

The background features a large, faint watermark of the text 'SPRESS-DUTH' in a bold, sans-serif font. To the left of this text is a stylized illustration of two swimmers in motion, rendered in shades of grey and blue. Below the main title, there is also faint text that reads 'School of Physical Education & Sport Science, D.P.E.S.S. Democritus University of Thrace'.

Aquatic Exercise for Functional Improvement Part 2

Asimonia Gioftsidou
Assistant Professor

School of Physical Education and Sport Science
Democritus University of Thrace



Deep Water Program

Exercises to increase mobility

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Exercises to increase mobility

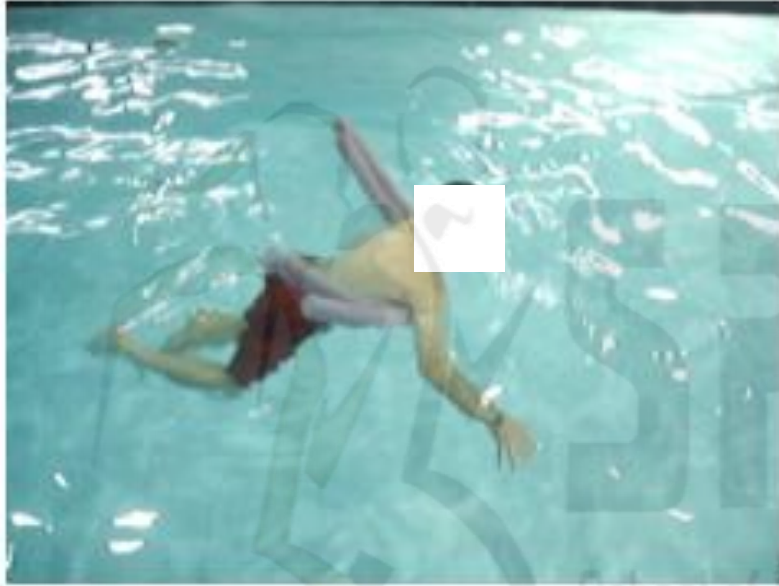
Movements are performed

- at a slow pace
- with wide range of motion
- with control



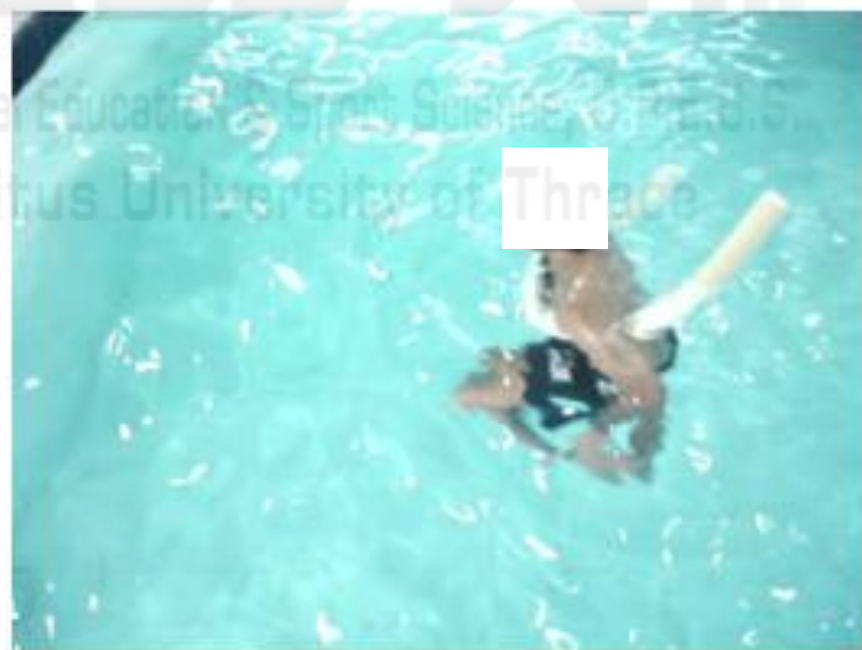
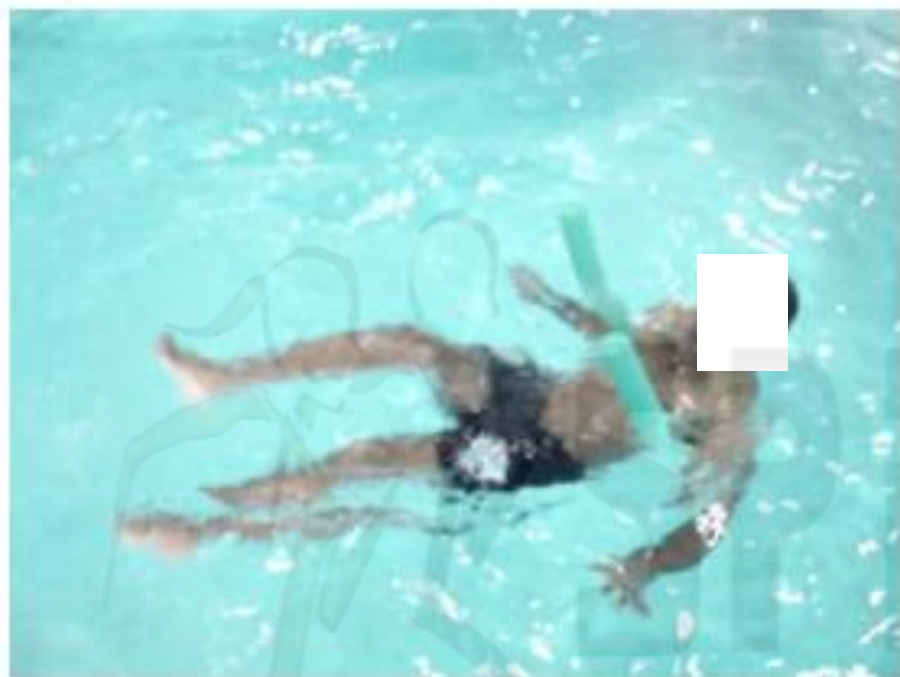
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Begin from an upright or prone position



