

Exercise Library

RYT300

White Crow Yoga

Exercises by Condition

How to use this slide deck: Look at the “Imbalances” on the slides that introduce the exercises. This will inform you as to what the exercise addresses. For example, the Golf Ball Roll list “pronated feet” under Imbalances, so you know this is a good exercise to offer for someone with pronated feet.

If an exercise has a “regression”, that means if the exercise is too difficult or can’t be accomplished safely, use the alternative regression exercise. If the exercise is too easy or has been mastered and the client needs more challenge, use the “progression” exercise if one is listed, or research other alternative movements using your anatomy and other yoga resources.

Instructions on how to perform and how long to hold, number of reps, etc. are included for each exercise, as well as photos.

The exercises that use machines or tubing can usually be replicated by attaching tubing to a sturdy pole or bar. If this is not possible, hand weights can normally be used instead. The theracane can be replaced with tennis balls or other trigger point tools.

Source: Biomechanics Method

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Lunge with Arm Raise

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Golf Ball Roll

NAME OF EXERCISE	GOLF BALL ROLL
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Feet & Ankles
IMBALANCE(S)	Pronated Feet
STRUCTURES ADDRESSED	Plantar Fascia
EXERCISE BENEFITS	This exercise helps regenerate and rejuvenate the plantar fascia (tissue on the underside of the foot), which can become irritated as a result of overpronation.
HOW TO PERFORM	<ul style="list-style-type: none"> • Begin by placing a golf ball on the underside of your foot • Roll it back and forth until you feel sore or tender spots
DURATION / REPETITIONS	Roll for 30 seconds to 1 minute on each foot at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: Encourage clients to keep a golf ball by the bed so they can perform it when they get up in the morning and at night before bed.</p> <p>Precaution: Avoid using excessive pressure as it can damage the structures of the feet.</p>
PROGRESS / REGRESS	<p>Progression: Add an active stretch by pulling the toes up while rolling.</p> <p>Regression: If a golf ball is too painful use a tennis ball instead.</p>



Golf Ball Roll



Start / Finish Position

Regressions for Golf Ball Roll



Use a Tennis Ball



Perform while Seated

Progression for Golf Ball Roll



Add an Active Stretch

Calf Massage

NAME OF EXERCISE	CALF MASSAGE
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Feet & Ankles, Knees
IMBALANCE(S)	Lack of Dorsiflexion, Pronated Feet
STRUCTURES ADDRESSED	Calf Muscles
EXERCISE BENEFITS	Massaging the muscles of the calf can help realign and rejuvenate the soft tissue structures of the calf and lower leg.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Sit down and massage the belly of your calf with your hands ▪ Massage across the muscle or up and down ▪ Target knots or adhesions with your massage
DURATION / REPETITIONS	Massage 1-2 minutes at least once per day.
TIPS and/or PRECAUTIONS	Tip: Encourage clients to use this massage technique while they are sitting at home watching TV or at work.
PROGRESS / REGRESS	<p>Progression: Use a massage device on the calf or perform the Calf Stretch (see "Stretches" section of this manual).</p> <p>Regression: Use a hard ball placed on a book with the calf muscle placed on top of the ball (see the Level One Exercise Library).</p>



Calf Massage



Start / Finish Position

Regressions for Calf Massage



Calf Massage with Hard Ball on Book



Use a Massage Device

Progression for Calf Massage



Calf Stretch

Foam Roller Quadriceps

NAME OF EXERCISE	FOAM ROLLER QUADRICEPS
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Knees, Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Tracking of the Patella, Anterior Pelvic Tilt
STRUCTURES ADDRESSED	Quadriceps Muscles
EXERCISE BENEFITS	This exercise helps rejuvenate and regenerate the quadriceps muscles to enable the knee and pelvis to function correctly.
HOW TO PERFORM	<ul style="list-style-type: none"> • Place the roller perpendicular to the leg and lie over it; pressure should be on the thigh • Find a sore spot and hold your bodyweight on it for several seconds to help the tissues release • Use your upper body to roll the roller to different sore spots on the upper leg; keep the abdominals engaged to ensure the lower back does not arch too much
DURATION / REPETITIONS	Roll for 30 seconds to 1 minute on each leg at least once per day.
TIPS and/or PRECAUTIONS	Tip: Moving toward the outside of the leg (about 8 inches below the ASIS) focuses on the Rectus Femoris. (Centering releases all quadriceps muscles.)
PROGRESS / REGRESS	<p>Progression: Bend knee when rolling or perform Quadriceps Stretch.</p> <p>Regression: Lie on side and use ½ Roller or tennis ball instead.</p>



