

Clinician Notes

Each exercise is labeled for strength vs. flexibility vs. balance vs. core.

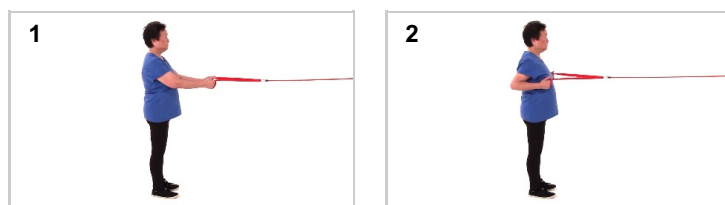
Instructions (number of repetitions, sets, times per week, seconds to hold, etc.) are provided.

You should have no pain or shortness of breath with any exercise. If you do, stop immediately.

Each exercise can be modified to be made more or less challenging.

Standing Row with Anchored Resistance

REPS: 10	SETS: 2-3	HOLD: 1-2 SECONDS	DAILY: 1
WEEKLY: 3			



Strength - pulling

Setup

Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you at chest height.

Movement

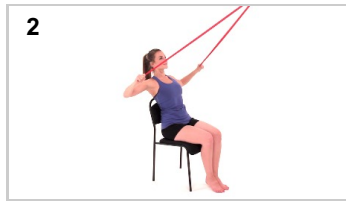
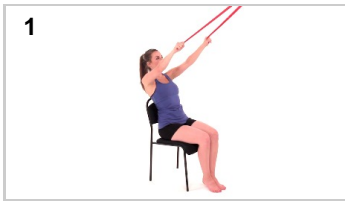
Pull your arms back against the resistance, bending your elbows, then slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and think of squeezing your shoulder blades together as you pull your arms back.

Seated Lat Pull Down with Resistance - Elbows Bent

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Strength - pulling Pull ups are the obvious advanced version.

Setup

Begin sitting upright holding both ends of a resistance band that is anchored high above you, with your arms straight.

Movement

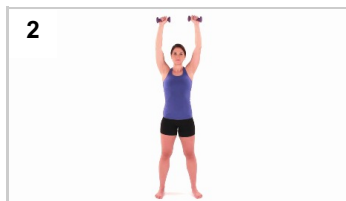
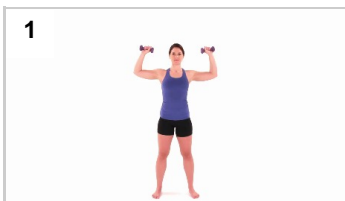
Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

Tip

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

Shoulder Overhead Press in Abduction with Dumbbells

REPS: 10	SETS: 2-3	DAILY: 1	WEEKLY: 3
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Strength - pushing

Setup

Begin in a standing upright position holding a dumbbell in each hand, with your arms bent at 90 degree angles at your sides and your palms facing forward.

Movement

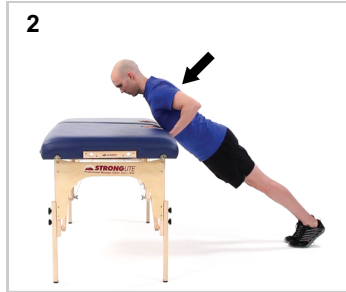
Press your hands straight up overhead. Then slowly lower them back down and repeat.

Tip

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

Push Up on Table

REPS: 10	SETS: 2-3	HOLD: 1 SECOND	DAILY: 1
WEEKLY: 3			



Strength - pushing

Setup

Begin in a standing position next to a table or bed, leaning onto straightened arms for support.

Movement

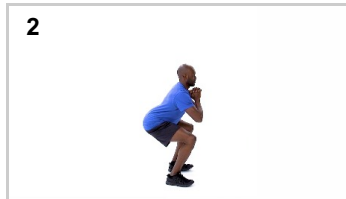
Bend your elbows, slowly lowering yourself into a push up position, then push your body back up away from the table and repeat.

Tip

Make sure to keep your back straight and do not let your hips sag as you perform the exercise.