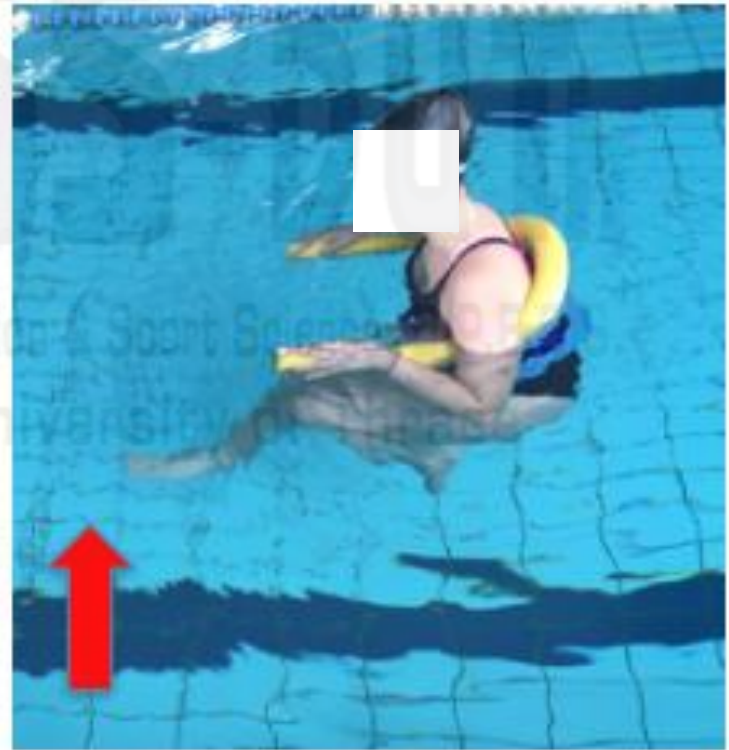
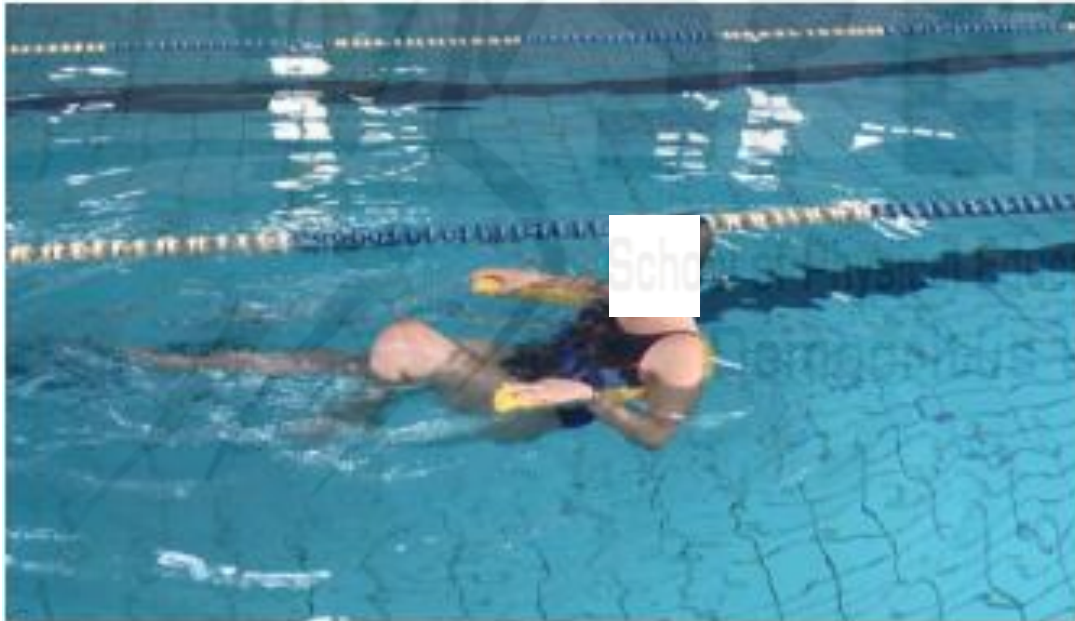
Then in a supine position



