

## HIGH RISK AQUAFIT EXERCISES

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The BCRPA Aquafit Advisory Committee recommends that caution be used when including the following potentially high risk exercises in an aquafit group exercise class. Instructors must determine the risk vs. the benefits of a particular exercise in relation to the population it is intended for. Please note: This list is intended as a guideline to be used for information and education only. The intent of the guide is to stimulate discussion and analysis of exercise selection resulting in increased safety in program development.

HIGH RISK	AREA OF CONCERN	SUGGESTIONS FOR DECREASING RISK
Running/Jumping technique on toes	Gastrocnemius/Soleus/Tibialis Anterior	Bring heels down to bottom (ie landing: toe, heel)
Overuse of hip flexor through excessive running, tuck jumps, etc.	Hip Flexor	Do a variety of leg movements
Excessive repetitions of high impact movement	Load Bearing Joints	Maximum of 16 repetitions per movement
Exaggerated lateral flexion of the spine	Hyperextension of Spine	20 degrees recommended range
Rocking horse with spinal movement	Hyperextension of Cervical/Lumbar Spine	Maintain body alignment; avoid hyperextension of the spine
Supine or prone flutter kick at wall	Hyperextension of Cervical/Lumbar Spine	Maintain body alignment; floatation device option
Forward travelling jumping jacks	Knee & Lumbar Spine	Backward/Sideways travel only or reduce speed and ROM
Double leg lifts in supine position	Lumbar Spine	One leg lifts with other leg bent for support/target abdominals
Slalom jump	Knee & Spine	Move body as a unit
Spinal rotation (twist)	Spine	Stabilize and isolate upper or lower body/reduce speed
Vertical push ups at wall	Wrist/Shoulder/Hyperextension of Cervical Spine	Do horizontally or use flutter board (push down)
Full neck rotations	Cervical Spine	Semi-circle, forward only
Prone body position with neck hyperextended (to keep face out of water), ie flutter kick, stretches	Cervical/Lumbar Spine	Submerge face to align neck
Sit ups with legs or arms hooked onto side of pool deck	Shoulder Impingement/Lumbar Spine	Use floatation device or standing position
Jumping or high rebound kicks in shallow water	Load Bearing Joint/Lumbar Spine	Move to chest deep water
Hip hyperextension	Hip/Lumbar Spine	15-20 degrees maximum and maintain neutral spine
Sustained overhead arm patterns	Shoulder/Neck	Use the resistance of the water
Double Arm Hang off pool wall unsupported in Deep Water	Shoulder Joint	Avoid using exercise
Thumbs down breast-stroke during vertical alignment movements	Shoulder Joint	Thumbs up, shoulder abduction > 90%
Deep Water Vertical Exercise utilizing dumb-bells only	Overload to Shoulder Joint	Use additional flotation devices