

1 Set / 10 Reps / 1 s hold



1. "Book opening" thoracic rotation ROM in side lying

Lie on your side with your arms outstretched on the floor in front of you. Your lower leg should be straight and in line with the rest of your body. Your upper leg should be bent in front of you with both the hip and knee at 90 degrees.

You may wish to rest your upper leg on pillows or a foam roller.

Take a deep breath in.

As you breathe out, lift your top arm up from the floor towards the ceiling.

Follow the movement with your head.

Continue to move this arm up and over to the floor on the other side.

Allow your upper body and head to follow the movement of this arm.

Take a deep breath at this endpoint.

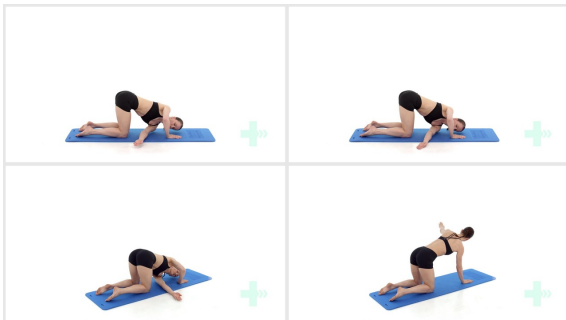
As you breathe out, lift this arm back up from the floor, sweeping towards the ceiling and return it to lie on top of your other arm.

Again, follow this movement with your gaze, head, and upper body.

Take a deep breath in, and then repeat.

both sides

1 Set / 5 Reps / 1 s hold



2. "Thread the needle" full rotation

Start on your hands and knees, with your hands under your shoulders and knees under your hips.

Take one hand off the floor and reach in and through between your other arm and your legs.

Allow your body and head to follow, moving your shoulder down towards the floor as your hand reaches through.

You should feel a stretch down your side, your shoulder blade and neck.

Hold this position, and then return to the starting position.

Reach your arm out to the other side, and then up towards the ceiling.

Follow the movement of your hand with your head, twisting in the other direction to look up towards the ceiling.

Hold this position, and then repeat the sequence.

Variation: glide a towel diagonally (3x per side) and also is a swiping movement 5x.

Change side



3. 4 point kneeling, opposite arm and leg lift

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Make sure your back is flat.

Gently squeeze your pelvic floor and stomach muscles.

Without moving your back, slowly lift one arm out in front, and the opposite leg out behind you.

Bring both the arm and leg back down.

Repeat with the other opposite pair.

Keep your back still throughout the movement.

1 Set / 1 Rep / 45 s hold



4. "I" raise

Lie face down with your arms reaching forwards in a "I" position so that they are stretched out in front and in-line with your body.

Keep your head slightly elevated and aligned with your spine.

Your hands should be facing palms down with your fingers extended.

Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor.

Repeat for the desired number of repetitions.

Throughout the exercise, your arms should be fully extended and your trunk and legs aligned.

Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.

Variation: start for 30 seconds then gradually increase to 60 seconds

1 Set / 1 Rep / 1 s hold



5. "T" raise

Lie face down with your arms reaching forwards in a "T" position, so that they are stretched out to the sides at 90 degrees to your body.

Keep your head slightly elevated and aligned with your spine.

Your hands should be facing palms down with your fingers extended.

Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor.

Repeat for the desired number of repetitions.

Throughout the exercise, your arms should be fully extended and your trunk and legs aligned.

Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.

Variation: start for 30 seconds then gradually increase to 60 seconds



6. "W" raise

Lie face down on an exercise mat with your arms in a "W" position so that the upper arms are aligned alongside the trunk with your elbows bent and your hands facing forward at the same level as your shoulders.

Move your forearms outwards so they are close to a 45 degree angle to the upper arm.

Keep your head slightly elevated and aligned with your spine.

Your hands should be facing palms down with your fingers extended.

Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor.

Repeat for the desired number of repetitions.

Throughout the exercise, keep your arms at 45 degrees through your elbows in the "W" position and ensure your trunk and legs are aligned.

Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.

Variation: start for 30 seconds then gradually increase to 60 seconds

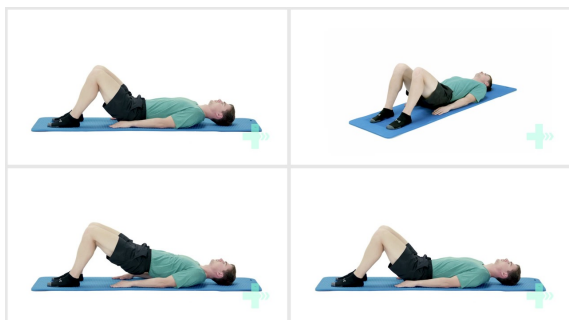


7. Bridge floor marching

Lie on your back with your legs bent and feet flat on the floor.

