



## SPINE & SPORT PHYSIOTHERAPY

STEP 2



### Squat

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3**

#### Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

#### Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

#### Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



STEP 3



STEP 4



### Single Leg Balance with Clock Reach

**REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 3**

#### Setup

Begin in a standing upright position. Imagine you are standing in the middle of a clock.

#### Movement

Bend your legs slightly, then reach forward with one foot toward 12 o'clock, then bring it back to the starting position and reach toward 3 o'clock. Continue, reaching toward 6 o'clock, then 9 o'clock, and repeat.

#### Tip

Make sure to keep your hips level as you reach with your leg, and do not let your standing knee collapse inward.

STEP 1



STEP 2



### Squat to Heel Raise

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3**

\*You can also raise your heels in a squat and hold it. Then transfer your weight back and forth between left and right foot. \*You can do a squat up and down staying on your toes. Keep the weight even side to side.

#### Setup

Begin in a standing upright position.

#### Movement

Squat down, bending your knees and hips, then stand up and raise your heels off the ground as if you were going to jump. Repeat.

#### Tip

Make sure to keep your back straight and do not let your knees move forward past your toes during the exercise.

STEP 1



STEP 2



### Standard Plank

**SETS: 3 | HOLD: 10-30 SEC | DAILY: 1 | WEEKLY: 3**

\*If this is too hard - go on your knees and elbows (see next pic)

#### Setup

Begin lying on your front, propped up on your elbows.

#### Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



### Plank on Knees

**SETS: 3 | HOLD: 10-30 SEC | DAILY: 1 | WEEKLY: 3**

#### Setup

Begin lying on your front, propped up on your elbows.

#### Movement

Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



### Side Plank on Elbow

**SETS: 3 | HOLD: 10-30 | DAILY: 1 | WEEKLY: 3**

\*If this is too hard, do on knees and elbow (see next pic)

#### Setup

Begin lying on your side with your feet stacked, resting on your elbow.

#### Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

#### Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



### Side Plank on Knees

**SETS: 3 | HOLD: 10-30 SECS | DAILY: 1 | WEEKLY: 3**

#### Setup

Begin lying on your side with your knees bent, propped up on your forearm. Your elbow should be directly under your shoulder.

#### Movement

Engage your abdominal muscles and raise your hips up into a side plank position, keeping your knees on the ground. Hold this position, then return to the starting position and repeat.

#### Tip

Make sure to keep your core engaged during the exercise. Do not hold your breath or let your hips roll forward, backward, or drop towards the floor.

STEP 1



STEP 2



STEP 3



### Standard Lunge

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3**

#### Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

#### Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

#### Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

STEP 1



STEP 2



STEP 3



### Reverse Lunge

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3**

#### Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

#### Movement

Keeping your trunk upright, step backward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

#### Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.



**MEDBRIDGE**

Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare

STEP 1



STEP 2



### Standing Scapular Retraction in Abduction

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3**

#### Setup

Begin in a standing upright position with your arms held directly to your side and elbows bent at 90 degrees.

#### Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

#### Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



### Walking Hamstring Stretch

**SETS: 3 | HOLD: 30 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin standing in a long, open, and flat area.

#### Movement

Extend one leg forward, propping your heel on the ground, and hinge at your hips until you feel a stretch in the back of your leg. Hold briefly, then press your foot flat to the ground and squat down on your back leg. Step forward and repeat with your other leg.

#### Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

STEP 1



STEP 2



### Standing Quadriceps Stretch

**SETS: 3 | HOLD: 30 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding onto a stable object for support.

#### Movement

Bend your knee and grab that foot with your hand, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh. Hold this position.

#### Tip

Make sure to keep your back straight and maintain your balance during the stretch.

STEP 1



STEP 2



### Side Lunge Adductor Stretch

**SETS: 3 | HOLD: 30 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a wide stance position.

#### Movement

Shift your weight over to one side, bending your leg until you feel a stretch on the inside of your opposite thigh. Hold, then return to the starting position and repeat on the opposite side.

#### Tip

Make sure to keep your back straight and maintain your balance during the stretch.

STEP 1



STEP 2



### Half Kneeling Hip Flexor Stretch

**SETS: 3 | HOLD: 30 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a half kneeling position with one knee bent in front of your body.

#### Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

#### Tip

Make sure to keep your hips facing forward and back straight during the exercise.

STEP 1



STEP 2



### Seated Piriformis Stretch

**REPS: 3 | SETS: 1 | HOLD: 30 | WEEKLY: 7**

#### Setup

Begin sitting upright in a chair.

#### Movement

Lift one foot and rest it on your opposite knee. Slowly lean forward until you feel a stretch along the underside of your thigh. Hold this position.

#### Tip

Make sure to keep your back straight as you bend forward.

STEP 1



STEP 2



### Gastroc Stretch on Wall

**SETS: 3 | HOLD: 30 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position in front of a wall.

#### Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

#### Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



### Soleus Stretch on Wall

**SETS: 3 | HOLD: 30 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position in front of a wall.

#### Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

#### Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

STEP 1



STEP 2



### Seated Chest Stretch with Hands Behind Head

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

\*This is a dynamic repeated stretch.

#### Setup

Begin sitting upright with your hands clasped behind your neck.

\*For us horse riders, we will use the closed fist against the temples.

#### Movement

Pull your elbows apart and backward until you feel a stretch in the front of your shoulders. Then relax and repeat.

#### Tip

Make sure to maintain an upright posture and do not shrug your shoulders during the stretch.

STEP 1



STEP 2



### Supine Chest Stretch on Foam Roll

**SETS: 3 | HOLD: 30-60 SECS | DAILY: 1 | WEEKLY: 7**

\*Another option if you have a foam roller at home.

#### Setup

Begin lying with your knees bent and a foam roll positioned vertically along the middle of your back, hands resting on your stomach.

#### Movement

Slowly move your arms straight out to your sides, then return to the starting position and repeat.

#### Tip

Make sure your back is laying flat against the foam roll.

**STEP 1**



**STEP 2**



**Standing Shoulder Flexion Full Range**

**SETS: 3 | HOLD: 30 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position with your arms resting by your sides.

**Movement**

With your thumbs pointing up, slowly raise both arms straight forward then overhead as far as is comfortable, then lower them back down and repeat.

Reach up towards the ceiling with your hands

**Tip**

Make sure to maintain good posture and keep your shoulders relaxed during the movement.