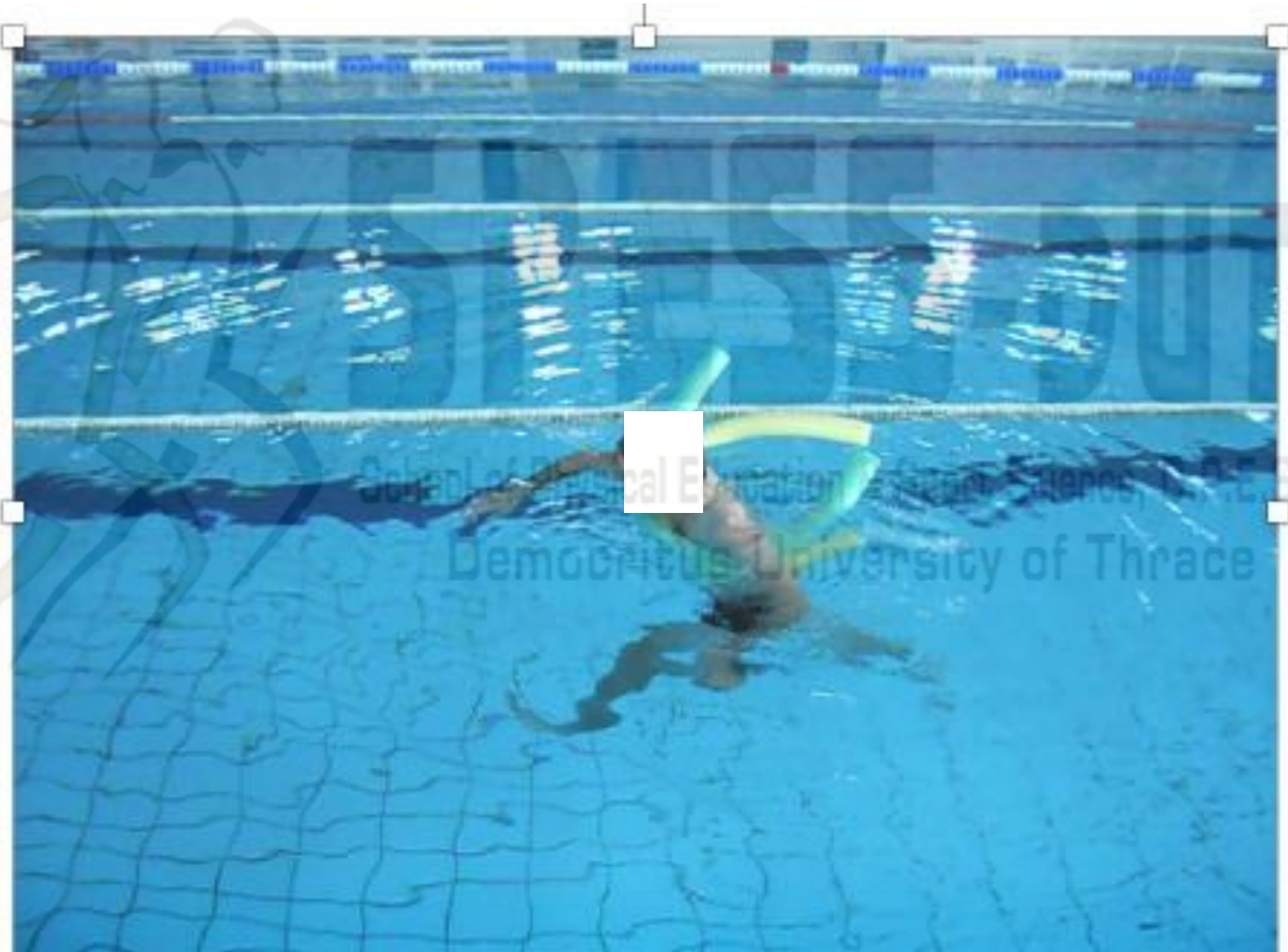


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In the upright position the buoyancy helps to make the move in a bigger range of motion



at a slow pace - with wide range of motion - with control



at a slow pace - with wide range of motion - with control



**exercise to increase
mobility at the hip and
knee joints**





hip mobility



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Exercises to increase mobility

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**exercise to
increase mobility
at the hip joint**



