

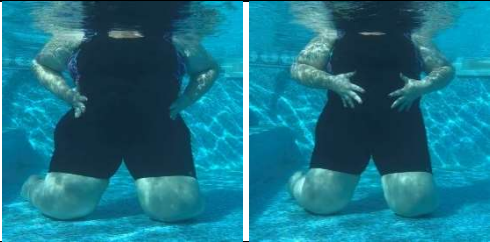






Sample Pool Workouts for Lipedema and Lymphedema


Water Walking Routine

1. Deep breathing for a minute.	
2. Walk in waist-high water for five minutes forwards. It's OK to hold onto a kickboard or dumbbells to keep your arms on the water if you want.	
3. Walk in waist-high water for two minutes backwards.	
4. Walk using a right-side step for one minute.	
5. Walk using a left side step for one minute.	
6. Walk forward using the biggest steps you can take for one minute.	
7. Now, go a tiny bit faster and walk forwards for two more minutes.	
8. Stop for deep abdominal breathing for one minute.	
9. Abdominal massage one minute.	
10. Very slow walk for two minutes.	
11. Do very small ankle circles on each leg 5-7 times each way.	
12. Do ten calf raises while holding onto the wall.	
13. Stretch both arms to the sky, getting a good stretch in the arms, band torso.	
14. One last big, deep breath as you bring arms to the sides.	
15. Now float around and relax!	

Aqua Jogging Routine

1. Deep breathing for a minute.	
2. Massage legs for a minute.	
3. Walk 5-7 minutes in any depth deeper than waist.	
4. Jog for one to two songs, at whatever pace feels good (knees high).	
5. Walk or tread water for a minute.	
6. Massage legs and deep breathing for a minute.	
7. Jog for another two to four songs, a little harder, but not feeling a burn.	
8. Massage legs and deep breathing for a minute.	
9. Walk 5-7 minutes.	
10. Stand on one foot and flex ankles, then do ankle circles.	

Water Compression Compared to Classes of Compression Garments

	Depth/ Compression	How Much Compression Water Provides Equally from All Sides
	1 Foot Deep	22.25 mmHg = Class 2 Compression
	2 Feet Deep	44.5 mmHg = Class 3 Compression
	3 Feet Deep	66.75 mmHg = Class 4 Compression
	4 Feet Deep	89 mmHg High-End Class 4 Compression
	5 Feet Deep	111 mmHg Better than Compression Garments!
<p><i>The deeper your body is in the water, the more compression it gets from <u>all</u> sides. Often compression garments don't apply equal pressure to all areas, so water is better than just wearing a garment.</i></p>		

Resources

<p>Copies of Aqua Therapy for Lipedema and Lymphedema are Available on Amazon:</p> <div style="display: flex; align-items: center;">   </div> <p></p>	<p>Supplies List for Aqua Therapy from LegsLikeMine:</p> <div style="display: flex; align-items: center;">  </div> <p></p>	<p>YouTube Videos Related to Aqua Therapy for Lipedema and Lymphedema from LegsLikeMine:</p> <div style="display: flex; align-items: center;">  </div> <p></p>
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