Foam Roller Quadriceps



Start / Finish Position

Regressions for Foam Roller Quadriceps



Use ½ Foam Roller



Use a Tennis Ball

Progressions for Foam Roller Quadriceps



Bend Knee when Rolling



Quadriceps Stretch

Foam Roller IT Band

NAME OF EXERCISE	FOAM ROLLER IT BAND
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Knees, Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Medial Knee Displacement, Anterior Pelvic Tilt
STRUCTURES ADDRESSED	Iliotibial Band (IT Band)
EXERCISE BENEFITS	The IT Band attaches the Gluteus Maximus to the lower leg. When the foot overpronates the IT Band gets stressed and can pull the leg and pelvis out of alignment. Foam rolling the IT Band will help align the knee and pelvis and allow them to function more correctly.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie on your side with your hips stacked and forearm resting on the floor; your bottom leg rests on top of the foam roller so the pressure is on the outside of the leg • To decrease pressure on the IT Band, place the top leg in front of the body and rest the foot on the floor • Roll from the hip to the knee without crossing the knee, move about 1-2 inches at a time, concentrating on the sore spots
DURATION / REPETITIONS	Roll for 30 seconds to 2 minutes on both legs at least once per day.
TIPS and/or PRECAUTIONS	Tip: A foam roller can be purchased online for home use for about \$30-\$50. Precaution: Do not roll the over the knee joint when using the foam roller.
PROGRESS / REGRESS	Progression: Use a harder roller or stack the legs so they are on top of each other. Regression: Lay on your side on a tennis ball to massage the IT Band (move the ball from each sore spot along the length of the IT Band as tension decreases).



Foam Roller IT Band



Start / Finish Position

Regressions for Foam Roller IT Band



Use ½ Foam Roller



Use a Tennis Ball

Progressions for Foam Roller IT Band



Stack Hips and Legs



Use a Harder Foam Roller

Foam Roller Hip Flexors

NAME OF EXERCISE	FOAM ROLLER HIP FLEXORS
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Hip Flexor Muscles
EXERCISE BENEFITS	An anterior pelvic tilt can adversely affect the hip flexor muscles. Rejuvenating and regenerating these muscles will help the lumbar spine flex and enable the pelvis to posteriorly rotate.
HOW TO PERFORM	<ul style="list-style-type: none">▪ Place the roller perpendicular to the front of the body and lie over it at hip level▪ Find a sore spot on the front of the hips and hold your bodyweight on it for a few seconds to help the tissues release▪ Move your upper body to roll the roller to different sore spots on the upper leg; keep the abdominals engaged to ensure that the lower back does not arch too much
DURATION / REPETITIONS	Roll for 30 seconds to 1 minute on each side at least once per day.
TIPS and/or PRECAUTIONS	Tip: Angle the roller so that it is in line with the crease of the groin to increase the pressure of the massage.
PROGRESS / REGRESS	Progression: Perform Hip Flexor Stretch. Regression: Use a tennis ball to massage the hip flexors.



Foam Roller Hip Flexors



Start / Finish Position

Regression for Foam Roller Hip Flexors



Use a Tennis Ball

Progression for Foam Roller Hip Flexors



Hip Flexor Stretch (Sagittal)