exercise to increase mobility at the hip and knee joints



Exercise to increase mobility at the trunk



exercise to increase mobility of the shoulder



Exercise to increase mobility of the shoulder



exercise to increase mobility of the shoulder

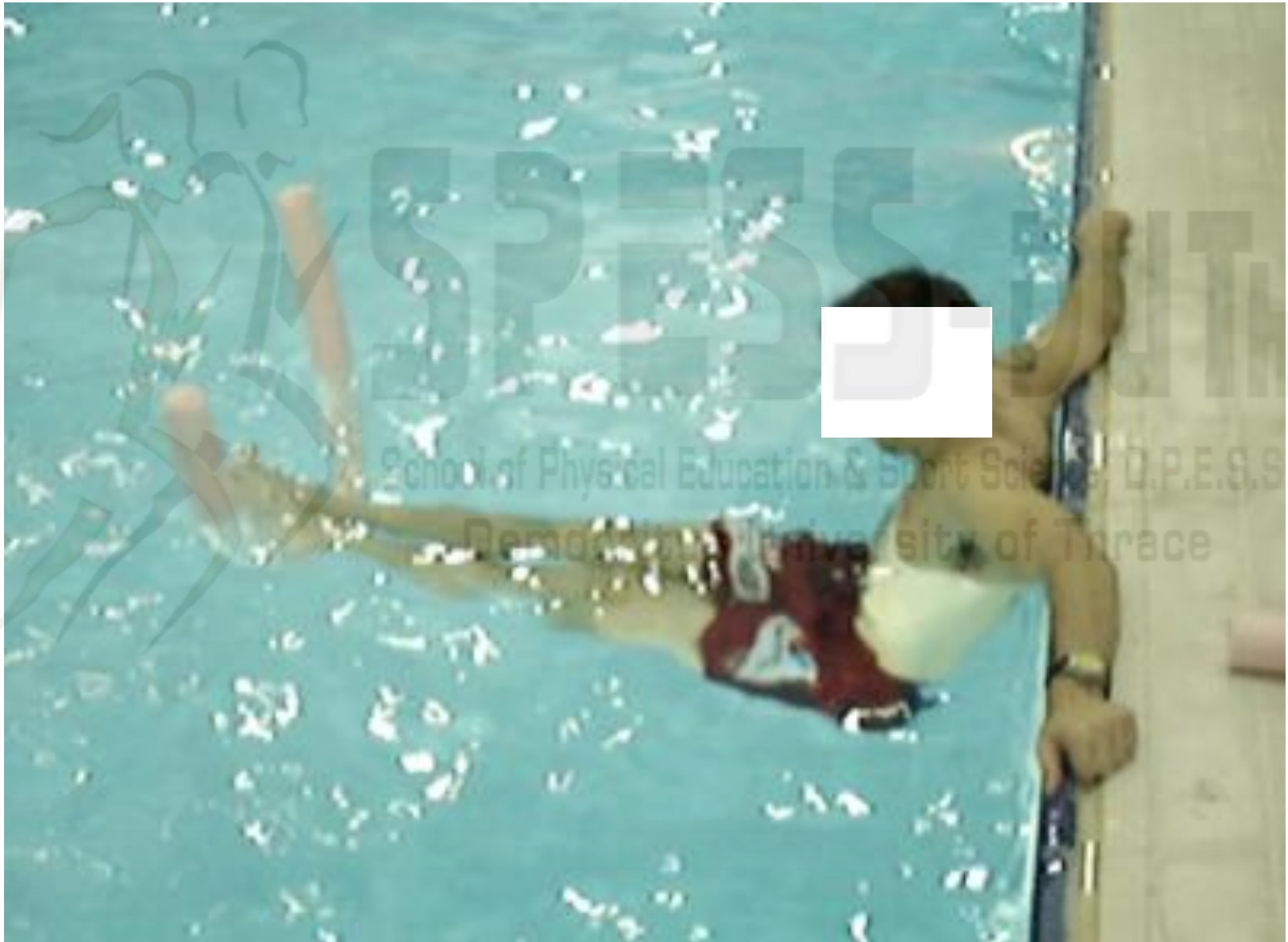


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Stretching Exercises

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Hamstring stretching





Hamstring Stretching

Adductor Stretching

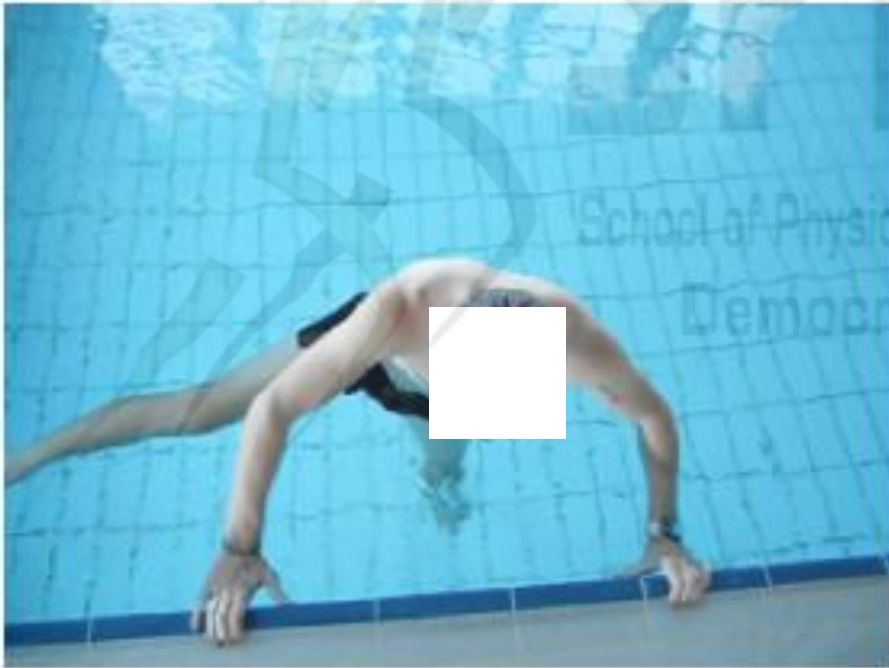


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Stretching Exercises

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Adductor Stretching



Hip Flexors Stretching





Hamstring Stretching

Adductor Stretching



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Exercises to improve muscle strength and endurance

Speed of the movement

Range of motion

The resistance surface

The lever arm

Increase the difficulty by increased of...

- Number of the repetitions
- Speed of the movement
 - Range of motion
- The resistance surface
 - The lever arm



Equipment

Resistance



rubberized

drag

buoyant

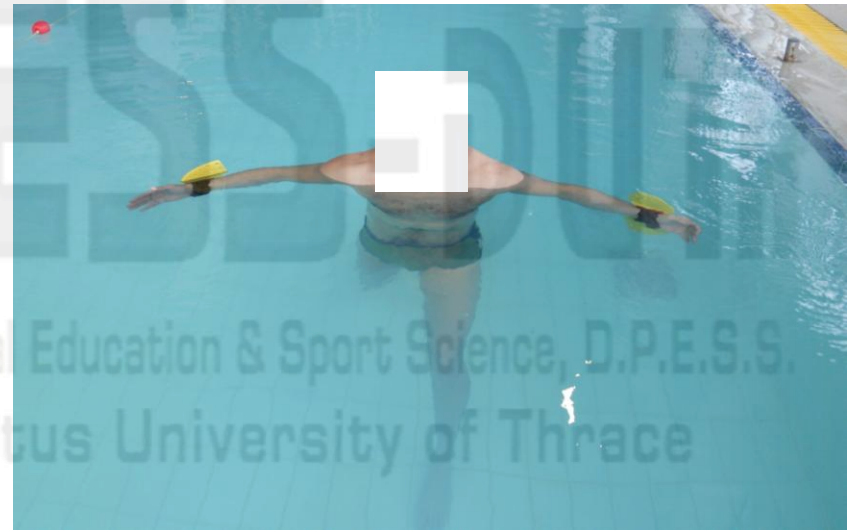
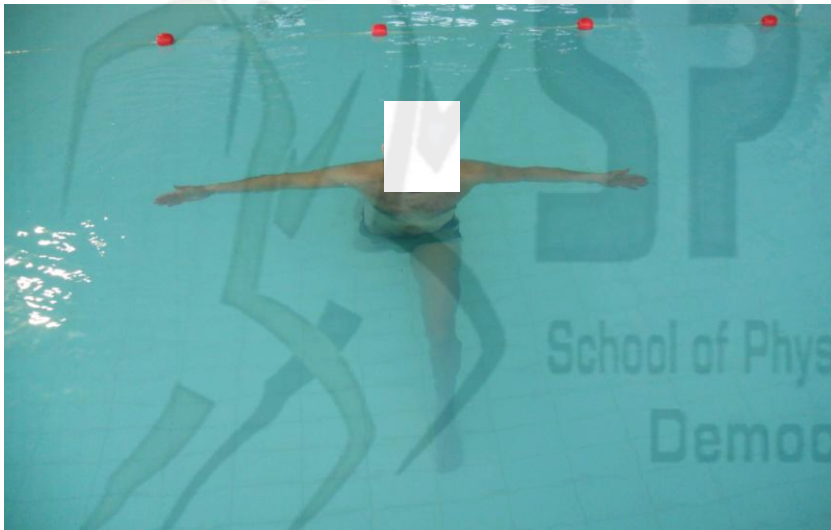


