

Water Exercise Tracker for Arthritis

Track your pool exercises for arthritis relief

Week of: _____

Pool Session Goals

- â Complete 30-minute session
- â Focus on painful joints
- â Maintain good form
- â Stay within comfort zone

Arthritis Pain Assessment

Knee Pain: â None â Mild â Moderate â Severe

Hip Pain: â None â Mild â Moderate â Severe

Shoulder Pain: â None â Mild â Moderate â Severe

Overall Stiffness: â None â Mild â Moderate â Severe

Pool Temperature: _____ °F

Water Exercise Log

Day | Duration | Knee | Hip | Shoulder | Pain Level | Notes

| | | | | | | |
|-----------|--|--|--|--|--|--|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |

Pain Scale: 0-10

0 = No pain | 5 = Moderate pain | 10 = Severe pain

Weekly Progress Notes

Pain levels this week: _____

Joints showing improvement: _____

Goals for next week: _____

12 Pool Exercises

1. Marching in place - 1 minute
2. Leg swings forward/backward - 10 each leg
3. Leg swings side to side - 10 each leg
4. Knee lifts - 15 each leg
5. Side steps - 20 steps each direction
6. Water walking - 3 minutes
7. Arm circles - 10 forward, 10 backward
8. Shoulder presses - 15 repetitions
9. Wall push-ups - 10 repetitions
10. Hip openers - 30 seconds each side
11. Ankle pumps - 20 repetitions
12. Cool down stretch - 2 minutes

Safety Tips

- â Always warm up before exercising
- â Stay near pool edge for support
- â Drink water before and after
- â Stop if pain increases