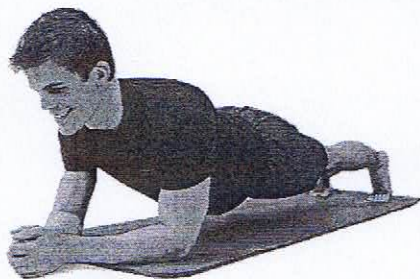


## PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

\*When stronger, increase hold time

|          |                 |
|----------|-----------------|
| Repeat   | 3 Times         |
| Hold     | 30 Seconds      |
| Complete | 1 Set           |
| Perform  | 1 Time(s) a Day |

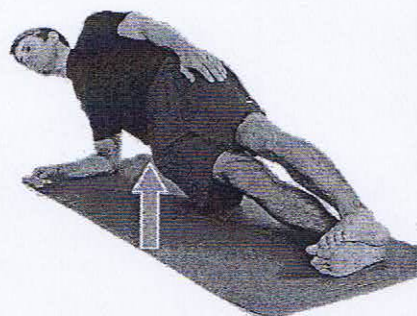


## LATERAL PLANK

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine.

\*When stronger, increase hold time

|          |                 |
|----------|-----------------|
| Repeat   | 3 Times         |
| Hold     | 20 Seconds      |
| Complete | 1 Set           |
| Perform  | 1 Time(s) a Day |



## QUADRUPED ALTERNATE ARM AND LEG

While in a crawling position, slowly draw your leg and opposite arm upwards.

Your arm and leg should be straight and fully out-stretched.

Do not let hips sway.

|          |                 |
|----------|-----------------|
| Repeat   | 10 Times        |
| Hold     | 5 Seconds       |
| Complete | 2 Sets          |
| Perform  | 1 Time(s) a Day |



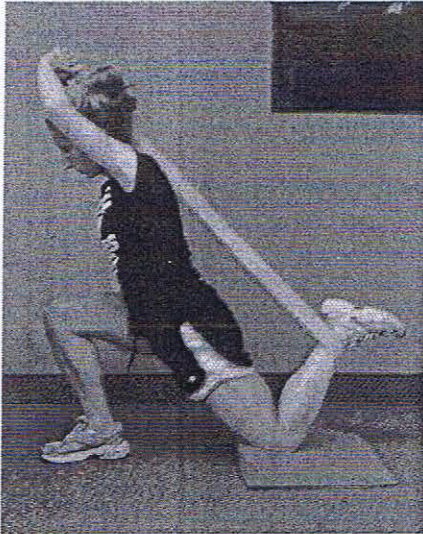


### HIP ADDUCTOR STRETCH - STANDING

Start in a standing position and feet spread wide apart. Next, slowly bend your knee to allow for a gentle stretch of the opposite leg.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh.

|          |                 |
|----------|-----------------|
| Repeat   | 3 Times         |
| Hold     | 30 Seconds      |
| Complete | 1 Set           |
| Perform  | 1 Time(s) a Day |



### Hip flexor and quad stretch facilitated with strap

In half kneel/ lunge position, place strap/towel around foot. Gently pull on strap to flex knee.

Place something under knee if uncomfortable from pressure on floor.

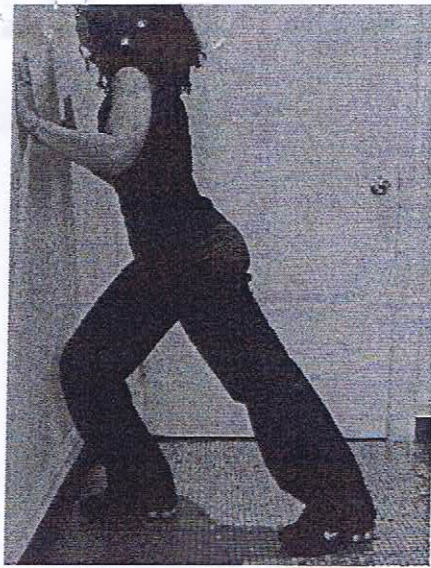
|          |                 |
|----------|-----------------|
| Repeat   | 3 Times         |
| Hold     | 30 Seconds      |
| Complete | 1 Set           |
| Perform  | 2 Time(s) a Day |



### Supine hamstring stretch with towel

Laying on your back use a towel to stretch hamstrings like in the picture.

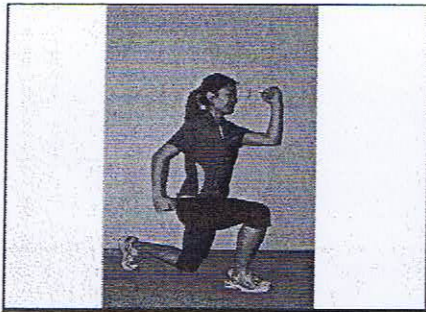
|          |                 |
|----------|-----------------|
| Repeat   | 3 Times         |
| Hold     | 30 Seconds      |
| Complete | 1 Set           |
| Perform  | 1 Time(s) a Day |



### Calf Stretch

Stand against Wall.  
Keep back leg straight.  
Bend front knee and lean into wall until a stretch  
is felt in back leg calf.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



### Lunge

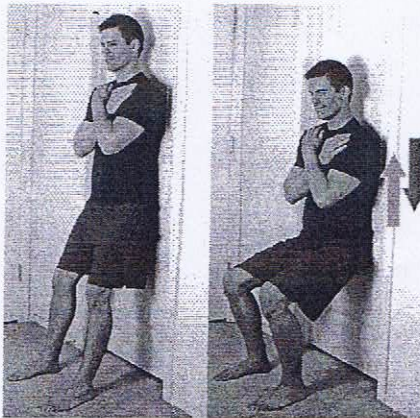
Step left leg forward and bend both knees to 90  
degrees. Keep front leg in straight forward  
alignment and most of body weight on front leg.