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Strength Exercises

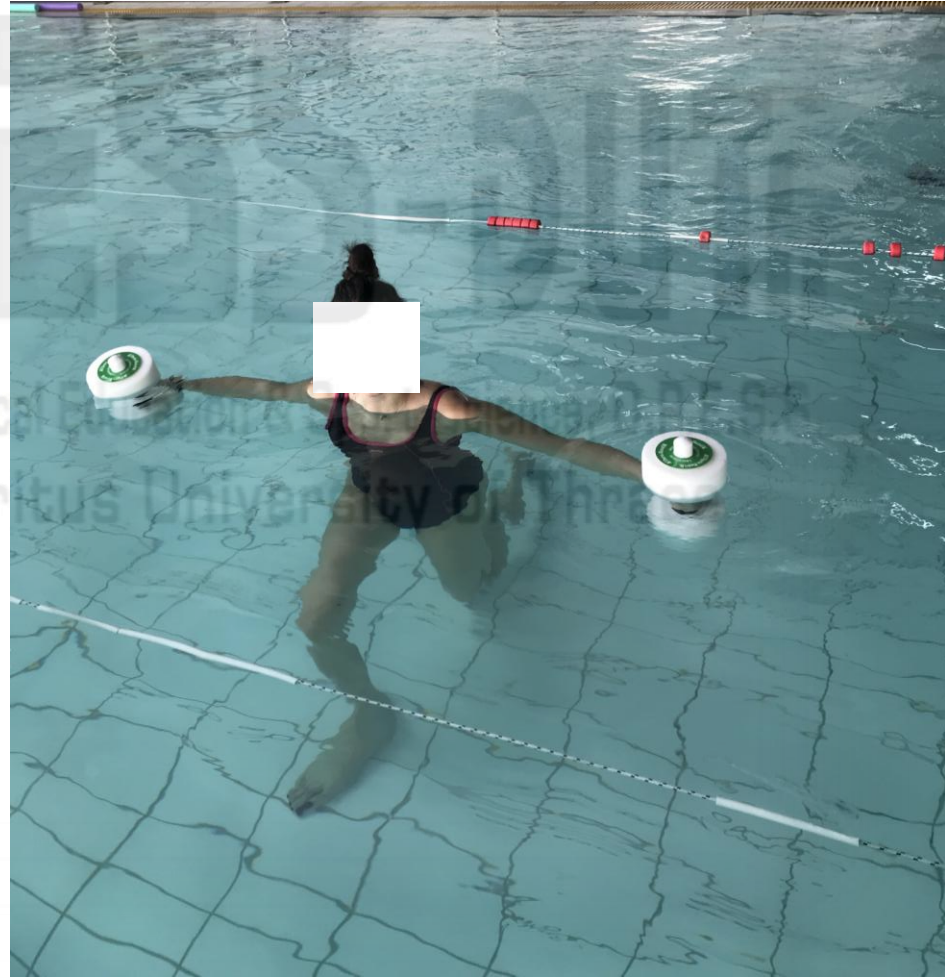
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Increase the resistance surface



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Increase the lever arm

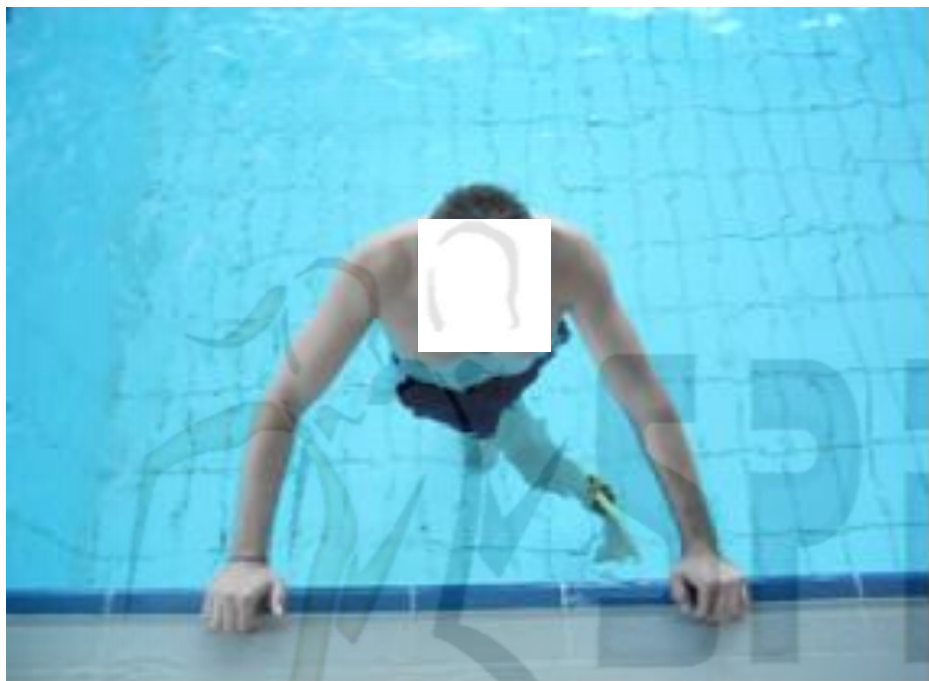




**Increase the lever
arm**



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**Increase the
resistance surface**



