

Notes :

1 Hip and knee flexors stretch



Sets: 1 Reps: 20s

Start with a stability ball behind you, kneel down and place the foot onto the ball-you want to have your spine and hips in a neutral position.
You will feel a stretch in the front of your thigh.
Hold the position as recommended.
You can place the ball against a wall so it doesn't roll back.

2 Iliopsoas stretch



Sets: 1 Reps: 20s

On one knee, begin to transfer or push your pelvis forward with your upper body upright.
Hold for the prescribed time.

3 Quadriceps stretch



Sets: 1 Reps: 5x5s

Start on your knees and put your hands behind your feet on the ground.
Push your hips up to form a straight line with your thighs and your torso.
You should feel a stretch in front of your thighs.
Hold the position.

4 Single leg hip extension



Sets: 2 Reps: 20s Other: knee bend, close to wall

Place on knee on a low table and let the other leg straight.
Hold the table with your hands and lift the relaxed straight leg as high as possible.
Lower under control and repeat.

5 Latissimus dorsi stretch, overhand



Sets: 1 Reps: 20s

Hold a stable object in front of you with one hand with an overhand grip. Lean forward by bending at the hips while pushing the hips backward.
Turn your hips slightly to one side to accentuate the stretch along the opposite side of your armpit and shoulder blade.
Hold the position for the recommended time.
Switch sides.

6 Stretching scalene



Sets: 1 Reps: 20s

Sit and place your hands right under your collarbone on the affected side. Pull down towards floor gently with hands to lower the top ribs. With your chin tucked-in, slightly lean your head sideways away from your hands until a stretch is felt along the side of the neck. Maintain the stretch.

7 Pectoralis minor stretch



Sets: 1 Reps: 20s

Stand beside a wall and place the forearm against the wall with elbow bent to 90 degrees. Slowly move forward and turn body away from the arm until a stretch is felt in the chest or the anterior aspect of the shoulder. Maintain the position and relax.

8 Shoulder flex, assisted ext



Sets: 1 Reps: 5xhold 5s

Lie down on your back with only a small support under your head if needed. With a weight in your hand, raise your arm overhead with your elbow straight, as high as you can. Return your arm to the original position. Do not arch your back. Move only your arm.

9 Latissimus dorsi stretch



Sets: 1 Reps: 10 Other: Flat on the floor

Start on your knees in front of a chair or bench while holding a stick with your palms up. Put your elbows on the chair. Lean back, keeping your back gently rounded, to feel a stretch in your lats. Keep your forearms pointing straight up. Hold the position.

10 Prisoner trunk rotation & lateral flexion



Sets: 1 Reps: 10x Other: Add side bend

Stand next to a wall, sideways, with the leg closest to the wall bent 90° at the hip, knee and ankle. Lean your hip against the wall, and place a ball between the wall and your front knee, which will hold it in place. Your back leg should be bent 90° at the knee with the hip remaining neutral.

Place the hands behind the head, with the elbow of the arm resting against the wall pointing forward. The other elbow should point as far back as possible; it should always point in the opposite direction.

Draw an arc on the wall with your elbow, flexing your trunk to the side to allow the elbow to rise and then twisting. Keep your elbow in contact with the wall throughout the movement. Come back and repeat.

11 Posterior pelvic tilt



Sets: 1 Reps: 3 handstand with help

Lie on your stomach with your legs extended and place your fingers on the front bony part of your hips.

Activate your lower abdominals, squeeze the glutes and tuck your tail bone inward to flatten the lower back (posterior pelvic tilt).

Notes :

1 Pelvic floor & TrA activation, crook lying



Lie on your back with your knees bent.
Place your fingers just in and down from your hip bones so you can monitor the muscle contraction.
To engage the pelvic floor muscles, pull up inside as if you were stopping the flow of urine.
To engage the transversus abdominus muscle, gently draw your navel in towards your spine as if trying to put on tight jeans.