Foam Roller Gluteal Complex

NAME OF EXERCISE	FOAM ROLLER GLUTEAL COMPLEX
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Pronated Feet, Medial Knee Displacement, Anterior Pelvic Tilt
STRUCTURES ADDRESSED	Gluteal Complex (and all the muscles of the posterior hip)
EXERCISE BENEFITS	An anterior pelvic tilt can adversely affect the muscles on the back of hips. Foam rolling this area will help regenerate these tissues and enable the pelvis and hips to move back into alignment.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Sit down on a foam roller and lean your body to one side to place weight on the gluteal complex on that side ▪ Pull your knee to your chest on the side you are sitting and roll back and forth to release and stretch the muscles of that area ▪ You can increase the stretch by pulling your knee in more toward your chest
DURATION / REPETITIONS	Roll for 30 seconds to 2 minutes on both sides at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: The piriformis muscle runs transversely across the gluteal complex (middle of the butt). This area will most likely be tight and sore on those with an anterior pelvic tilt.</p> <p>Precaution: If numbing or tingling is felt, decrease pressure to the area or stop the exercise.</p>
PROGRESS / REGRESS	<p>Progression: Use a harder foam roller or perform the Glute Stretch (see "Stretches" in the Level One Exercise Library)</p> <p>Regression: Massage the glutes using a tennis ball (see the Level One Exercise Library).</p>



Foam Roller Gluteal Complex



Start / Finish Position

Regressions for Foam Roller Gluteal Complex



Use a Tennis Ball



Use a Baseball

Progression for Foam Roller Gluteal Complex



Glute Stretch

Foam Roller Quadratus Lumborum

NAME OF EXERCISE	FOAM ROLLER QUADRATUS LUMBORUM
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Quadratus Lumborum (runs from the bottom of the ribs to the top of the pelvis)
EXERCISE BENEFITS	The Quadratus Lumborum (QL) is responsible for hiking the hip upward toward the bottom of the ribcage. Releasing this muscle will enable the pelvis to posteriorly rotate more effectively.
HOW TO PERFORM	<ul style="list-style-type: none"> • Sit down on a foam roller with knees bent and pelvis posteriorly tilted • Gently slide down the roller until it is positioned just above the back of the hip • Use the roller to release the area between the bottom of the ribs and the top of the pelvis, focusing on one side at a time
DURATION / REPETITIONS	Roll for 30 seconds to 2 minutes on both sides at least once per day.
TIPS and/or PRECAUTIONS	Precaution: Use extreme caution when performing this exercise to avoid rolling over the bottom two ribs. They are floating ribs that do not attach to the sternum and can displace or become injured easily.
PROGRESS / REGRESS	<p>Progression: Stretch the Quadratus Lumborum using the Door Frame Stretch (see "Stretches" in the Level One Exercise Library)</p> <p>Regression: Massage the QL by lying on a tennis ball in that area.</p>



Foam Roller Quadratus Lumborum



Start / Finish Position

Regression for Foam Roller Quadratus Lumborum



Place Ankle on Knee and Use a Tennis Ball

Progression for Foam Roller Quadratus Lumborum



Door Frame Stretch

Foam Roller Thoracic Spine

NAME OF EXERCISE	FOAM ROLLER THORACIC SPINE
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Thoracic Spine & Shoulder Girdle
IMBALANCE(S)	Excessive Thoracic Kyphosis, Protracted Shoulder Girdle, Elevated Shoulder Blades, Internally Rotated Arms
STRUCTURES ADDRESSED	Thoracic Spine (all the muscles running up and down the spine and those running from the spine to the shoulder blades)
EXERCISE BENEFITS	This exercise rejuvenates the muscles of the thoracic spine and shoulders by releasing excessive tension in this area. This exercise also helps improve excessive thoracic kyphosis.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Lay down on your back over the foam roller with your hands behind your head and chin tucked in (the roller should be perpendicular to your torso) ▪ Bend your knees, tuck your hips under, and lift your pelvis off the floor ▪ Roll back and forth along the thoracic spine massaging sore or tender spots
DURATION / REPETITIONS	Roll for 30 seconds to 2 minutes at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: Support your head while rolling to prevent stress to the neck.</p> <p>Precaution: Keep your pelvis posteriorly tilted to avoid excessive arching of the lower back.</p>
PROGRESS / REGRESS	<p>Progression: Strengthen the thoracic erector spinae muscles using the Straight Arm Raise (see "Strengthening Exercises" in the Level One Exercise Library).</p> <p>Regression: Massage the area using Two Tennis Balls on Upper Back (see the Level One Exercise Library).</p>