Lift your hips up in to a bridge, driving the movement with your buttocks.

March one leg, and then the other, keeping your pelvis up and level throughout the exercise.



8. Bridge on floor

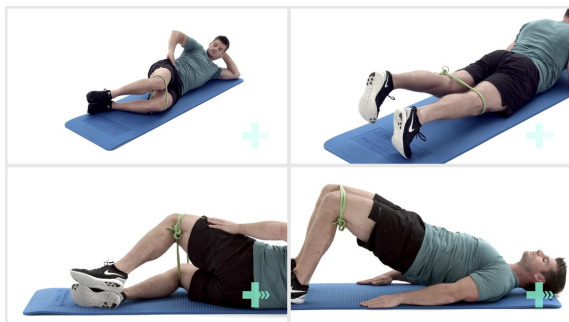
Lie on your back with your knees bent and feet flat on the floor.

Maintain a hips width distance between your knees and feet.

Tighten your buttock muscles and lift your hips towards the ceiling until you have a straight line from your shoulders to your knees.

Hold this position.

Control the movement as you lower back down to the floor and repeat.



9. Hip routine

Start in a side-lying position with a resistance band placed just above your knees. Perform the following exercises:

- 1: Stack your legs on top of each other and bend the knees at 90 degrees. Now try to open up your legs by moving your top knee away from the bottom knee. Return to the starting position and repeat the exercise.
- 2: Keep lying on your side and extend your top leg, lift your leg sideways and move against the resistance. Try to move back slowly and controlled.
- 3: Lie on your front and try to extend your leg backward, while keeping your pelvis on the floor. Alternate your legs.
- 4: Turn on your other side and try to repeat the first two exercises on this side.
- 5: Move onto your back and bend your knees. Now try to lift your pelvis off the floor in a 'bridge' position, until your knees, hips and shoulders are in line.

Variation to no 2: the top leg extended and hip max straight like you are kicking backwards

1 Set / 3 Reps / 30 s hold



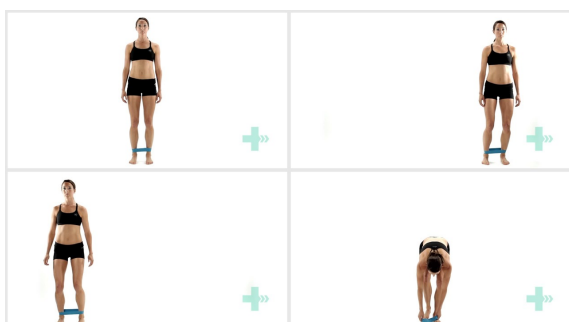
10. Plank with feet hip-width apart

Lie down on your front with your elbows under your shoulders and your toes pulled up. Move your feet slightly more than hip-width apart. Bring your body up and take the weight on your feet and elbows. Tuck in your navel and pull your shoulder blades back and down. Make sure your ankles, back, shoulders and head are in line. Look straight at the floor, do not look up or down. Hold for the required duration and make sure your pelvis remains level during this exercise.

once on the floor start to get in the right position with tensing the shoulder blades towards opposite "pockets", press the breast bone through the chest, tuck tummy in and then lift the pelvis off the floor.

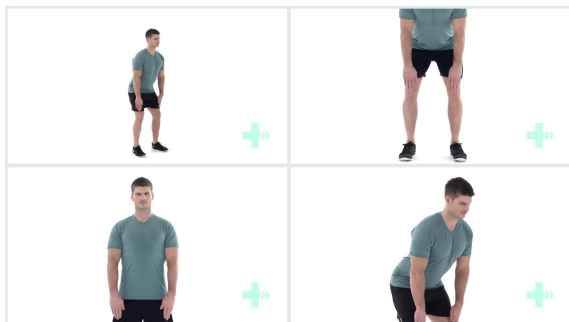
Star to aim for 15 second and work your endurance up to 30.

1 Set / 1 Rep



11. Resisted crab walks

Place a band around your ankles and gather some tension. Side-step keeping constant tension on the band. Make sure you do not bring your feet too close together and keep your toes and knees pointing forwards.



12. Squat and bend variation - restricted mobility of the upper body

Stand upright with your hands on your hips and your legs one pace apart. Move down into a squat and bend slightly at the waist to obtain a gentle forward lean.

As you move into the squat keep your head up and extend your arms straight out perpendicular to the floor with your palms facing back.

At the end of the movement your shoulders, your knees and the balls of your feet should be aligned. Keep your heels in contact with the floor, and make sure your back remains straight and your head faces forward in line with your spine.

Move back up to the starting position.

Return to the starting position and repeat for the desired number of exercise repetitions at a slow controlled pace within the limits of your mobility.

A note of caution, during the squat movement do not allow your knees to extend out past your toes as this increases stress to the knee joint.