Increase the resistance surface



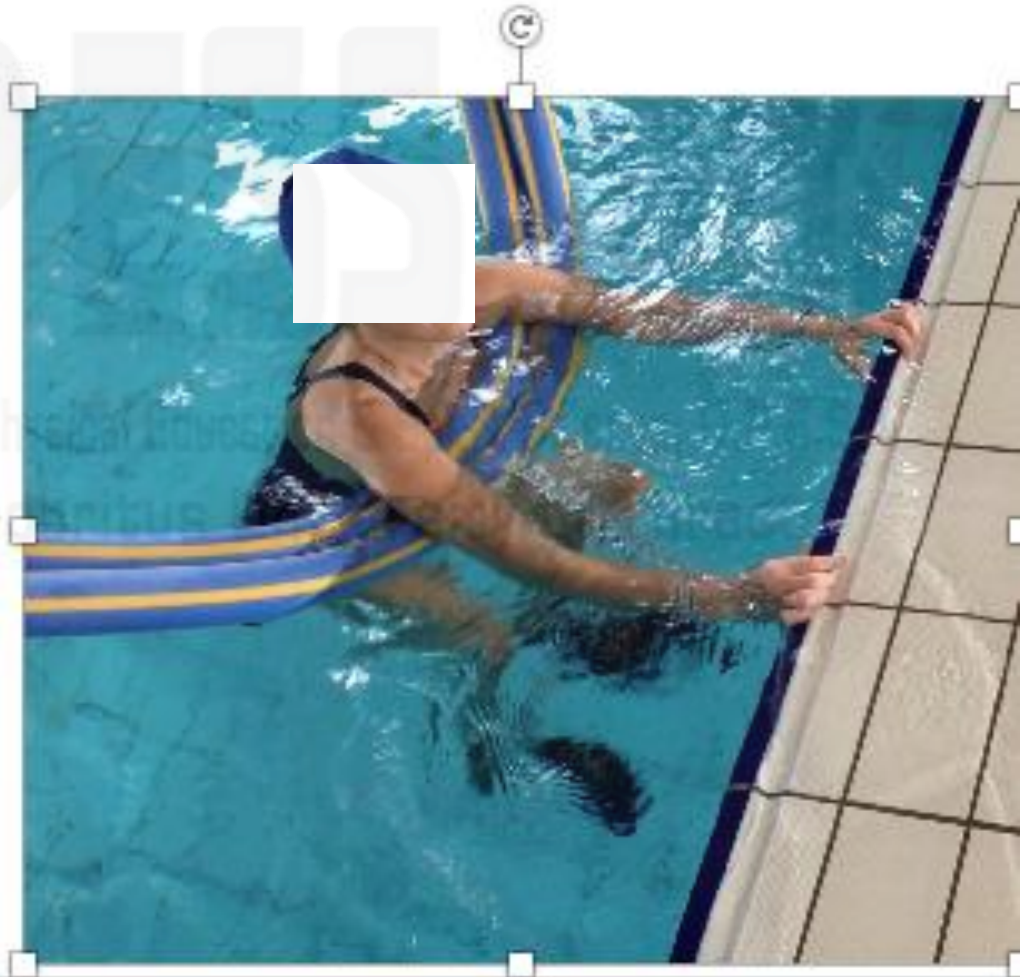


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Strength Exercises

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Increase the resistance surface



Is **difficult**.... big lever arm + resistance surface
+ big range of motion + fast movement



