	T: D:
Friday	T: D:	T: D:	T: D:	T: D:	T: D:	T: D:
Saturday	T: D:	T: D:	T: D:	T: D:	T: D:	T: D:
Sunday	T: D:	T: D:	T: D:	T: D:	T: D:	T: D:

The program is recommended for a period of 6 weeks. We recommend patients to do the program for 30 minutes a day for a minimum of 5 days a week. You can go to your local recreation centre or any swimming pool you have access to and walk in the pool as shown. The water should go up to your chest level and you should walk back and forth from one end of the pool to the other.

You can use the convenient table to track your progress. The table has 5 days along the left side and 6 weeks along the top. T represents time, indicate the normal time of day you do the swimming, such as 3:30pm. D represents duration, to indicate how long you do swimming for, such as 30 minutes.