Foam Roller Thoracic Spine



Start / Finish Position

Regression for Foam Roller Thoracic Spine



Two Tennis Balls On Upper Back

Progressions for Foam Roller Thoracic Spine



Drop Hips and Tilt Pelvis



Straight Arm Raise

Tennis Ball Shoulder Complex

NAME OF EXERCISE	TENNIS BALL SHOULDER COMPLEX
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Thoracic Spine & Shoulder Girdle
IMBALANCE(S)	Excessive Thoracic Kyphosis, Protracted Shoulder Girdle, Elevated Shoulder Blades, Internally Rotated Arms
STRUCTURES ADDRESSED	Shoulder Retractors (Rhomboids and Trapezius)
EXERCISE BENEFITS	Massaging the shoulder retractors will help you address imbalances throughout the thoracic spine and shoulder girdle.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lay on the floor with your knees bent and head resting on a pillow • Pull one arm across your chest and place a tennis ball under the shoulder blade of that arm • Find a sore spot and hold to release tension • Move ball gently to another spot and hold to release tension
DURATION / REPETITIONS	Hold for 20-30 seconds on each sore spot. Perform at least once per day.
TIPS and/or PRECAUTIONS	Precaution: Do not roll around dynamically when performing this exercise to avoid damaging nerves of the shoulder complex. Just find a sore spot and stay there to help it release.
PROGRESS / REGRESS	<p>Progression: Strengthen the shoulder retractor muscles using the Seated Row (see "Strengthening Exercises" in the Level One Exercise Library).</p> <p>Regression: Use a softer ball or perform exercise standing against the wall.</p>

Note: The Seated Row for Progression is shown in this document. Ignore reference to "Level One Exercise Library"



Tennis Ball Shoulder Complex



Start / Finish Position

Tennis Ball Side of Hip

NAME OF EXERCISE	TENNIS BALL SIDE OF HIP
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Medial Knee Displacement, Anterior Pelvic Tilt
STRUCTURES ADDRESSED	Tensor Fasciae Latae, Gluteus Minimus and Anterior Fibers of Gluteus Medius
EXERCISE BENEFITS	This exercise helps the hip/leg complex to function correctly by rejuvenating and regenerating the muscles on the lateral side of the hip.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Lie on your side with your head resting on a pillow to help keep the head and neck aligned ▪ Place ball underneath your body on the lateral side of the hip just above the top of the leg ▪ Find a sore spot and hold there to release ▪ Move ball gently to another sore spot and hold to release
DURATION / REPETITIONS	Hold for 20 - 30 seconds on each sore spot. Perform at least once per day for a total of 2 - 3 minutes.
TIPS and/or PRECAUTIONS	Tip: If the pressure felt in the area is too much, simply roll the body slightly off the ball to decrease the pressure.
PROGRESS / REGRESS	<p>Progression: Perform the Abductor Stretch or Door Frame Stretch.</p> <p>Regression: Use a foam roller to massage the side of the hip instead of a tennis ball.</p>



Tennis Ball Side Of Hip



Start / Finish Position

Regression for Tennis Ball Side Of Hip



Use a Foam Roller

Progressions for Tennis Ball Side Of Hip



Abductor Stretch



Door Frame Stretch

Two Tennis Balls on Lower Back

NAME OF EXERCISE	TWO TENNIS BALLS ON LOWER BACK
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Lumbar Erector Spinae Muscles and Thoracolumbar Fascia
EXERCISE BENEFITS	An anterior pelvic tilt and excessive lumbar lordosis can cause the muscles and fascia of the lower back to become overworked and tight. This exercise helps rejuvenate and regenerate the muscles and fascia of the lower back to help release tension in this area to enable the lumbar spine to flex and the pelvis to posteriorly rotate.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie on your back; use a pillow under the neck if needed to make sure your eyes stay perpendicular to the ceiling • Bend your knees to keep the pelvis posteriorly tilted and place two tennis balls, either loose or tied together tightly in a sock, on either side of the spine in the lower back area; adjust them until you find a sore spot and hold to release tension • Move your body up or down to move the balls either up or down to find additional sore spots; hold to release tension
DURATION / REPETITIONS	Hold for 20-30 seconds on each sore spot. Perform at least once per day for a total of 2-3 minutes.
TIPS and/or PRECAUTIONS	Precaution: Keep the balls in the lower back region (i.e., between the top of the pelvis and bottom of the ribcage) when performing this exercise. Do not go up too high with the balls as placing pressure on the area where the lumbar spine meets the thoracic spine may cause pain/discomfort.
PROGRESS / REGRESS	<p>Progression: Bend the knees and lift the legs to the chest or perform the Lower Back Stretch.</p> <p>Regression: Support hips with a rolled up mat or place heels on a chair seat or bench.</p>