Make sure that your superficial abdominals stay relaxed and that you continue to breathe.

2 TrA activation and pelvic tilt combined



Sets: 1 Reps: 10

Lie on your back with your knees bent. Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while tilting your pelvis and flattening your back to the ground. Return slowly to the initial position and then arch your back, tilting your pelvis in the opposite direction. Return to neutral and repeat.

3 Hollow hold



Sets: 1 Duration: 1 min

Lie down on your back with your arms by your sides and your legs bent.
Press your lower back into the floor by drawing your belly button down and in.
With your midsection tight, lift your shoulders and feet off the floor, by elongating your spine and by actively contracting your abs.
Slowly raise your arms overhead. Then slowly begin to straighten your knees, keeping the knees and ankles together.
Do not allow your spine to come off the floor.
Hold as directed.

4 Deadbug holding a ball



Sets: 1 Reps: 10

Lie on your back and place both knees and hips bent to 90 degrees and both arms pointed towards the ceiling.
Squeeze a Swiss ball between your hands and knees.
Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction.
Maintain a steady abdominal breathing while you lower one leg straight and lower the opposite arm over the head.
Hold the Swiss ball between the arm and leg that are up.
Just before you touch the ground return the leg and arm to the starting position and repeat with the other leg and opposite arm.

5 Bird dog with 2 points of contact



Sets: 1 Reps: 10

Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.
Your back must be in a neutral position (slightly arched) and your chin tucked in.
Tighten slightly your abdominal and lumbar muscles, then lift one knee off the floor.
Start by lifting the arm and the opposite leg without allowing your trunk or pelvis to move nor rotate.
Try to grab something far away ahead of you with your hand and to touch an imaginary wall far behind you with your foot (both at the same time), instead of just lifting them up.
Lower your leg and arm back to the floor. Then, repeat with the opposite leg and arm.

6 Strengthening side bending



Sets: 2 Reps: 30s

Lie on your side on a swiss ball with your arms crossed on your chest and your feet against the wall.

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while you slowly lift your body towards the ceiling by bending sideways.

Return to the starting position and repeat.

7 TA strengthening



Sets: 2 Reps: 30s

Stand back to a wall with your arms straight overhead holding a weighted ball.

Lean backward and to the side toward the wall in a slow and controlled movement.

Come back to the center and repeat.

Make sure you do both sides.

8 Bear crawl - Sideways



Sets: 2 Reps: 30s

Stand on hands and toes, with a band around your wrists.

Move the left leg and the left arm to the side at the same time. Then follow with the right leg and arm.

Walk sideways as prescribed and then in the other direction.

Make sure the band stays taut at all times.

9 Long lever adductor bridge



Sets: 2 Reps: 30s

Lying on your side, put your top ankle and shin on a chair with your knee straight (the elbow of the bottom shoulder should be on the floor).

Let your hips sag down to the ground. Then, using the top leg adductors (inside of the thigh), pull yourself up to form a straight line with your body.

Make sure your bottom leg hangs down without touching the floor.

Slowly lower yourself down and repeat.

10 Front bridge workout



Sets: 2 Reps: 30s

Put your thigh on the ball and roll onto the ball into a plank position. Your back must be straight, but not arched and your chin must be tucked in.

Engage your core by recruiting your pelvic floor and transverse abdominis.

Walk out on your hands as far as you are able without falling off.

Walk back to starting position, then repeat the motion.

Notes :

1 Stretching adductors



Sets: 1 Reps: 3x10s Other: Slowly down with arm up

Sit on the floor with your legs outstretched and apart.
Bend your body forward until you feel a stretch on the insides of your thighs.
Relax.
When you bend your body forward, do not bend your knees. Keep your legs straight.

2 Yoga: Bound angle pose



Sets: 1 Reps: 3x10s Other: Slowly down with arm up

Start seated with your feet extended forwards with the sit bones pressed firmly in the ground.
Bring the heels as close to your pubic bone as you can and hold the feet with your hands.
Press the knees down and keep the back straight and spine tall.
Hold the position.

