



Co-funded by the
Erasmus+ Programme
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Seniors to sport court, not to hospital

HEALTH EXERCISES IN THE POOL

Use these exercises mainly for people suffering from pain caused by motion system illnesses. We make use of water, where weight-bearing joints are not strained by often higher body weight. Making use of water resistance we strengthen both upper and lower limbs carrying out trunk rotations. You can stretch better the shortened and overstrained muscles.

In water we can apply conditional programme without straining joint system and this pays mainly for individual overweight seniors with knee and hip arthrosis, where the conditional exercises in water are part of programme for weight reduction. Seniors perform the exercises always under supervision. It is important to be informed about their chronic illnesses. You must ask their attending physician for permission to do exercises in water for patients with heart and blood vessels illnesses and further serious disorders.