PDAE Video Clip 1

It had been sometimes since I did any exercise
My joints are feeling very stiff
It looks like I need some workout
But have knee pain when I exercise
The doctor said that it's a sign of degeneration
What should I do?
Why don't you try aquatic exercise?
Good idea
I know you're a physiotherapist specialising
in teaching aquatic exercise
Mr Li, can I do exercise in water
even though I can’t swim?
You don't have to be a swimmer to do aquatic exercise
because most movements are
performed in chest-high water
and with the head staying above water
There are also rails and floats to hold on
so we can get into various positions
and target movement of specific body parts
joint flexibility and muscle power
It is heard that aquatic exercise is a great way
to keep body fit and healthy
Mr Li, what is the difference from land exercise?
The difference lies in the buoyancy of water
which can reduce the load on joints
To those who're overweight or have back pain
knee pain or ankle pain
aquatic exercise can reduce wear and tear of joints
The buoyancy of water also provides adequate protection
and support to alleviate pain and improve flexibility

It is said that water resistance is good for muscle training
Is that true?
Yes, true
Water resistance can help building muscle power
muscle endurance and body balance
It's just like the resisted exercise you do on land
Sometimes there is joint pain during exercise on land
But, there's no such problem in water
I know that water pressure has massaging effect
that reduces swelling
Besides, water pressure
also promotes blood circulation and metabolism
as well as relaxation
Furthermore, doing exercise in chest-high water
can boost cardiopulmonary function
Mr Li, I know that the Elderly Health Service
Department of Health
conducted a study programme of aquatic exercise
for improving knee functions
There were 20 seniors took part
and the outcome was very good
Yes. After 20 sessions of aquatic exercise
the participants' knee pain was relieved
and their knee functions were significantly improved
Some stopped taking pain-killers
because they were no longer troubled by knee pain
Besides, the swelling, the strength of their knees
and their body balance were also improved markedly
Better balance means lower risk of falls and tumbles
Aquatic exercise has many benefits
Let's listen to the elder
who took part in this programme to share her experience
Before the aquatic exercise programme

the doctor said
the degeneration of my right leg was very severe
I took medicine and rubbed ointment to ease the pain
but it only worked for a while
and the oral medication upset my stomach
I had a lot of trouble on climbing stairs
I could only take one step at a time
And when there was knee pain
I had to walk very slowly
I couldn't walk fast or squat
I had to hold the banister firmly
and walked up step by step
After doing the aquatic exercise
I have no trouble in climbing stairs and lever ground
I can walk very smoothly now and I can squat too
I can walk all the way to Mongkok
Tai Kok Tsui or Yaumatei from my home
Travel on foot is no problem at all
I don't need medicine or ointment anymore
During my trip to Conghua
after aquatic exercise programme
we had to take a very long hill path
with many slopes and steps
but I coped very well
It's great fun to play in the water with a group of people
More importantly, it's good for my health
Is there anything we should know
before taking up aquatic exercise?
Firstly
participants should find out
whether they are suitable for this type of exercise
Sufferers of chronic diseases
should consult their doctors or physiotherapists first

Aquatic exercise is not suitable for people
with the following conditions
unstable heart disease and hypertension
open skin wounds, infectious skin diseases
fecal or urinary incontinence
and fear of water
Who will benefit from aquatic exercise?
Aquatic exercise is generally suitable for people
with lumbago and knee pain
What types of gear do we need for aquatic exercise?
You don't need any special equipment
but only swimming rings
floats
and resistance boards when required
The best place for aquatic exercise
should be a pool fitted with handrails
and with life guards on duty
Any particular preparations before getting into water?
Personal hygiene is important
Take a shower before entering the pool
Don't do aquatic exercise on an empty stomach
or right after meal
Take another shower after exercising
To avoid injury
perform 5-10 minutes of warm-up exercise beforehand
and 5-10 minutes of cool-down exercise afterwards
Don't get beyond your limit throughout exercise
Stop at once if you feel unwell
And remember to keep warm
after coming out of the water during winter
You can do it in a heated pool
or wear a thermal swimsuit or vest
With all these helpful tips from Mr Li

you should have a rough idea of aquatic exercise
I bet you can't wait to try it out
Next, we have another physiotherapist, Ms Lau
who will introduce us
the "Aquatic Exercise for Knee Pain"
and the pre-exercise preparations
Let's take a look!
Safety comes first in any form of exercise
Let's look at some safety precautions for aquatic exercise
If your legs hurt or you can't stand firm
to take a shower or change
do it safety by sitting down
If you prefer to wear slippers
make sure they are made of non-slip material
and have non-slip grooved soles
They should be the right size and fit well too
To avoid slip and fall, walk carefully and slowly
Let's look at the following demonstration
The floor is particularly wet
near the changing rooms and poolside
So take extra care!
It's better to exercise with friend
so you can take care of each other
Care should be taken when going up and down stairs
If you have knee pain
hold the handrails while walking stairs
You can also try the "two-feet-on-one-step" method
Take the first step with your good leg when going up
and take the first step with your bad leg when going down
For those of you with bad knee pain
hold on to the handrails
and then turn to the side to go up or down the steps
Remember to use the "two-feet-on-one-step" method

Step up with good leg
and step down with bad leg
If you have trouble with stairs
choose a pool that's directly accessible by elevators
or you can use a ramp instead of the stairs
You can ask the pool staff for help
It may take longer but safety comes first!
I will show you
the 3 approaches of getting into water
The first approach is to use the poolside ladder
Always hold the handrails
when you go up or down the ladder
and take one step at a time slowly and carefully
Here again
use the "two-feet-on-one-step" method
Take the first step with your bad leg
when you are climbing down
The second approach is
to use the built-in ramp or steps of the pool
Remember my tips
Turn to the side to go up or down the steps
while holding on to the handrails, and walk slowly
The third approach is to use a pool lift
People with difficulties getting into the pool
can seek help from the pool staff
They can arrange for a pool lift
Never jump into the water!