3 IR hip stretch



Sets: 1 Reps: 3x5s lift foot forward

Sit down on the floor on the side of your legs and center your weight.
Slowly lean your torso backward toward the back leg to stretch the rear hip in internal rotation.
Hold the position when you get a comfortable stretch.

4 ER hip stretch



Sets: 1 Reps: 3x5s lift foot backward

Sit down on the floor on the side of your legs and center your weight.
Slowly move your torso forward to stretch the front hip in external rotation.
Hold the position when start feeling a comfortable stretch.

5 Seated piriformis stretch w/ trunk twist



Sets: 1 Reps: 20s

Sit with your back straight and cross one leg over the other.
Twist your trunk and place your elbow on the inside part of your bent knee. You may have to apply pressure with the elbow to feel a stretch on the buttock.
Maintain the position for the prescribed time.

6 Rectus femoris & psoas stretch



Sets: 1 Reps: 20s

Position yourself in a lunge position on one knee.
Grasp the rear foot with the opposite hand.
Slowly move forward while keeping the foot close to your buttock, keeping your back and hips stable (do not arch).
Hold the position, as recommended, when you feel a comfortable stretch in front of your thigh.

7 Deep lunge rotational stretch



Sets: 1 Reps: 20s

Adopt a deep lunge position with the rear leg stretched behind.
Put your forearm on the floor on the inside of the front foot and drop your hips toward the floor as much as possible.
Then, rotate the trunk toward your front leg by moving your free hand up toward the ceiling while looking at your hand.
Bring your hand back down on your knee and push outward to open up the hip.
Return your forearm on the floor and repeat.
Keep your nice lunge position at all times.
Do on the other side.

8 Piriformis stretch



Sets: 1 Reps: 20s

Sit down in a chair and cross your right leg over your left by placing the outside of your ankle over your opposite knee.
Now lean forward toward your ankle and knee.
Hold the position for the recommended time and repeat on the other side.
Repeat as recommended.

9 Stretching flexion



Sets: 1 Reps: 3x10s forward and lateral

Stand with your feet hip width apart.
Raise one knee towards your chest and with both hands, pull your knee up to increase the range.
Your back must stay straight and your foot must stay aligned with your knee during the movement.
Bring your knee back down slowly and under controlled.
Repeat with your other leg.

10 Adductors stretch



Sets: 1 Reps: 5x5s forward and side Other: With sliders

Kneel with one leg straight out to the side.
Sit down on your back foot and put weight through your hands.
Move the hips toward the opposite side.
Hold the position when you feel a stretch on the inside part of your thigh.

Notes :

1 Tibialis posterior release



Sets: 1 Reps: 10x inversion

Sit down with your legs crossed or the leg crossed over your knee. Using a lacrosse ball or similar hard ball apply pressure on the leg and roll it over the inside of your leg: on the tibialis posterior muscle that is just next to your tibia. You can hold the position on a tender spot to release the trigger point-you can also follow your therapist's advice.

2 Calf release



Sets: 1 Reps: 10 flexion-extension

Sit on the floor with one leg straight and your arms behind. Position the spikey ball so it is under your calf. Roll over the ball to massage the area.

3 Foot rolling: front to back



Sets: 1 Reps: 10x flexion-extension

Stand next to a chair, wall, or stable object for balance. Step over a ball with one foot. Roll the ball under your foot front-to-back to release the plantar fascia.

4 Foam rolling glutes



Sets: 1 Reps: 10

Place your foam roller on the floor and sit on it having one foot over the opposite knee in a figure 4 position. Roll along your buttock in a front to back motion from your lower back to the bottom of the buttock. Maintain your abs tight and proper lower back posture during the exercise.

5 TFL release on foam roller



Sets: 1 Reps: 10

Place your foam roller on the floor. Take a side position with the outside of the hip over the foam roller and your other leg in front for support. Roll over the TFL muscle that is situated on the side of your hip, right in front of the upper trochanter (the bone you can feel on the side of your hip), in an up and down motion. Maintain your abs tight and proper low back posture during the exercise.

