





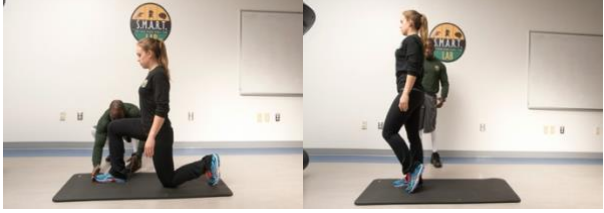



Basic

<p>Plank (modified to full variations)</p> 	<p>Ensure client has been instructed on bracing maneuver. Assume a prone position while resting on your forearm and feet (ankle positioned at 90°) as shown in the picture. Position elbows under shoulders, and the balls of your feet under your heel. Maintain a neutral neck/head position and lengthen your body. Engage the core muscles and time each trial.</p> <p>To modify assume same position but with knee bent and in contact with the ground.</p> <ul style="list-style-type: none"> • Repetition: 10 – 30 s • Set: 1 – 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Glute bridge/ Glute bridge with versa band</p> 	<ul style="list-style-type: none"> • Lay in a supine position, bending the knees and positioning the feet underneath the knee (at hip width). Engage core muscles and a rigid torso, ensuring shoulder blades are in contact with the floor. Keep knees aligned with hip while completing glute extension as shown in picture. • Place a versa loop band across the knee on the proximal side of the knee joint as shown in the picture. Then follow steps for glute bridge described above. <ul style="list-style-type: none"> • Repetition: 10 – 20 • Set: 1 – 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Chair impeding squats</p> 	<p>Stand in front of the chair (or a wall), with your feet underneath it (an inch in front of it) and your knees touching the seat. Perform a squat without hitting or moving the chair. The goal is to activate the glute muscles and begin the squat at your hips, as opposed to the quadriceps muscles, in order to complete the squat.</p> <ul style="list-style-type: none"> • Repetition: 10 • Set: 1 – 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Toe yoga</p> 	<p>Practice lifting your big toe and little toes independent of one another.</p> <ul style="list-style-type: none"> • Repetition: 10 • Set: 2 – 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>

Intermediate

<p>Side plank (modified to full variations)</p> 	<p>Ensure client has been instructed on bracing maneuver. While lying on your side, position elbow directly under shoulder. Position feet and knee as shown in picture. Assume a full bridge position, maintaining a neutral neck/head position and lengthen your body. Engage the core and latissimus dorsi muscles to support the body, timing each trial.</p> <p>To modify assume same position but with knee bent and in contact with the ground.</p> <ul style="list-style-type: none"> • Repetition: 10 – 15 s • Set: 2 -3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Band hip hinge/ RDL's</p> 	<p>Secure strength band to a sturdy support. Assume a narrow stance, standing facing away from the band/support station. Grab the band using a tandem grip, while concurrently engaging the core muscles and maintaining a rigid posture. Move away from the support station creating tension in the strength band. Perform hip flexion letting the hamstring contract eccentrically (as shown in picture). Contract the glute and hamstring muscles concentrically and return to a vertical position.</p> <ul style="list-style-type: none"> • Repetition: 10 – 15 • Set: 2 - 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Stationary start lunge</p> 	<p>Assume a lunge position, kneeling down on one knee keeping your thigh (on one side) and shin (on opposite side) vertical.</p> <p>Ensure 80° to 90° flexion at both hip and knee joints. Engage the glute and hamstring of the lead leg by loading on the side. Maintain a rigid core and upright posture. Drive the heel of the leg into the ground performing a forceful hip, knee and ankle extension consequently standing up. Return to the start position and repeat.</p> <ul style="list-style-type: none"> • Repetition: ≤ 10 • Set: 2 – 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Towel grab</p> 	<p>Place a towel on the floor as shown in picture. Position foot at the closest edge of the towel; proceed to grab flex toes and towel. Continue till towel has been completely moved. Repeat on opposite side.</p> <ul style="list-style-type: none"> • Repetition: NA • Set: 2 – 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>

Advanced

<p>Swiss ball (SB) plank</p> 	<p>Assume a prone position while resting forearm on stability ball and placing feet (ankle positioned at 90°) as shown in the picture.</p> <p>Position elbows under shoulders, and the balls of your feet under your heel. Maintain a neutral neck/head position and lengthen your body. Engage the core muscles by stiffening the muscles supporting the lumbar spine.</p> <ul style="list-style-type: none"> • Repetition: 10 – 30 s • Set: 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Single-leg deadlift</p> 	<p>Stand on one leg with dowel rod placed along your spine. Bend over at your hips keeping the pelvis level to the floor. Push your pelvis forward to return back to standing position.</p> <ul style="list-style-type: none"> • Repetition: ≤ 10 • Set: 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Bulgarian split squats</p> 	<p>Rest one leg on a chair or bench behind you and the other leg slightly in front of your body. Act like you are going to sit in the chair, by shifting your weight down and backwards. Return to starting position.</p> <ul style="list-style-type: none"> • Repetition: ≤ 10 • Set: 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>
<p>Calf raise progression</p> 	<p>While standing push up onto the balls of your feet till your heels achieve the highest point possible. Slowly lower your heel back to the ground and repeat.</p> <p>Progress to single leg stance and repeat.</p> <ul style="list-style-type: none"> • Repetition: 10 • Set: 3 • Rest: 30 s <p><i>*increase repetition/time as movements become less challenging*</i></p>

Flexibility

Foam roll piriformis



While seating on a foam roll (positioned perpendicular to your body), support the torso posteriorly using your hands. Position legs as shown in picture. Keep one leg extended while placing the ankle of the other side on the mid-thigh. Using the hand from the opposite side, grab the knee (the bent knee) while shifting your weight to the side with the bent knee.

Proceed to slowing roll searching for the piriformis muscle, pausing to work out any knots/adhesions.

- **Repetition: 30 s**
- **Set: 2**

Foam roll IT band



While lying on your side, position elbow directly under shoulder. Position the foam roll underneath the body, perpendicular to the body. Position feet and knee as shown in picture. Keep the bottom leg extended while resting on the foam roll and maintain knee/hip flexion on the upper leg using this limb for support.

Proceed to slowing roll along the outside of the bottom leg, pausing to work out any knots/adhesions.

- **Repetition: 30 s**
- **Set: 2**

Calf smash



To break up small adhesions, place your calf on top of a foam roller or PVC pipe and have your partner apply downward pressure on the calf, as they simultaneously rotate your leg in and out.

- **Repetition: 30 s**
- **Set: 2**

Couch stretch



Kneel down on one knee keeping your thigh and shin vertical. Position the foot of the bent knee on a bench. Move pelvis anteriorly to increase stretch on the hip flexors and quadriceps muscles. Hold stretch.

- **Repetition: 30 s**
- **Set: 2**

Pigeon hip flexor stretch



Tuck one leg underneath your chest while the other leg extends backward, with toes in contact with the floor. Squeeze your buttocks and lift the knee, of the extended leg, off the floor. Hold and then return knee to ground.

- **Repetition: 30 s**
- **Set: 2**