Two Tennis Balls On Lower Back



Start / Finish Position

Regressions for Two Tennis Balls On Lower Back



Support the Hips



Place Heels on a Chair

Progressions for Two Tennis Balls On Lower Back



Lift Legs to Chest



Lower Back Stretch

Two Tennis Balls on Upper Back

NAME OF EXERCISE	TWO TENNIS BALLS ON UPPER BACK
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Thoracic Spine
IMBALANCE(S)	Excessive Thoracic Kyphosis
STRUCTURES ADDRESSED	Thoracic Erector Spinae Muscles
EXERCISE BENEFITS	Excessive thoracic kyphosis causes the erector muscles of the upper back to become chronically lengthened. Rejuvenating and regenerating the muscles and fascia of the middle and upper back will help release tension in this area and prepare the muscles of the thoracic spine to be strengthened with subsequent strengthening exercises.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Lie on your back with knees bent; place two tennis balls on either side of the spine under your upper back at approximately bra height ▪ Use a pillow to support your head to keep your eyes perpendicular to the ceiling; use of a pillow will also help control the amount of pressure felt on the back from the balls (i.e., a larger pillow will decrease the pressure felt) ▪ Find a sore spot and hold to release tension ▪ Move your body up or down to move the balls either up or down to find additional sore spots and hold to release tension
DURATION / REPETITIONS	Hold for 20-30 seconds on each sore spot. Perform at least once per day for a total of 2-3 minutes.
TIPS and/or PRECAUTIONS	Precaution: Regress this exercise immediately if you feel like you are having trouble breathing or feel tension in the chest when performing this exercise.
PROGRESS / REGRESS	<p>Progression: Tilt the pelvis to increase pressure from the balls or perform Shoulder Retraction On Floor.</p> <p>Regression: Use a higher pillow to support your head or use one only ball at a time.</p>



Two Tennis Balls On Upper Back



Start / Finish Position

Regressions for Two Tennis Balls On Upper Back



Use a Higher Pillow



Use Only One Ball at a Time

Progressions for Two Tennis Balls On Upper Back



Tilt Pelvis to Increase Pressure



Shoulder Retraction On Floor

Tennis Ball Around Shoulder Blade

NAME OF EXERCISE**TENNIS BALL AROUND SHOULDER BLADE****TYPE OF EXERCISE**

Self-Myofascial Release

AREA(S) OF BODY

Thoracic Spine & Shoulder Girdle

IMBALANCE(S)

Protracted Shoulder Girdle, Elevated Shoulder Blades

STRUCTURES ADDRESSED

Shoulder Retractors (Rhomboids and Trapezius)

EXERCISE BENEFITS

Massaging the shoulder retractors will help you address imbalances throughout the thoracic spine and shoulder girdle.

HOW TO PERFORM

- Lay on the floor with your knees bent and head resting on a pillow
- Pull one arm across your chest and place a tennis ball beside the shoulder blade of that arm between the shoulder blade and the spine
- Find a sore spot and hold to release tension
- Move ball gently to another spot and hold to release tension

DURATION / REPETITIONS

Hold for 20-30 seconds on each sore spot. Perform at least once per day.

TIPS and/or PRECAUTIONS

Precaution: Do not roll around dynamically when performing this exercise to avoid damaging nerves of the shoulder complex. Hold pressure on each sore spot until it releases.

PROGRESS / REGRESS

Progression: Perform the Seated Row.
Regression: Use a softer ball or perform exercise standing against a wall.