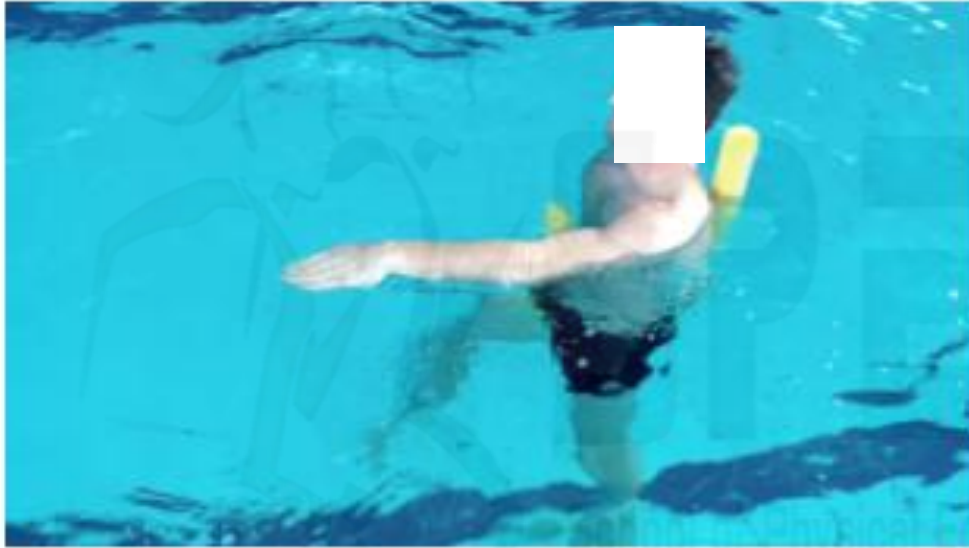
Increase the resistance surface



Strength training – without equipment - increase of speed



Strength training – without equipment - increase of speed



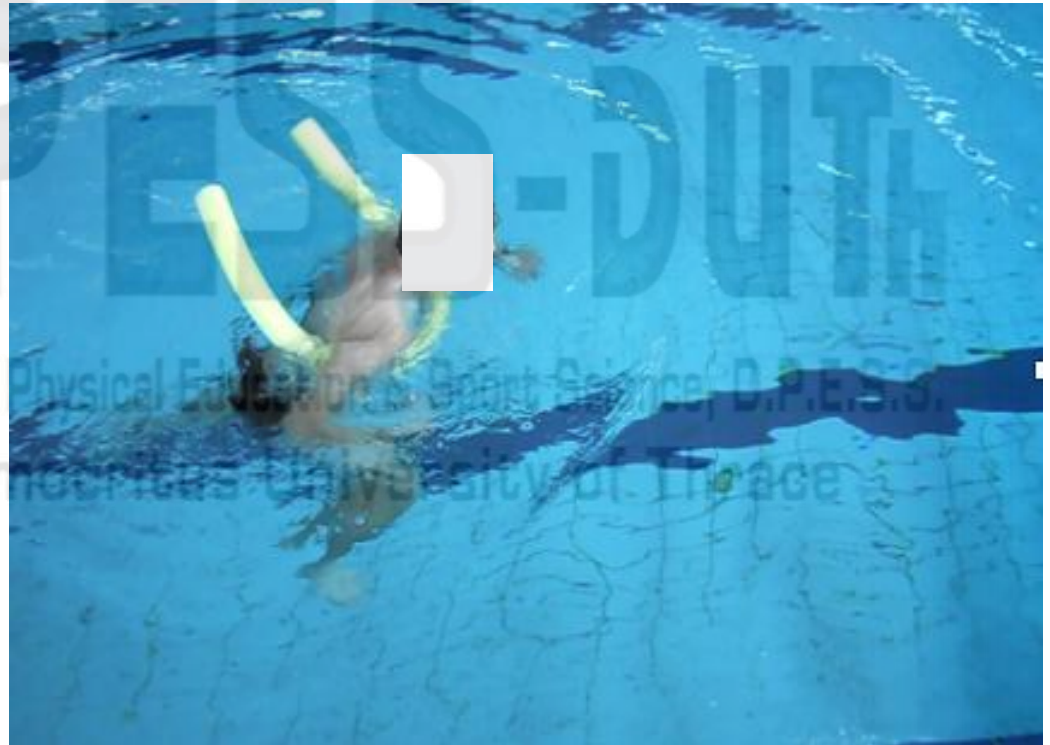


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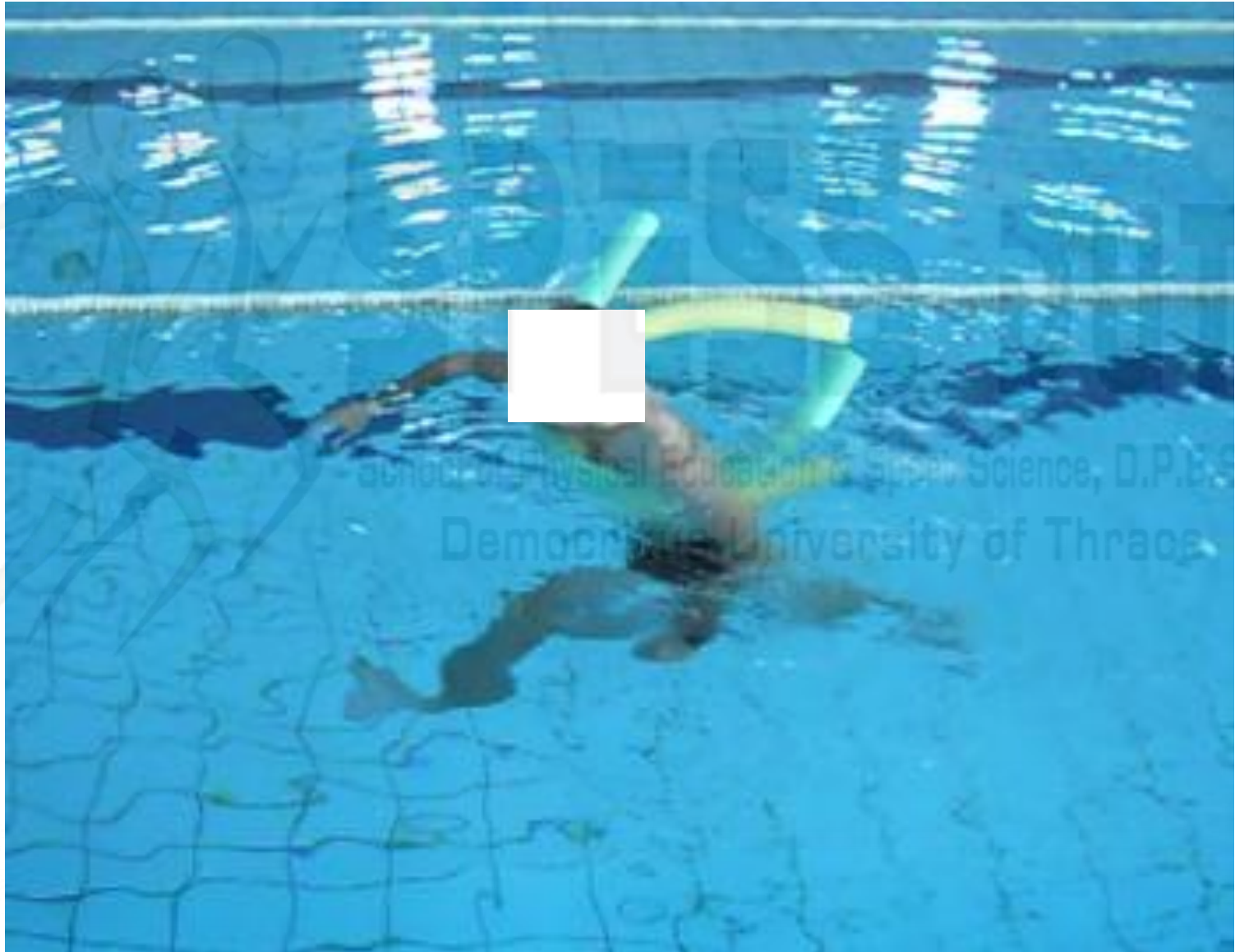
Aerobic Exercises

