

**Notes:** Warm up with some light cardio- climbing the stairs a few times, A few brisk laps around the garden or up and down the drive way, or hall way.  
Complete all exercises for 1 minute unless it gives you a number of repetitions.  
**DO NOT DO ALL OF THE EXERCISES AT ONCE, PACE YOURSELF** (Some exercises are high level, be caution about completing these if you are a bit wobbly on your feet.)

## 1- Active trunk rotation - Sets:2 / Repetition:5



Sit tall.  
Lock your hands together at chin height.  
Rotate with increasing force by driving your elbow backward.  
Slowly return to the neutral position.  
Repeat as prescribed.

## 2- Assisted trunk rotation - Sets:2 / Repetition:5



Sit on a chair with your back in neutral position (slightly arched) and your chin tucked in. Turn your upper body to one side moving at the middle back. Increase the stretch by pulling yourself with the back of the chair. Return to the initial position and repeat.

## 3- Levator scapula stretch - Sets:2 / Repetition:5



Sitting on a bench or chair on the side edge, hold under the bench with the hand on the tight side, ensuring that the arm is out from the body and that the shoulder is down. Drop your head forward onto your chest. Side bend (Ear to Shoulder) and rotate the neck away from the opposite side, bringing your chin towards the opposite armpit. Bring your opposite hand up onto the side of your head to assist the stretch. Return to the starting position and repeat. Complete on opposite side.

#### 4- Upper neck stretch - Sets:2 / Repetition:5



Sit or stand in a good upright posture up against the wall. Keeping the head in contact with the wall, nod your chin down towards your throat as far as you can, feeling a strong stretch in the back of the neck just below the base of the skull, hold for 5 seconds. Return back to neutral, then repeat.

#### 5- Side tilt lengthening - Sets:2 / Repetition:5



Sit or stand in a good upright posture up against the wall. Keeping your head or shoulder blades in contact with the wall, nod your chin slightly, just to neutral and maintain this throughout the stretch. Keeping your face facing forward, slide your head along the wall as you bring your ear to your shoulder. Turn your chin slightly towards the same side and drop the head slightly forward, feeling the stretch more into the back and side of the neck. You may need to do this exercise across from a mirror to be able to monitor your positioning. At the end of the movement, take a small breath in, then breathe all the way out, letting the head drop further into side bending. Return to the starting position, let go off the chin nod and repeat in the opposite direction.

**6- Left mid trunk rotation** - Sets:2 / Repetition:5



Sit down on a chair.  
Round your upper back and twist to the left by reaching the arm across the body.  
Make sure you are not leaning to one side and try to keep your lower ribcage fixed (rotate only through your upper chest).  
Repeat with your Right arm.

**7- Low to high torso rot.**



Use the open hands or the clasped hands position as you are able. Sit on the chair with your feet wider than shoulder width. Start in a "down" position as shown. Rotate your hands up with your arms extended across your body to the opposite side. Eyes should follow hands at all times. Bring your hands back to the starting position and repeat for the required sets and reps. Then repeat to opposite side.

## 8- Trunk side bending - Sets:2 / Repetition:5



Sit tall.

Cross your arms on your chest and focus on an object at eye level.

Slowly bend your trunk to one side.

Slowly return to the neutral position and repeat on the other side.

## 9- Lateral muscles stretch



Sit up straight in a chair and look directly ahead of you.

Lift one arm up and above your head and slowly bend sideways while reaching down with the opposite hand, until you feel a stretch at the side of your trunk.

Relax.

When you bend your trunk sideways, do not twist or lean forward. Keep your body straight and facing forward.

## 10- Unilateral lumbar flexion



Sit in a chair with your feet firmly on the ground.  
Rest your hands on the front of your knees.  
Slowly bend forward and reach for one foot with both hands.  
Slowly return to the upright position.  
Repeat as prescribed.

## 11- Roll Down - Sets:1 / Repetition:3



Position: Standing tall through the spine, arms relaxed by your side.

Action:

Inhale - wide and full, channeling the air into the side of your lungs.

Exhale - slowly through the mouth, draw your belly button in towards your spine, begin to roll down through the spine, towards the floor, keeping the knees soft throughout. - Cont to breath slowly throughout, while maintaining your tummy tuck.

TAKE CARE:

Not to lock your knees.

Not to allow the ribcage to expand upwards OR forwards causing the lower back to arch.

Not to lose your zip and hollow.

Not to poke your chin forwards.

## 12- Cleopatra



Position: Standing tall through the spine, elbows are bent to 90° and level with the trunk, palms are facing upward.

Action:

Inhale - wide and full, channeling the air into the side of your lungs.

Exhale - slowly through the mouth, draw your belly button towards your spine and maintain the trunk position as you rotate the forearms out to the side, feeling the openness across the shoulders.

Breathe in and maintain your position.

Exhale - slowly return the forearms back to the start, keeping your collarbones open.