Tennis Ball Around Shoulder Blade



Start / Finish Position

Regressions for Tennis Ball Around Shoulder Blade



Use a Softer Ball



Perform Exercise against Wall

Progression for Tennis Ball Around Shoulder Blade



Seated Row

Tennis Ball On Shoulder Blade

NAME OF EXERCISE	TENNIS BALL ON SHOULDER BLADE
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle
IMBALANCE(S)	Protracted Scapula, Internally Rotated Arms
STRUCTURES ADDRESSED	External Rotator Cuff Muscles
EXERCISE BENEFITS	Muscles that attach to the shoulder blade are adversely affected by imbalances of the shoulder girdle and often become chronically lengthened. This exercise helps rejuvenate and regenerate the muscles of the shoulder and arm and prepares these muscles for subsequent strengthening exercises that will enable them to effectively retract the shoulder blades and externally rotate the arms.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Lie on your back and place a tennis ball on top of the shoulder blade; use a pillow under the head to keep head and neck aligned ▪ Hug the opposite shoulder in order to increase pressure on the ball and get the arm out of the way; readjust position of the ball if necessary to find a sore spot and hold to release tension ▪ Move your body up, down or sideways to move the ball to find additional sore spots; hold to release tension
DURATION / REPETITIONS	Hold for 20-30 seconds on each sore spot. Perform at least once per day for a total of 2-3 minutes
TIPS and/or PRECAUTIONS	<p>Tip: Place the ball toward the outside edge of the shoulder blade.</p> <p>Precaution: Do not roll around on the ball. Rather, hold the ball on each sore spot you find. Be careful as you move the ball to avoid placing direct pressure on nerves.</p>
PROGRESS / REGRESS	<p>Progression: Perform The Wave Goodbye.</p> <p>Regression: Use a heating pad or perform the exercise standing against a wall.</p>



Tennis Ball On Shoulder Blade

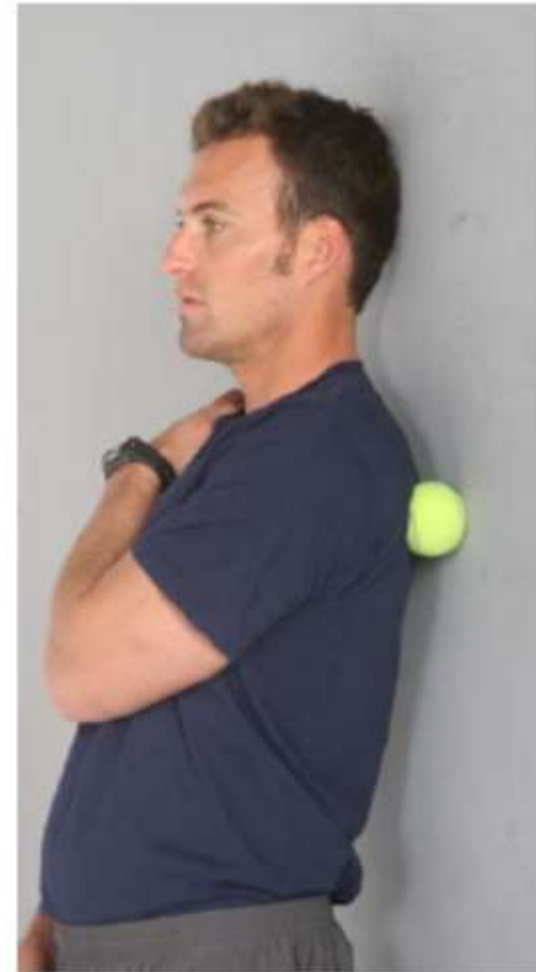


Start / Finish Position

Regressions for Tennis Ball On Shoulder Blade



Use a Heating Pad



Perform Exercise against a Wall

Progression for Tennis Ball On Shoulder Blade



The Wave Goodbye (Lying)

Abdominal Massage

NAME OF EXERCISE**ABDOMINAL MASSAGE****TYPE OF EXERCISE**

Self-Myofascial Release

AREA(S) OF BODY

Lumbo-Pelvic Hip Girdle and Thoracic Spine

IMBALANCE(S)

Excessive Thoracic Kyphosis

STRUCTURES ADDRESSED

Abdominal Muscles and Fascia

EXERCISE BENEFITS

The rounding forward of the upper back characterized by excessive thoracic kyphosis results in a compression of the abdominals. As such, the muscles and fascia of the abdomen become restricted and tight, thereby affecting movement of the torso. Releasing and regenerating the abdominal muscles and fascia will enable the thoracic spine to extend more effectively and allow greater movement throughout the torso.

HOW TO PERFORM

- Lie on your back with your head on a pillow to keep the head and neck neutral
- Use your hands to massage the abdomen from the bottom of the ribcage down to the pelvis, concentrating on any sore spots

DURATION / REPETITIONS

Perform at least once per day for a total of 1-2 minutes.

