



SQUATS - SUPPORTED

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Sit your hips back as if you're about to sit in a chair. You can use a chair as a cue. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 10 Times

Complete 3 Sets

Perform 1 Times a Day



TABLE PUSH UPS

Perform a push up as shown while leaning on a sturdy table. These can be modified in a number of ways- standard push ups flat on the ground, push ups done on the knees, push ups done on the wall.

Repeat 10 Times

Complete 3 Sets

Perform 1 Times a Day



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 12 Times

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day



QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG



While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time.



Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day

HIP FLEXION ISOMETRIC - SINGLE LEG

While lying on your back, engage your abdominals, raise up a knee into and press it into your hands. Hold for 3-5 seconds and repeat on the other side. Alternate for 12 reps total.

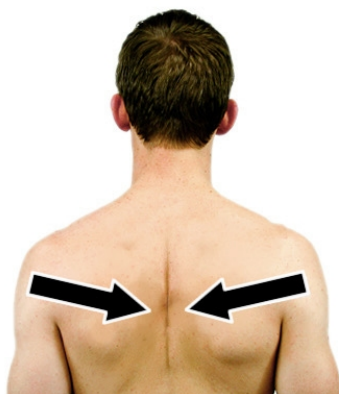


Repeat 12 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down, squeeze and hold x 3 seconds. Be sure to relax shoulders away from your ears.



Repeat 12 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day