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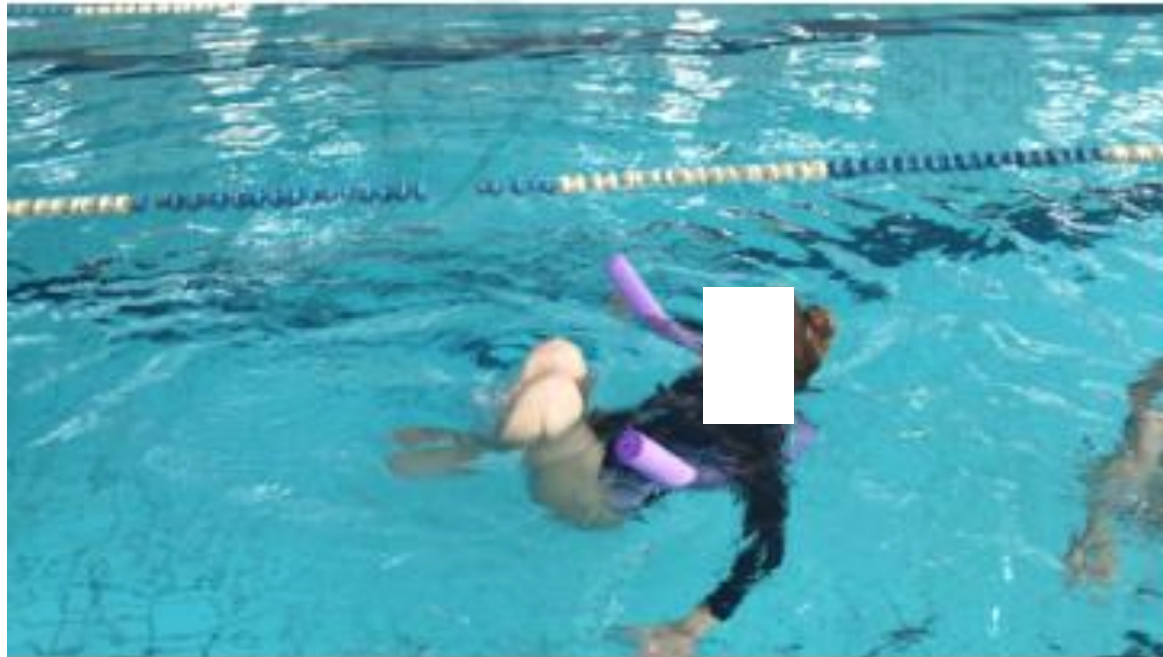
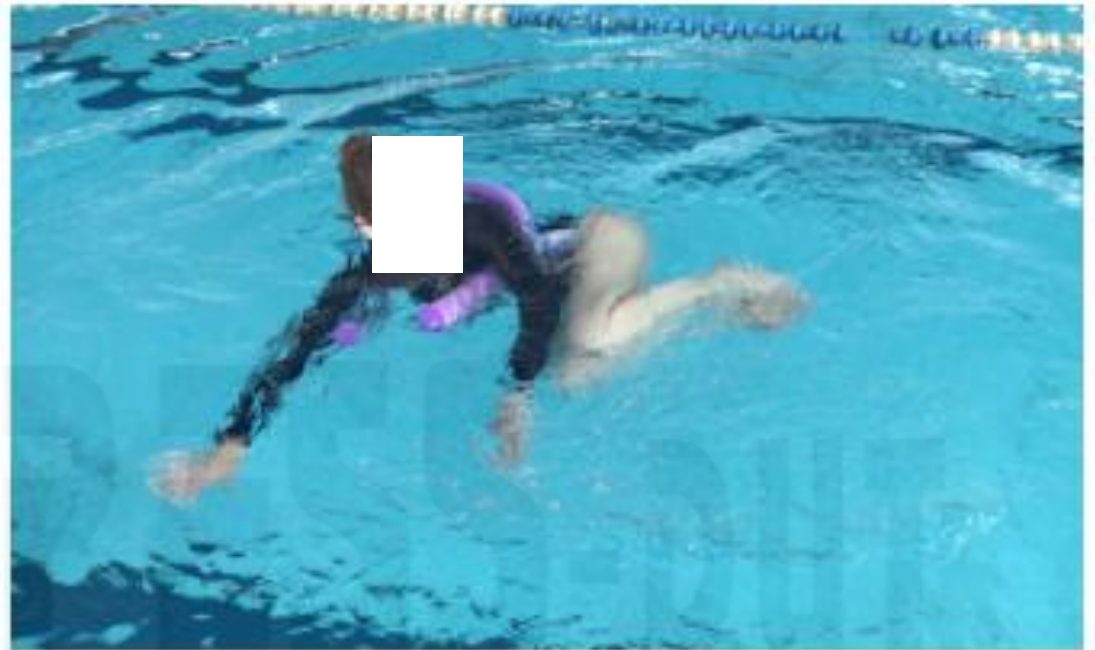
Simulation of running



Cross Country movement



exercises for abdominals



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Aerobic Exercises

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Balance-Coordination Exercises

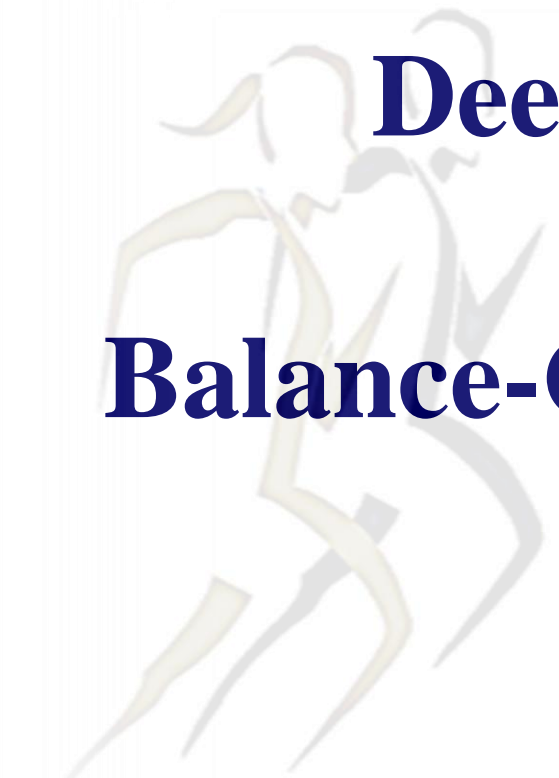
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Balance-Coordination Exercises

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Coordination Exercises





Exercise programs

Aquatic ... like ... Land

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AQUATIC ... like ... LAND



AQUATIC ... like ... LAND

