

Argus Orthopaedic Zone

Ways To Build Strength in the Pool

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Transforming patient information into patient understanding.

Now that you realize how much benefit can come to the knees and hips I will tell you how.

What we are trying to do is relieve pain and treat the arthritis in the hips or knees or both conservatively. Everyone knows that this will not cure arthritis. But then nothing else will cure it either short of hip or knee replacement, which not everyone wants. Everyone does want to have less pain. This can help a lot of people.

Water Therapy

Knees

Flexion and extension. Hold onto side of pool. Stand straight and bend your knees one at a time as if trying to kick your buttocks with your heel. Do this with some force if you are able.

Squats. Stand straight then squat as if you are about to sit in a chair. The buttocks should stick out slightly and your chest should be leaning forward. Relax, you're in the water, no one will see!

Hips

Flexion and extension. For flexion, stand with your back straight, then raise one leg up from the hip until it is straight out in front of you. For extension raise your leg behind you.

Abduction. Stand up straight then kick your leg out to the side, keeping your toes pointed. Be sure you don't lean sideways because it makes the exercise less effective.

These movements combine flexion (bending) and extension (straightening). Aim for 20 to 30 repetitions per exercise. Grasp the edge of the pool for balance if needed.

To increase the intensity of each exercise, add resistance by performing each movement faster, move into shallower water or perform the movements without holding onto the pool's edge.

What else?

Check with your family doctor before starting a water exercise program if you have a condition that would limit the movements you can do in the water.

If you still have significant pain after water exercise see a physical therapist who can tailor a program for you.

When exercising on your own, start with a warm up and end with a cool down such as walking in place.

Pace yourself. Just because the water alleviates stress doesn't mean your muscles won't ache if you push yourself too hard.

Good luck! These exercises have helped so many people, you might as well benefit too.

Office Website and Argus Orthopaedic Zone Archive

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It contains a world of musculoskeletal information you and your family and friends can use!

Website, Your Orthopaedic Connection, Archive of all previous Argus articles.

Please check it out. Be well.

Dr. Haverbush