TIPS and/or PRECAUTIONS

Precaution: Some people may find initially that massaging their abdominal area makes them feel nauseous. Regress to using a heating pad if you feel unwell when you massage your abdominals and/or reduce the amount of pressure applied during the massage.

PROGRESS / REGRESS

Progression: Use a hand held massage device to massage the abdominals.
Regression: Use a heating pad.



Abdominal Massage



Start / Finish Position

Regression for Abdominal Massage



Use a Heating Pad

Progression for Abdominal Massage



Use a Massage Device

Chest Massage

NAME OF EXERCISE	CHEST MASSAGE
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Shoulder Girdle
IMBALANCE(S)	Internally Rotated Arms
STRUCTURES ADDRESSED	Pectoral Muscles
EXERCISE BENEFITS	This exercise helps rejuvenate and regenerate the pectoral muscles and release tension caused by internally rotated arms. Targeting the pectoral muscles will allow the arms to externally rotate correctly.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Lie on your back with your head on a pillow to keep head and neck neutral ▪ Using the fingers of one hand, gently massage the muscles of the chest on the opposite side
DURATION / REPETITIONS	Massage each sore spot you find for 30 seconds. Perform at least once per day for a total of 2-3 minutes.
TIPS and/or PRECAUTIONS	Tip: You can also perform this exercise while seated at work to help loosen the pectoral muscles.
PROGRESS / REGRESS	<p>Progression: Perform Shoulder Retraction On Floor (massage chest with opposite hand for maximum benefit), "Why" Stretch, or use a hand held massage device.</p> <p>Regression: Use a heating pad.</p>



Chest Massage



Start / Finish Position

Regression for Chest Massage



Use a Heating Pad

Progressions for Chest Massage



Shoulder Retraction On Floor



"Why" Stretch



Use a Massage Device

Front of Shoulder Massage

NAME OF EXERCISE**FRONT OF SHOULDER MASSAGE****TYPE OF EXERCISE**

Self-Myofascial Release

AREA(S) OF BODY

Shoulder Girdle

IMBALANCE(S)

Internally Rotated Arms, Protracted Scapula

STRUCTURES ADDRESSED

Supraspinatus and Origin of the Biceps Muscles

EXERCISE BENEFITS

Internally rotated arms affect the function of the shoulder, arm, and shoulder blades. Releasing tension in the muscles at the front of the shoulder will enable the arms to externally rotate and the scapula to retract. It will also prepare these muscles for subsequent stretching and strengthening exercises.

HOW TO PERFORM

- Lie on your back with your head on a pillow to keep head and neck neutral
- Using the fingers of one hand, gently massage the muscles of the front of the shoulder on the opposite side.

DURATION / REPETITIONS

Massage each sore spot you find for 30 seconds. Perform at least once per day for a total of 2-3 minutes.

TIPS and/or PRECAUTIONS

Tip: Perform this exercise in conjunction with the Chest Massage to loosen up the entire anterior shoulder and chest region.

PROGRESS / REGRESS

Progression: Perform Front Of Shoulder Stretch (massage front of shoulder with opposite hand for maximum benefit).

Regression: Use a heating pad.



Front Of Shoulder Massage



Start / Finish Position

Regression for Front Of Shoulder Massage



Use a Heating Pad

Progression for Front Of Shoulder Massage



Front Of Shoulder Stretch (with Massage)

Forearm Massage

NAME OF EXERCISE	FOREARM MASSAGE
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Shoulder Girdle
IMBALANCE(S)	Internally Rotated Arms
STRUCTURES ADDRESSED	Forearm Muscles
EXERCISE BENEFITS	Restrictions in the upper or lower arm can affect the function of the shoulder. This exercise targets the muscles and fascia of the forearm. Releasing and rejuvenating the muscles in this area will enable the whole arm and shoulder to move more effectively.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Sit in a chair and bring one arm across your abdomen; use the thumb and fingers of the other hand to massage the outside of the forearm ▪ Apply steady pressure to each sore spot until it starts to release and then move to the next spot
DURATION / REPETITIONS	Massage each sore spot for 30 seconds. Perform at least once per day for a total of 2-3 minutes
TIPS and/or PRECAUTIONS	Tip: This is a great exercise for everyone who uses a computer regularly.
PROGRESS / REGRESS	<p>Progression: Perform the Palm On Wall Stretch.</p> <p>Regression: Use a heating pad or a hand held massager to massage the forearm.</p>