13. Reverse lunge into high knee lift

Stand up straight and take a large stride behind you with one leg.

Keeping the movement flowing, drop your hips directly down towards the floor by bending both your knees and hips to 90 degrees.

Simultaneously, lift both of your arms out in front of you.

Spring back up from this position, driving your rear leg forwards into a high knee position towards your hands.

Return to the lunge position, and repeat.

smooth movement to warm up

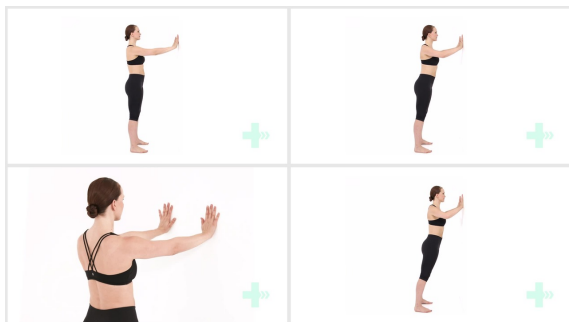


14. Calf raise

Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible.

Return back to the starting position.

up to 20 repetitions



15. Press up plus against wall

Stand up straight facing a wall.

Place your hands onto the wall around shoulder height but slightly wider.

Your fingers should point directly up to the ceiling.

Maintain a straight line from the top of your head to your heels.

You should feel your abdominal, buttock and thigh muscles tighten to help control this.

Drive the heels of your hands into the wall, flattening your shoulder blades against your back.

Your neck should remain long so ensure you do not hunch your shoulders up.

Next, bend your elbows out to the side, pivoting on the balls of your feet as you move your body in one straight line in towards the wall

Keep your abdominal, buttock and thigh muscles strong throughout.

Straighten your arms out again, lifting your body away from the wall.

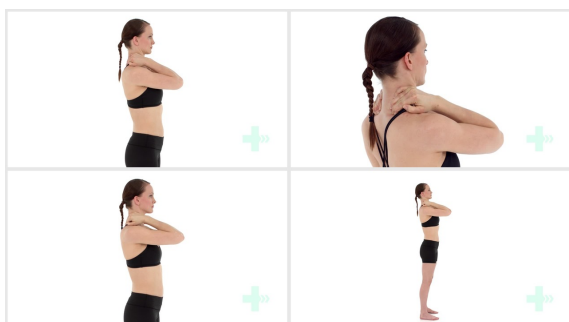
As you straighten, think about driving the heels of your hands into the wall again to flattening your shoulder blades against your back.

variation: elbows move towards the floor

Other variations: slightly bend both elbows > lift one hand off the wall and do rhythmical small movements, like you were cleaning the wall. the weight bearing side is still and shoulders stay parallel to the wall. 5x

or : keep on arm in half flexion (weight bearing) and move the other hand to shoulder 5x

1 Set / 5 Reps / 5 s hold



16. CxTx junction self mobilisation in standing

Stand up straight and place your hands over the tops of your shoulders, close to your neck.

Your fingers should angle in towards your spine.

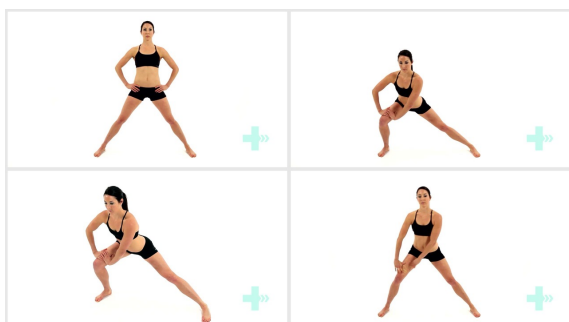
Pull forwards equally with both hands, and simultaneously retract your head, making a double chin.

As you relax your head a little, ease off with your hands.

Oscillate this movement rhythmically.

carefully start with this one. Stop if pain increases too much

1 Set / 10 Reps / 1 s hold

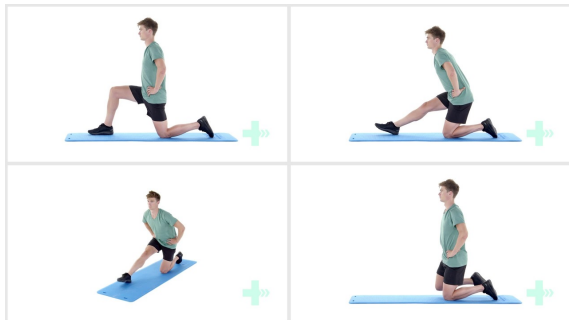


17. Hip adductor standing stretch

Stand with your feet a large stride apart and toes pointing forwards.

Lean to one side and bend this knee, resting your hands on your knee for stability.

