

Notes :

1 Pelvic tilt



Reps: 5

Lie on your back with your knees bent. Inhale through your nose and as you exhale gently through your mouth, activate your lower abdominals (transversus abdominis) by bringing your belly button inward. Maintain a steady breathing while tilting your pelvis and flattening your back to the ground. Focus on prolonged exhale. Return to neutral and repeat.

Hold position for 4 breathing cycles and repeat 4 times.
NOTE: do not engage low back muscles.

2 Posterior pelvic tilt



Reps: 5

Start on all fours with a neutral spine position. Tuck your pelvis under (posterior pelvic tilt) without moving your thoracic spine. Shift your weight slightly forward and engage your core even more. Hold position for 4 breathing cycles as you continue to focus on prolonged exhale through your mouth. Relax and return to a neutral position.

3 Alternate heel tap



Reps: 5

Lie on your back with the hips and knees at 90 degrees. Keep your lower back flat on the floor and pull your navel slightly in. Lower one leg at the time to tap your heel on the floor, then lift your heel back up without losing the abdominal contraction (you can put your fingers on each side just inside the bony tip in front of your hips to monitor the contraction). Repeat with the other leg.

4 Glute bridge



Sets: 2 Reps: 10

Lie on your back with your knees bent. Tilt your pelvis back to engage the core and flatten your lower back. Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs. Hold this position for 30 seconds. Lower your body slowly to starting position. Rest. Repeat 5 times.

NOTE:
1. DO NOT engage low back.
2. Should feel glutes and core only.
3. DO NOT hold your breath.

PROGRESSION: With band around your lower thigh, move your knees out and in 5 times and return to neutral position.

5 Double leg sit-backs



Reps: 15

Begin by standing upright on both legs in front of a chair or stool. Push your hips backward-as if you're going to sit down and bend your knees into a squat position-to lightly touch the chair with your bottom. Slowly return to the starting position. Keep your knees aligned with your second toes.

6 Single leg heel raise



Reps: 15

Stand on one foot on the floor next to a chair or table for balance. Raise the heel to go onto your toes without bending your knee. Lower to the starting position and repeat.

7 Star balance tap



Reps: 5

Stand on one leg on a balance pad/pillow in the center of a star pattern (you can make a star pattern with tape, or simply imagine a star on the floor). Reach with your free foot in all the directions of the star as far as you can, while maintaining your balance. Come back to the center after every reach.

8 External rotation w/ elastic



Reps: 15

For Right shoulder -
Anchor a resistance band at elbow height at your left side. Place a rolled towel between your right elbow and trunk to hold right arm in place. 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 15 times.. Keep the elbow bent 90°.

Repeat above steps on the left side.

9 Shoulder extension/retraction



Sets: 2 Reps: 15

Lie on your stomach with a small rolled towel under the forehead and one small weight in each hand. Start with your arms at your sides and raise your arms off the floor, keeping the elbows straight. Try to squeeze your shoulder blades together and down as you do the movement.

DO NOT use weight yet!

10 1 arm dumbbell row



Sets: 2 Reps: 15

Support yourself on a bench, bed or chair(s) as shown. Squeeze the shoulder blade and pull the weight (no weight currently) toward the side of your body, next to your stomach. You should focus on the shoulder blade muscles pulling the arm up. Let the forearm hang free and lead with the upper arm and elbow. Be sure to have the hips parallel to the ground at all times by flexing or moving the support leg accordingly.

11 Thread the needle



Reps: 15

Start in a four point position with your hands directly under the shoulders and the knees under the hips.
Keep your chin in, back straight and shoulders back.
With one arm reach under the other as far as possible rotating and rounding your upper back.
Bring your arm back and reach back in the opposite direction as far as possible.
Keep your elbow bent to 90 degrees and look at your moving hand at all times.
Repeat with the other arm if indicated.

12 Active pectoral stretch (wall)



Hold: 30s

Stand back to a wall, arms raised to shoulder level, elbows flexed at 90 ° and palms facing each other.
Inhale, activate your core muscles and tuck your chin""keeping your head and spine in contact with the wall throughout the whole exercise.
Draw your shoulder blades down and together, then bring your arms backwards towards the wall as far as you feel comfortable.
To increase the stretch, try to get your upper arm and forearms flush and against the wall, without moving your spine.
Exhale and bring your arms back together, then repeat.

13 Stretching hamstrings



Hold: 30s

Stand up straight in front of a stool.
Place one foot on the stool and straighten your knee.
Lean your body slowly forward over your leg while keeping your knee straight, until you feel a stretch across the back of your leg.
Return your body to its original position.

14 Stretching hip flexor



Hold: 30s

Lie on your stomach.
Raise yourself up onto one foot and place the other leg outstretched behind you.
Support yourself on your hands while you lean your pelvis down towards the ground until you feel a stretch at the front of your thigh and groin.
Relax.

15 Standing calf stretch on wall



Hold: 30s

Put the leg to be stretched behind with the heel on the floor and toes pointing directly forward.
Place both hands on the wall and extend the rear knee while pushing the hips forward without bending the back knee until you feel a stretch in your back calf.
Hold the stretching position.