6 Single leg calf raise in running stance



Sets: 1 Reps: 10

Lean against the wall on your forearms with one leg up, thigh parallel to the ground. The support foot should be pointing directly forward and you should be at a 30° angle from the wall.

Raise on the tip of your toes.
Lower and repeat.

7 Calf raise, contralateral side against wall



Sets: 1 Reps: 10

Lean sideways against a wall. Stand on your tiptoes of the straight leg furthest from the wall. Return to the starting position in a controlled manner and repeat.

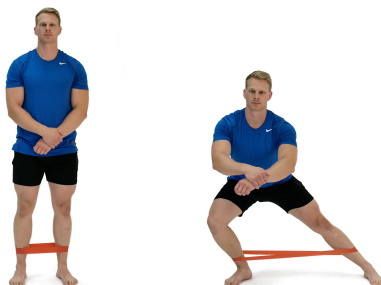
8 Calf raise, ipsilateral side against wall



Sets: 1 Reps: 10

Lean sideways against a wall. Stand on your tiptoes with the straight leg closest to the wall. Return to the starting position in a controlled manner and repeat.

9 Lateral lunge w/ elastic near ankles



Sets: 1 Reps: 10

Wrap a rubber band around your legs.

Take a big step to the side, with the foot and knee pointing slightly outward. Shift your weight onto the stepping leg, while moving your pelvis back and leaning forward. You can also raise your arms.

Return to starting position and repeat.

(This exercise can also be done by alternating the leg used for the step.)

10 Mini squat w/ engaged arch



Sets: 1 Reps: 3x10s

Stand up comfortably on one leg.

Lift all your toes as high as you can and engage your arch.

Keep your foot in this position and do a mini-squat (lower about a quarter of the way down).

Keep your knee over your second toe and shoulders over your hips.

Return to standing while maintaining the foot tripod position.

Keep toes lifted and arches engaged the entire time.

11 TKE with band



Sets: 1 Reps: 3x10s

Tie a band around the affected knee.
Stand with the affected leg under the body or slightly in front, and the other leg slightly behind for balance.
Slightly bend the knee, then use the quadriceps muscle to straighten the leg as much as possible.
Do not rock the hips front and back, use only the quadriceps to extend the knee.
Don't let the knee go excessively in front of the toes on the way down.

12 One leg toe touch



Sets: 1 Reps: 10 Other: Keep elastic behind knee

Stand upright on one leg, tip the body forward, hinging at the hips and keeping the back straight. Touch or try to touch the floor and use your hamstring to lift yourself back to the starting position.
Make sure that your knee is aligned with your foot and hips and keep your hips and lower back level as you go down.

13 Unipodal jump, 90° rot



Sets: 1 Reps: 8 Other: Turn left (4) + turn right (4)

Stand on one leg and bend your knee slightly.
Perform a 90° rotational jump.
Make sure you land with the knee slightly bent.
Repeat.

14 Side-to-side push-off



Sets: 1 Reps: 10

Start by standing on one side of the box with one foot on the box and the other on the ground.
Jump over the box using the foot on the box to push off and assist with both arms.
Land with the opposite foot on the other side of the box. This foot should land before the one on the ground.
Immediately repeat the jump when landing.
You can start doing the exercise using a 6 inches (15cm) box unless specified otherwise.
Progress over time by increasing the height of the box.

15 Jump to box



Sets: 1 Reps: 5xhalf twist right + left

Start facing the box in a comfortable stance, feet shoulder width apart.
Begin with a slight countermovement and jump onto the box using your arms to assist.
Land on top of the box then step down and repeat.
You can start doing the exercise using a 6 inches (15cm) box unless specified otherwise.
Progress over time by increasing the height of the box.

