

Choreographed Rehab

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Combination 1:

Weave 7 and up (kick or kneelift on the 8th beat)
Forward Train (step forward, kneelift, step back, kneelift) – R
Run in 3 with Knees (three steps, three kneelifts)
Cross Country Ski
Cross Country Ski with Circumduction

Repeat the other way so L leg does the Forward Train

Combination 2:

Jumping Jacks, toes forward first time, toes out second time, finish with toes in
Lunge Back, Kick Forward – R leg
Hop Circle – one way, then the other
Rock Side to Side 7 and hold
Leap 2, Half-Turn – 2 times

Repeat the other way so L leg does the Lunge Back and Kick Forward

Combination 3:

KickBack, Knee, Kick Forward, Knee – R leg
Slide R and Paddle Circle – 2 x
Slide R Diagonal Forward and Paddle Circle
Ski Bounce Back
Ski Bounce One Foot – R and then L
Ski Bounce Singles (alternating)
Step and Slide

Repeat the other way so L leg does the KickBack sequence and slide is to the L

Combination 4:

Diagonal Jumping Jacks
Kneeswing Diagonal – R leg
Turn and Flick Kick
Repeat Kneeswing and Turn/Flick Kick
Rockinghorse
Diagonal Jumping Jacks and repeat with L leg

Discussion

Pain and Balance Issues seem to be something everyone has. What to do?

Pain – Alignment, Flexibility, Core

Balance – Alignment, Flexibility, Core

Progressions / Perturbations – I use SHARP TIP

- Stance
- Heavy
- Arms
- ROM
- Posture
- Tempo
- Inertia
- Planes

Immersion benefits

1. Buoyancy

- decreases weight bearing, joint compression forces, stress on connective tissues, fear of falling (balance deficits), blood pooling
- supports weak muscles, enhances flexibility and ROM, changes biomechanical stress and therefore strengthens muscles working in opposition to buoyancy, increases ease of handling, immersion increases O₂ delivery
- no movement necessary

2. Hydrostatic Pressure

decreased pain and edema = increased ROM

increased venous return and circulation (assists heart pump), decreases HR

evens tactile input, turns down reticular system

inspiration/exhalation

retards muscle atrophy

no movement necessary

3. Resistance

resistance to movements creates benefits for

1) tone

2) muscle balance

3) cardiac

increased time to react

decreases edema

Population application – any of these:

Arthritis

Asthma

Auditory

Back

CP

CVA / Neuro

Coronary

DD/ID/Pediatrics/Dementia

Diabetes

FMS / PTSD

GI

Hip

Hypertension

Knees

MS

Obese

Older Adults

Osteoporosis

PD

Prenatal

Shoulders

SCI

Vision

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