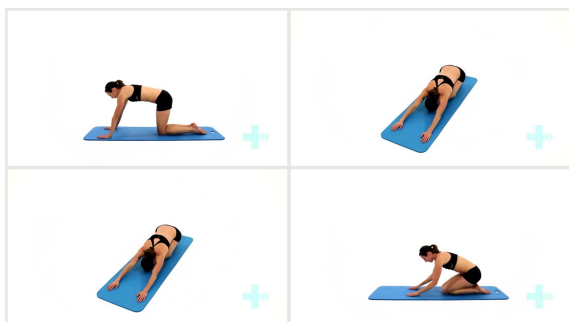
Keep your heels flat on the floor and the other leg straight as you feel this stretch through the inner thigh.



18. Alternating hamstring to hip flexor stretch in kneeling

Kneel on the floor and place one foot in a large stride in front of you. Keeping your body tall, push your hips forwards evenly until you feel a stretch in the front of the thigh of your back leg. Hold this position. Next, transfer your weight backwards by taking your buttocks towards your back foot as you straighten your front knee and lift your toes. You will feel a stretch in the back of the thigh of your front leg. Hold this position, and repeat.

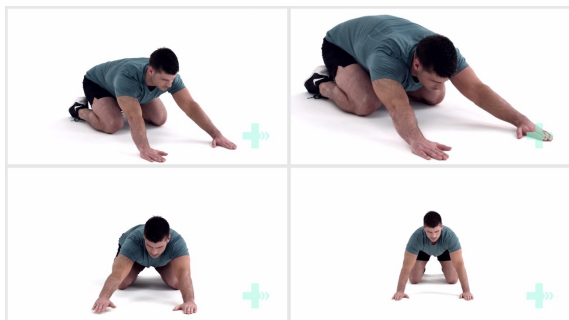
1 Set / 3 Reps / 10 s hold



19. Child pose

Get onto your hands and knees, and drop your buttocks back onto your heels. Stretch your hands forwards, dropping your head between your shoulders towards the floor. You will feel this stretch through your back and upper arms.

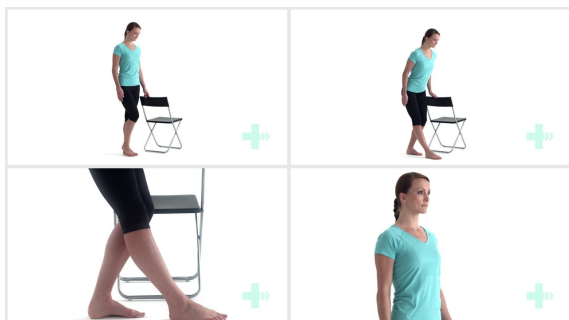
1 Set / 1 Rep / 20 s hold



20. Prayer stretch

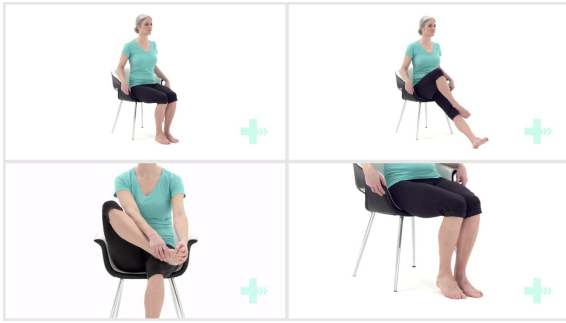
Start position is kneeling with the upper body bent over the knees and stretching out the arms as far forward as possible, the backside should be in contact with the heels. Keeping the head down and the back muscles relaxed, reach straight out with both arms and place one hand over the other, hold. Relax the arms and the body then repeat the exercise using the opposite arm in the upper position. *if you have problems with the knees try to put a rolled up towel behind the knee before sitting on your heels*

1 Set / 3 Reps / 15 s hold



21. Hamstring stretch in standing

Hold onto a chair or table for support. Move your affected foot one pace in front. Keep your back foot facing forwards and soften the knee. Make sure your hips are square and you maintain a straight back. Gently lean forwards and push your hips out behind you. You will feel a stretch down the back of your front thigh. Hold this position, keeping the heel of your front foot on the floor.



22. Hip lateral rotation stretch in sitting

Start in a neutral seated position.

Shift forward to the front of the chair keeping your back straight.

Place your sitting bones at the front of the chair.

Extend both legs out, keeping control of your hands beside you.

Cross one ankle on top of the other, slowly drag your ankle along your shin all the way to just above your kneecap.

Now bend the bottom knee, keeping your back straight.

You can now reach your foot without having to flex the spine.

To come back from this position, place your hands beside you to control the descent.

Straighten the bottom leg, and slide the other ankle along your shin, unfold your legs, bend your knees, and seat yourself back into the chair.