Push off of front leg to return to standing.

Alternate legs.

\*Can add hand weights if too easy

Repeat 15 Times  
Hold 5 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



### WALL SQUATS

Leaning up against a wall or closed door on your  
back, slide your body downward and then return  
back to upright position.

A door was used here because it was smoother  
and had less friction than the wall.

Knees should bend in line with the 2nd toe and  
not pass the front of the foot.

\*If too easy, complete wall sit holding for 30  
seconds to one minute; 3 times

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day

## HIP ABDUCTION - SIDELYING

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your body.

\*If too easy complete with ankle weights





## UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

\*Repeat opposite side\*

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day

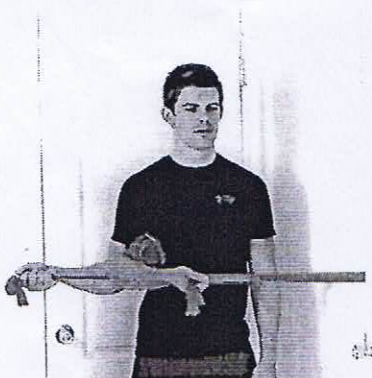


## Levator Scap Stretch

Place hand on back of head look toward armpit and gently pull until stretch is felt.

\*Repeat opposite side\*

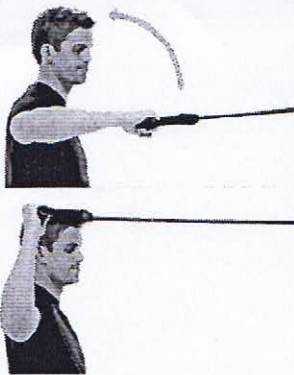
Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 3 Time(s) a Day



## ELASTIC BAND SHOULDER EXTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time and maintain good posture with shoulders back.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day

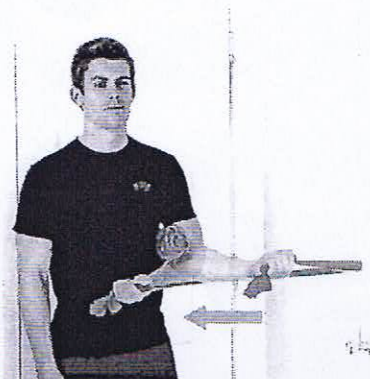


#### EXTERNAL ROTATION - 90 90

Start by holding an elastic band with your arm up at 90 degrees away from your side and elbow bent to 90 degrees. Your forearm should be directed forward in the beginning position as shown. Next, roll your shoulder back so that your forearm is directed upward.

Maintain your shoulder blade in a retracted and downward position the entire time.

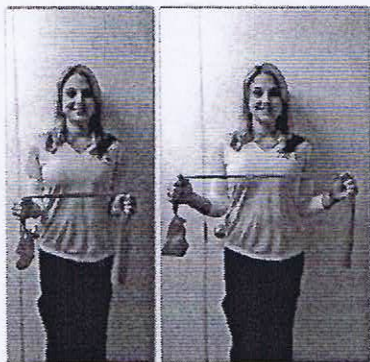
Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### ELASTIC BAND SHOULDER INTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep you elbow near your side the entire time.

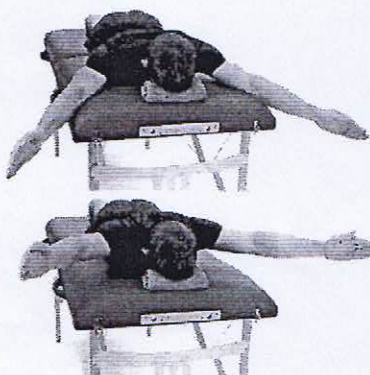
Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### Shoulder "W"

While holding an elastic band with your elbows bent, pull your hands away from your stomach area, forming the shape for a "W" with your arms and shoulders. Keep your elbows near the side of your body, and squeeze shoulder blades together.

Repeat 10 Times  
Hold 5 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### PRONE Y

Lying face down with your arms stretched out upwards as shown, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downward and towards your spine.

\*If easy add 1 lb. hand weight

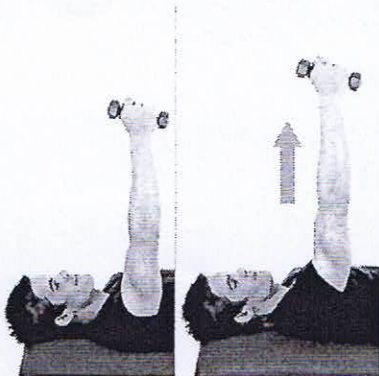
Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### T's Prone

Lying on stomach, lift arms and shoulders making the shape of a "T". Keep chin slightly tucked and squeeze shoulder blades together.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### FREE WEIGHT - SERRATUS PUNCHES

Lie on your back with your arms extended out in front of your body and towards the ceiling. While keeping your elbows straight, protract your shoulders forward towards the ceiling. Keep your elbows straight the entire time.

(Think punching up towards the ceiling)

Repeat 10 Times  
Hold 5 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### Shoulder stability with ball - side to side

Keeping ball in place, turn ball left and right making sure movement is coming from shoulder and not wrist or elbow region

Repeat 10 Times  
Hold 5 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### CURL UP - TYPE 1

While lying on your back with your arms out-stretched forward, partially curl up your trunk and lift your shoulder blades off the ground. Then Slowly return to lying down.

\*Can also curl up, reach towards left heel and while maintaining curl up position reach towards right heel. Continue reaching left and right while staying in curl up position until feel abdominal muscles fatigue.

Repeat 25 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day