TAKE CARE:

Not to allow your feet to lift.

Not to lock your knees.

Not to allow your shoulders to rise through the movement.

Not to allow the ribcage to expand upwards causing the lower back to arch.

Not to lose your zip and hollow.

Not to drop your head.

Not to poke your chin forwards.

### 13- Side Bend in Standing - Duration:1 min



#### Position:

Standing tall, weight even through both feet. Float both arms up above your head, palms facing each other to keep the shoulder joint open.

#### Action:

Inhale - wide and full, channeling the air into the side of your lungs.

Exhale - slowly through the mouth, draw your belly button towards your spine and side bend the trunk to one side, maintaining the length on both sides of the trunk.

Inhale- Come back to the middle

Exhale- Complete as above to the other side.

#### TAKE CARE:

Not to allow your feet to lift off the floor as you rotate.

Not to allow your shoulders to rise through the movement.

Not to allow your arms to lead the movement.

Not to allow the ribcage to expand upwards causing the lower back to arch.

Not to lose your zip and hollow.

Not to drop your head.

Not to poke your chin forwards.



**14- Partial squat** - Duration:1 min



Stand in front of a counter and hold onto the countertop.  
While maintaining your back straight and your hips above the level of your knees, slowly lower your body into a semi-squat position without leaning forward and keeping your heels in contact with the ground at all times.

**15- Standing hip flexion** - Duration:1 minut



Stand straight holding a chair.  
Move your leg as far up as possible, bending your knee.  
Make sure not to round your back.  
Lower the leg and repeat.

**16- Sit to stand** - Duration:1 min



Sit on a chair that have been placed against a wall to prevent slipping.  
Interlace your fingers and reach forward with your arms.  
With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand.  
Slowly return to sitting.

**17- Plantar flexion on two legs**



Stand on both feet with your hands on a chair or table for balance.  
Raise on your tiptoes without bending the knees.  
Lower under control to come back to the starting position and repeat.

**18- Single leg heel raise** - Duration:1 min



**HIGHER LEVEL**

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.

**19- Supine hips extension** - Sets:2 / Repetition:10 / Frequency:Daily



Lie on your back with knees bent and feet flat on the floor at hip-width.  
Put a towel or pillow under the neck.  
Your arms should be straight and next to your body.  
Push your feet in the ground and lift your hips toward the sky.  
You can maintain the position or repeat the movement while inhaling/exhaling.

**20- 4-point Leg slide** - Duration:1 min



In 4-point position, hands directly underneath your shoulders, knees directly underneath your hips.

Inhale and lengthen the spine out.

Exhale and slide your right leg out, keeping the foot on the floor.

Inhale and maintain the leg position.

Exhale and return the knee back underneath the hip.

Repeat for each inhale / exhale alternating which legs to move.

**TAKE CARE:**

Not to lose you basic recruitment.

Not to arch the lower back.

Not to allow the pelvis to tilt.

Not to allow the shoulders to lift to the ears.

Not to allow the ribs to flare.

Not to allow trunk to move from side to side.

**21- 4-point Arm Lift** - Duration:1 min



In 4-point position, hands directly underneath your shoulders, knees directly underneath your hips.

Inhale and lengthen the spine out

Exhale and float one arm away from the floor, leading with the thumb, palm facing across the midline.

Inhale and maintain the arm position.

Exhale and return the back underneath the shoulder

Repeat for each inhale / exhale alternating which arms to move

**TAKE CARE:**

Not to lose you basic recruitment

Not to arch the lower back

Not to allow the pelvis to tilt

Not to allow the shoulders to lift to the ears.

Not to allow the ribs to flare.

Not to allow trunk to move from side to side.

Not to allow the head to drop.

**22- Cat** - Duration:1 min



In 4-point position, hands directly underneath your shoulders, knees directly underneath your hips.

Inhale and lengthen the spine out

Exhale and begin to curl the spine from the tailbone upwards, one vertebra at a time. Finish with the head rounded at the top and back of the neck long.

Inhale and maintain position.

Exhale and lengthen the spine back out, working from one vertebra to the next to finish by working up into extension.

Inhale and maintain position.

Repeat for each inhale / exhale.

**TAKE CARE:**

Not to lose you basic recruitment.

Not to allow the shoulders to lift to the ears.

Not to allow the ribs to flare.

Not to allow the hands to PUSH the trunk to the ceiling.

### 23- Prone Hip Extension - Duration:1 min



#### Position:

Lying on your front, legs hip width apart and forehead resting on top of the back of your hands.

Inhale and maintain position.

Exhale and lengthen one leg away from the hip, tightening through the thigh so the leg floats away from the floor.

Inhale and lengthen the leg back down.

Exhale and repeat on the other leg.

Repeat with each inhale / exhale, alternating the legs.

Take care:

TO Maintain your basic recruitment.

