

Leg Crossover

Limited Mobility



Full Mobility



LEG CROSSOVER: Focus is on the low back, hamstrings, and hips. Keep shoulders on ground and slowly rotate alternating one leg over the other. Strive to. **Goal:** Strive to keep legs straight and foot to touch the ground. Perform 10-20 repetitions on each side.

Questions?

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GH SL ER



-Small towel roll under arm. Keep elbow bent at 90 degree angle. SLOW on the way down. 2-3X10-15 reps. _____lbs.



SIDE PLANK WITH SHOULDER EXTERNAL ROTATION: Lie on your side and place bottom elbow directly under the shoulder, stack the feet and lift the hips. Place a small towel roll under your elbow and hold a weight in the hand performing the exercise. Lift the dumbbell using the shoulder muscles. Keep the top elbow at 90 degrees throughout the entire movement so that the arm pivots around the elbow. Make sure to not roll your hips or shoulders back while lifting the dumbbell.

Thoracic Ext over Foam Roll

Limited Mobility



Full Mobility



ACTIVE THORACIC EXTENSION: Lying in the supine position (on your back) with knees bent, place a half foam roll or rolled up towel under one of three positions to be performed. First position- mid thoracic-women(bra strap line)men(heart monitor strap line). Second position is in between the shoulder blades (1-2 inches above first position). Third position (1-2 inches above second position)(1-2 inches below cervical spine)(top of shoulder blades). With arms extended starting at hips, slowly raise arms above head holding 5 seconds at top position before returning to starting position. Use a pillow if necessary to support the neck. **Goal:** Is to be able to lye on the roll without discomfort or significant stretch at the point where the roll makes contact. Perform 10 repetitions at each of three levels with a 5 second hold at the top over the motion.

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STATIC THORACIC EXTENSION: Perform exercise same as above (Thoracic Extension) but with a static hold. Place hands clasped together underneath head (like a sit-up position). Hold each of the three positions for a one minute hold.

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Clams



Before beginning exercise, stabilize with an abdominal contraction. **DO NOT MOVE PELVIS.** This is a core/abdominal exercise 1st, then a glut exercise 2nd. Perform 2-3 sets X 10-15 reps

SL Glut. Meds



1. Pull leg as far back as possible before lifting it. If it isn't back DO NOT LIFT. Keep pelvic rolled forwards and abdominals contracted. 2-3 sets of 10-15 reps.

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Side Steps

Contract
TA - abdominals.



Side step with abdominals tight-LOCK KNEES. Do not hike pelvic or move pelvic or shoulders. Do until glut muscles fatigue X1-2 sets.

Thomas Stretch



Keep 1 knee up to the chest at all times. Let leg hang for 1 minute X1-2 per leg. Can have someone help push the knee down towards the ground and ankle backwards until stretch is felt. Can have an ankle wt to help pull leg towards the ground.

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T's



“T” ON PHYSIOBALL WITH HORIZONTAL ABDUCTION: Begin with physioball securely placed beneath hip bones and abs. Begin with feet wide apart at first and bring them closer together to increase difficulty, as in the photos above. Maintain a flat back while arms are extended in front of the physioball, creating a 90 degree angle of the arms and body. With Abdominal muscles contracted, retract shoulders while raising arms towards the ceiling. Keep a neutral head position throughout the movement. In the finished position shoulders should be squeezed together and palms facing the floor. Keep core tight and spine neutral through the whole exercise.

W's

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2x15 Each

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