



PT Pool Party!

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It's finally summertime and who doesn't love to cool off in the pool? The good news is that there are tons of ways to stay active in the water. Exercising in water decreases the pressure that is placed on bones and joints, making it easier for kiddos to move around.

Benefits to exercising in the water including:

- Improves functional mobility
- Provides sensory input
- Improves balance, strength, coordination, flexibility, and endurance
- Improves gross motor skills
- Improves respiratory function
- Relaxing and calming environment to perform therapy exercises

Here are some fun ways to exercise in the pool this summer:

Strengthening exercises: Try different kinds of walks in the pool: walk forward, backwards, sideways, walking marches, walk on tip toes, and on heels! Start by walking all the way across the pool x4 and work your way up as it becomes easier.

Endurance exercises: jumping jacks, running in place, karate kicks, jumping forward/backwards, hopping on 1 foot, and of course swimming using any type of stroke or even kicking using a kickboard! Try each these exercises for 30 seconds and progress to longer times as tolerated.

Balance: straddle a pool noodle reach in all different directions, stand on top of pool noodle, standing on 1 foot, bend a pool noodle like the letter U and sit on it like a swing, and walking heel to toe across the pool. Balance for as long as possible then work your way up to longer times!

There are endless possibilities to enjoy a day in the pool while staying active with your kiddos. Be creative and have fun!