Not to allow the lower back to sink towards the floor, hinging at the lumbar spine.

Not to elevate your shoulders.

Not to BRACE and force the stomach out.

Not to allow the lumbar spine to drop as the leg lengthens.

## 24- Small Back Ext. + Salute



### HIGH LEVEL

Lying on your front, legs hip width apart and forehead resting on top of the back of your hands.

Inhale and maintain position.

Exhale and lengthen your trunk away from the floor, gently tucking the chin towards the throat.

Inhale and maintain position.

Exhale and float one hand to the forehead at a time.

Inhale and maintain position.

Exhale and lower the trunk, arms + head.

Repeat with each inhale / exhale.

Take care:

TO Maintain your basic recruitment.

Not to allow the lower back to sink towards the floor, hinging at the lumbar spine.

Not to elevate your shoulders.

Not to BRACE and force the stomach out.



**25- Standing static balance** - Frequency:3 x day



Stand up straight in front of a table with your feet apart. Try to keep your balance without holding on to the table and count to the prescribed time slowly.

- Level 1: Wide stance, hands supported
- Level 2: Narrow Stance, Hands supported
- Level 3: Wide Stance, Hands unsupported
- Level 4: Narrow stance, Hands unsupported
- Level 5: Narrow stance, eyes closed

**26- Standing on one leg** - Frequency:3x da / Duration:1 mins



Stand up straight in front of a table or chair and hold onto it. Lift one leg up and hold it there for as long as you can. Lower your leg. Progress by taking your hands off the support.

## 27- Heel to toe standing



Stand with one foot directly in front of the other so they form a straight line. Hold this position for a few moments. Switch the feet and repeat.

Level 1: Wider stance and use hand support (wall or chair).

Level 2: No hand support, but wider stance.

Level 3: Narrow Stance, hand support

Level 4: Narrow stance, no hand support.

## 28- Forward reach



Stand with the feet shoulder width apart. Raise one arm to shoulder level. Lean forward as far as possible for a few seconds. Return to the standing position. Reach forward with the other arm if possible. Level 1: Use hand support (wall or chair). Level 2: No hand support. Level 3: Both arms reach forward at the same time.

**29- Wall push-ups** - Sets:2 / Repetition:5



Place your hands on the wall. Bend your arms and lean your upper body forward slowly. Straighten your arms and push your upper body back. Keep your body in a straight line. Level 1: Stand 1/2 arm length from the wall. You can use only the good arm if the affected arm cannot be placed on the wall. Level 2: Increase the distance from the wall to a maximum of shoulder to finger tip length away from the wall.

**30- Shoulder abduction** - Duration:1 min



Use a tin of beans as weights. HIGH LEVEL use 1l bottle of water  
In sitting or standing  
Slowly raise the arm to the side as high as you can but not higher than your shoulder. Slowly lower your arm down. To prevent the elevation your your shoulder, place your stronger hand on it.

### 31- Shoulder flexion - Duration:1 min



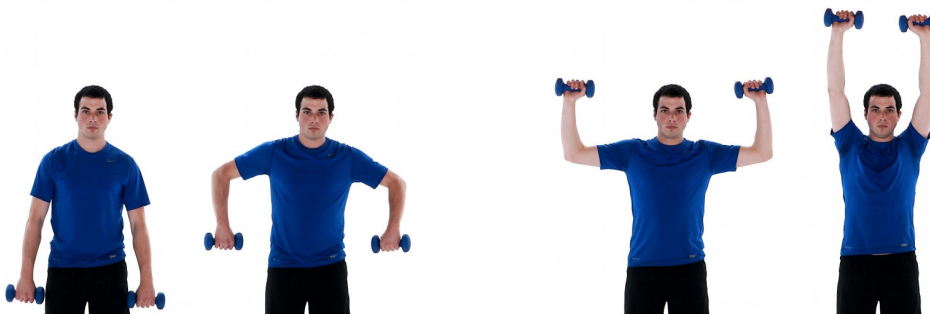
Use a tin of beans as weights. HIGH LEVEL use 1l bottle of water

In sitting or Standing

Slowly raise the arm in front as high as you can but not higher than your shoulder. Slowly lower your arm down. To prevent the elevation of your shoulder, you can place your stronger hand on it.

Repeat with your other arm

### 32- Cuban press



Stand holding a weight in both hands with your chin tucked in, your palms facing backwards and your shoulders down and back.

Shrug the weights, having the upper arms at shoulder level, bending elbows to 90 degrees. Rotate your arms upwards, keeping your elbows at 90 degrees and perform a press up straight over the head.

Perform the steps in reverse order and return back to the starting position, keeping your head, shoulder blades and body stable.

**33- Biceps curl** - Duration:1 min



Seated in a chair with a weight in your hand.  
Elbow glued to the side of your body.  
Lift the weight up to the ceiling while keeping elbow still.  
Return and repeat.