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Wall Angels



Keep your upper, middle and lower back flat against the wall and move arms from your sides to above head and then return.

Exercise: Hi to Low Rows



While maintaining a slight squat with your butt back and arms extended, keep your shoulders down and row towards your body keeping your arms in close.

Exercise: Shoulder External Rotation



The patient should maintain a 90 degree bend at the elbow and shoulders pressed down and back. While keeping their arm next to their side, rotate arm out away from the resistance.

Exercise: Ball Wall Squat w/ Weight Shift



Exercise: Butt Burner



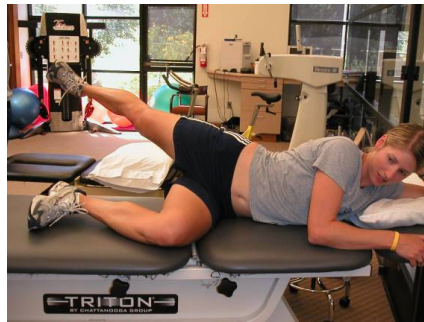
Stand in a stride stance with all of your body weight in the forward leg, so the back leg is there for balance. Squat down and rotate towards your forward leg while maintaining an upright spine. Return to standing and rotate hips open keeping your weight in the front leg.

Exercise: Foam Roller



Start by lying on your side over the foam roller at your hip. Roll up the roller so it runs down the length of your leg to your knee. Repeat going up and down.

Exercise: Sidelying Glute Med



While lying on your side, keep the top hip turned forward, the top leg extended back, knee straight and your toe pointed up towards the ceiling. The bottom leg remains bent, then raise the top leg towards the ceiling. Do not let your hip begin to roll backwards.

Exercise: Step Downs

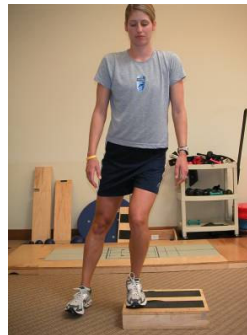
Starting



Anterior



Lateral

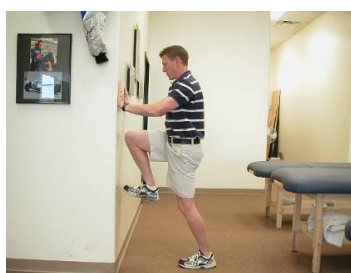


Posterior



All of your weight should be in the stance leg on the step, and as you step down your knee should stay in alignment with your ankle and should not go far enough forward to pass your toes.

Exercise: Wall Running Posture



Exercise: Abdominal Crunches on a Ball



Find a comfortable position on the ball so that your lower back is supported by the ball, and lock fingers behind your head to support your neck in a neutral position. Lower yourself all of the way back and crunch back up to the starting position.

Exercise: Prone Ball Plank



Exercise: Russian Twists

Feet on Ball



Shoulders on Ball



Patient is to maintain a tight TA contraction and neutral spine while rotating either their upper or lower half of their body.

Exercise: 45 Degree Ball Ab Sequence