Squat

REPS: 10	SETS: 2-3	HOLD: 1 SECOND	DAILY: 1
WEEKLY: 3			



Strength - legs

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.

Standard Lunge

REPS: 10	SETS: 2-3	HOLD: 1 SECOND	DAILY: 1
WEEKLY: 3			



Strength and balance - legs

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.

Single Leg Stance

REPS: 1-3	SETS: 1	HOLD: 60 SECONDS	DAILY: 1
WEEKLY: 3-5			



Balance

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

Lateral Step Down

REPS: 10	SETS: 2-3	HOLD: 1 SECOND	DAILY: 1
WEEKLY: 3			



Advanced strength and balance - legs

Setup

Begin by standing on a platform or step with one leg hanging off the edge.

Movement

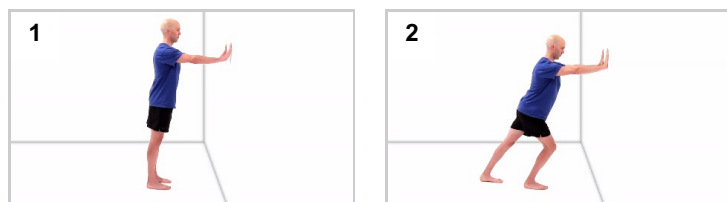
Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

Tip

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

Gastroc Stretch on Wall

REPS: 2-3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1-2
WEEKLY: 7			



Flexibility

Setup

Setup Directions

Movement

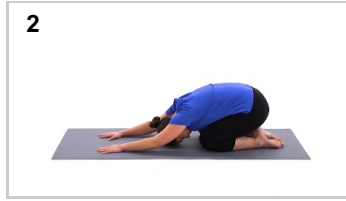
Begin in a standing upright position in front of a wall.

Tip

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.

Child's Pose Stretch

REPS: 2-3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1-2
WEEKLY: 7			



Flexibility

Setup

Begin on all fours.

Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

Supine Piriformis Stretch with Foot on Ground

REPS: 2-3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1-2
WEEKLY: 7			



Flexibility

Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

Tip

Do not allow your back to twist or bend excessively during the stretch.

Standing Shoulder Posterior Capsule Stretch

REPS: 2-3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1-2
WEEKLY: 7			



Flexibility

Setup

Begin in a standing upright position.

Movement

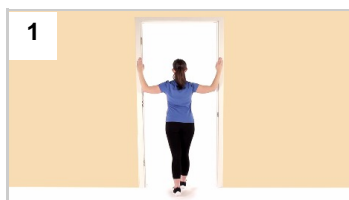
Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

Doorway Pec Stretch at 90 Degrees Abduction

REPS: 2-3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1-2
WEEKLY: 7			



Flexibility

Setup

Begin in a standing upright position in the center of a doorway.

Movement

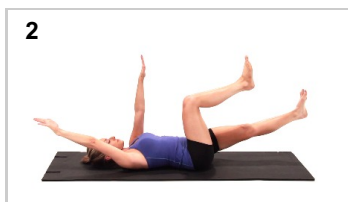
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Supine Dead Bug with Leg Extension

REPS: 10	SETS: 2-3	HOLD: 1 SECOND	DAILY: 1
WEEKLY: 3			



Core - start with just arms or just legs to make easier Maintain "neutral spine" position

Setup

Begin lying on your back with your knees bent and feet flat on the floor.

Movement

Tighten your abdominals, lift both legs to a 90 degree angle and your arms up toward the ceiling. Slowly lower one arm overhead and you straighten your opposite leg at the same time. Return to the starting position and repeat with your other arm and leg.

Tip

Make sure to keep your abdominals tight and back flat on the floor during the exercise.

Bird Dog

REPS: 10	SETS: 2-3	HOLD: 1 SECOND	DAILY: 1
WEEKLY: 3			



Core - try arms only or legs only to make easier Maintain "neutral spine" position

Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.

Supine Bridge

REPS: 10	SETS: 2-3	HOLD: 1 SECOND	DAILY: 1
WEEKLY: 3			



Core - many variations to make more challenging, such as single leg bridges Maintain "neutral spine" position

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.