Notes :

1 Thoracic extension mobility



Sets: 1 Reps: 10

Place your foam roller on the floor and lie on your back with your knees bent and the foam roller at the level of your shoulder blades.
With your arms behind your head, lower your head as close as you can to the floor until you feel a stretch behind your back.
Maintain your abs tight and proper low back posture during the exercise.

2 Lats and teres major rolling



Sets: 1 Reps: 10

Lie on your side with a foam roller placed slightly lower than your armpit.
Roll on the foam roller from the armpit to the lower ribs using slow movement, stopping as recommended on the tight spots that are more uncomfortable.
You want to be on the teres major and latissimus dorsi muscles, don't roll directly on your ribs.

3 Assisted shoulder extension



Sets: 1 Reps: 5 pronation+supination Other: Bend forward 90 degrees

Stand and hold a stick in both hands behind your back.
Pull the tip of your shoulders backwards and slowly move the affected arm up and away from your back as high as possible by pulling on the stick with the good arm.
Maintain the position, lower your arm and repeat.
Keep your elbows straight.

4 Passive shoulder internal rotation



Sets: 1 Reps: 6x5s

Stand with the affected arm behind your back and each hand grabbing either end of the towel.
Pull the tip of your shoulder backwards and pull on the towel with your good hand to lift the affected arm as high as possible behind your back.
Slowly lower the arm and repeat.
The affected arm should not be doing any of the movement.

5 Deep squat stretch



Sets: 1 Reps: 5x each side Other: with stick

Squat down completely, keeping your heels in contact with the floor. Raise your arms up as high as you can and bend to one side. Maintain the position, return and repeat.

6 Shoulder dislocates with stick



Sets: 1 Reps: 5x full or half-half

Lay down on your stomach on the floor with a stick in your hands, your palms facing down and your arms overhead.

Activate your abdominals, so that your pelvis is not pushing into the floor, and squeeze your buttocks, legs and feet together.

With your arms as straight as possible, bring the stick behind your back by rotating at the shoulder.

Return to the starting position and repeat the exercise.

Bring your hands closer as the exercise becomes easier.

7 Sleeper stretch (contract-relax)



Sets: 1 Reps: 5x5s

Lie on your side with the affected shoulder under you and your elbow at shoulder level.

Lower your hand toward your feet until you feel a stretch at the back of your shoulder.

Place your other hand on your wrist. Push your wrist against your other hand and relax as your hand goes down further each time you relax.

Hold the stretch and relax.

8 Ulnar nerve slider



Sets: 1 Reps: 10

Start with one arm elevated on the side and one hand by your chin. Your palm will be facing upwards and your fingers will be resting under your chin if tolerated. If there is pull or pain in the arm with this movement do not bend the elbow as far to reach under the chin.

As you straighten that elbow turn your head in the other direction and bend the opposite elbow bringing the hand towards the chin.

Continue turning your head with the appropriate arm movements for the assigned number of repetitions.

9 Wrist extensor stretch, on all 4



Sets: 1 Reps: 20s

Get down on all fours on the floor.

Bend your wrists and place the backs of your hands on the floor.

Press down on the backs of your hands with your body weight until you feel a stretch in your forearms.

Hold the position for the recommended duration.

10 Forearm flexors stretch



Sets: 1 Reps: 20s

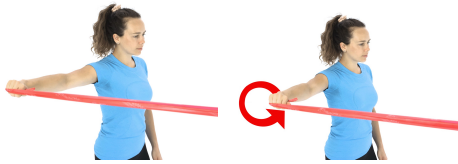
From a kneeling position, place your hand on the ground in front of you with your palms down and your fingers towards you.

Increase the stretch by moving your shoulders backward.

Maintain the position and relax.

