

1

2

3

The motion involved in pitching a softball or baseball can become a great task type training activity in an aquatic setting. The water's natural resistance gives this land-based activity a new dimension.

The simple activity of lifting a box takes on a whole new and therapeutic function when done in the water. Varying the water depths will change the exercise.

Tennis in the water? It's another great way to take a traditionally land-based activity and move it to an aquatic setting for a therapeutic benefit. Warm water is preferred for all activities.

ILLUSTRATION BY NICK ORABOVIC