

# Hydrotherapy Exercise Planner

## Getting Started

Set your goals: pain reduction, mobility, or strength.

Track how often you plan to exercise weekly.

## Weekly Log

Date

Exercise Name

Repetitions/Sets

Pain Level Before (0-10)

Pain Level After (0-10)

Mobility Notes

Fatigue Level

Additional Comments

## Progress Tracker

Track weekly averages of pain, mobility, strength, and overall well-being.

## Sample Programs

- Arthritis Management (8 weeks)
- Post-Surgery Rehab
- General Fitness (12 weeks)

## Progression Guide

## Hydrotherapy Exercise Planner

- Pain stays below 4/10
- Exercises feel easier
- Noticeable progress

### Custom Notes

Space for clinician and personal adaptations.