Notes :

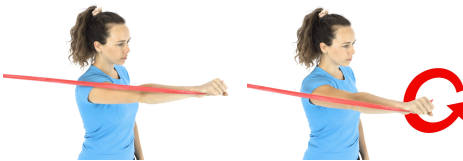
1 Active shoulder circumduction with band, arm in 90° abduction



Sets: 1 Reps: 5

Start with an elastic anchored in front of you at shoulder-height. Hold the band with your arm straight on the side, parallel to the ground. Perform clockwise and counterclockwise circles originating at the shoulder.

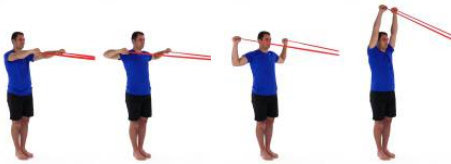
2 Active shoulder proprioception with band, arm in 90° flexion



Sets: 1 Reps: 5

Start with an elastic anchored behind you at shoulder-height. Hold the band with your arm straight in front of you. Perform clockwise and counterclockwise circles originating at the shoulder.

3 Row to press



Sets: 1 Reps: 10 Tempo: 1-1-3

Start in a standing position with a band anchored ahead of you at chest level and your arms extended forward and holding the band. Keeping your arms parallel to the floor and your shoulder blades pulled back and down, perform a row. At the end range of the row, externally rotate the arms, so that the forearms are now perpendicular to the ground. Press the arms overhead, then slowly reverse the movement to return to the start position.

4 External rotation w/ elastic



Sets: 1 Reps: 10 Tempo: 1-1-3

Anchor a resistance band at elbow height at your side. Tuck your chin and squeeze back/lower slightly the shoulder then externally rotate your arm out as much as you can against the resistance of the band. Make sure your elbow does not come away from your body. Return and repeat. Keep the elbow bent 90°.

5 Subscapularis pull



Sets: 1 Reps: 10 Tempo: 1-1-3

Hold the tubing with your elbow fully extended and thumb pointing upward. Pull the tubing behind your back and attempt to touch your thumb to the bottom of your opposite shoulder blade. Range of motion is more important than resistance so use a light resistance and focus on high repetitions.

6 Shoulder flexion to abduction



Sets: 1 Reps: 10 Tempo: 1-1-3

Start with an erect posture, shoulders down and shoulders back.
Place one hand and arm in line at shoulder level with the palm facing down.
Move your arm out to the side at shoulder level, keeping the palm facing down.
Return to the starting position.

7 ER in scapular plane



Sets: 1 Reps: 10 Tempo: 1-1-3

Stand with the band anchored by the outside of your foot, on the unaffected side. With the elbow bent to 90 °, raise the elbow to the side of the body-at approximately 45 ° and in front of the body at approximately 30 °. Begin with the affected palm down, holding the band. Maintaining the shoulder and elbow position, and rotate the hand up. Slowly lower the hand to the starting position and repeat.

8 Staggered push-up



Sets: 1 Reps: 10

Begin in a staggered push-up position, with one hand forward and a band around your wrist. Your hands should be far enough to create tension.
Lower your chest to the floor without touching it, while keeping your back straight.
Return to the starting position.
Then, repeat the exercise with the other hand forward.

9 Blackburns



Sets: 1 Reps: 10x 3 positions Other: scapula elevation/depression

Lie on your stomach, face down with your arms overhead in a Y shape with thumbs pointing upward.
Lift your elbows and hands off the ground, while pulling your shoulder blades down and back.
Let your arms down slowly. Repeat for prescribed repetitions.
Then lower your arms to shoulder level, making a T shape.
With the thumb facing upwards, lift the arms off the ground.
Repeat the movement for the prescribed repetitions.
Then move your arms by your sides with palms facing up.
Slowly lift your arms off the floor.
Repeat for the prescribed repetitions.

10 Reverse plank bridge



Sets: 1 Duration: 30-60s

Sit on the ground with your hands behind you and fingers pointing backward.
Bring your shoulder blades together and lift your chest up as much as possible while lifting your hips into a reverse plank bridge position.
Keep your arms straight and keep your head aligned with your spine (don't flex or extend the neck).
Hold the position.