Forearm Massage



Start / Finish Position

Regressions for Forearm Massage



Use a Massage Device



Use a Heating Pad

Progression for Forearm Massage



Palm On Wall Stretch

Hand Massage

NAME OF EXERCISE	HAND MASSAGE
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Shoulder Girdle
IMBALANCE(S)	Internally Rotated Arms, Protracted Scapula
STRUCTURES ADDRESSED	Muscles of the Hand
EXERCISE BENEFITS	This exercise helps rejuvenate and regenerate the muscles and fascia of the hand so that the wrist, arm, and shoulder can function more correctly.
HOW TO PERFORM	<ul style="list-style-type: none">▪ Massage the base of the thumb and between the thumb and forefinger with the fingers and thumb of the opposite hand.
DURATION / REPETITIONS	Massage each sore spot for 30 seconds. Perform at least once per day for a total of 1-2 minutes.
TIPS and/or PRECAUTIONS	Tip: This is a great self-massage technique for people who use their hands a lot either "mousing" on a computer or engaging in hobbies such as gardening.
PROGRESS / REGRESS	Progression: Perform the Forearm Stretch or the Palm On Wall Stretch. Regression: Use a heating pad or soak hands in an epsom salt bath.



Hand Massage



Start / Finish Position

Regression for Hand Massage

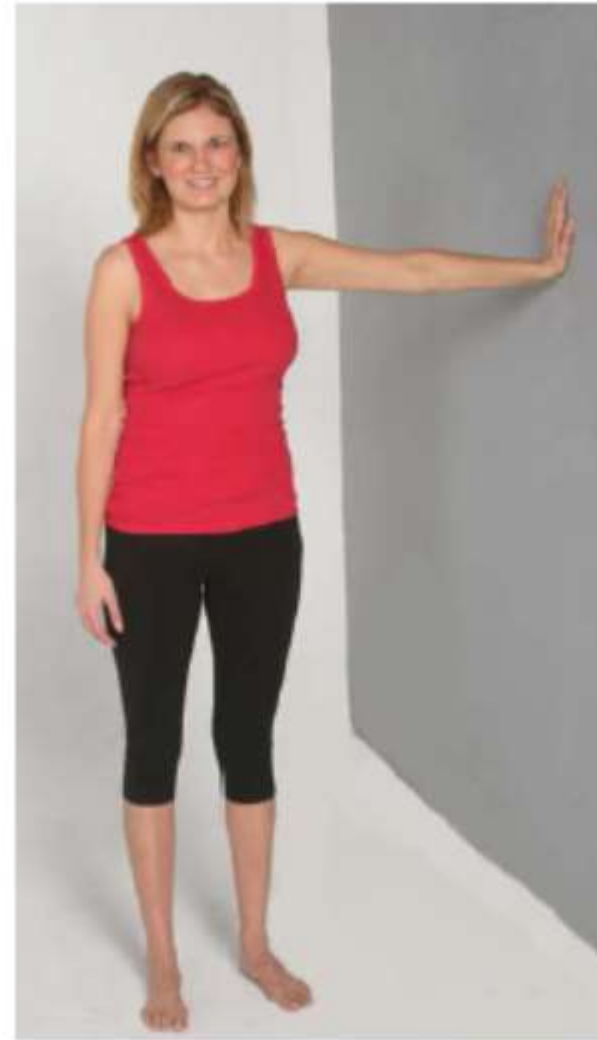


Use a Heating Pad

Progressions for Hand Massage



Forearm Stretch



Palm On Wall Stretch

Theracane on Trapezius

NAME OF EXERCISE	THERACANE® ON TRAPEZIUS
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle, Neck and Head
IMBALANCE(S)	Elevated Scapula, Excessive Cervical Lordosis
STRUCTURES ADDRESSED	Upper Fibers of the Trapezius and the Extensors of the Neck and Head
EXERCISE BENEFITS	The muscles that elevate the scapula and extend the neck and head can become restricted and tight as a result of excessive cervical lordosis. This exercise can help release tension in the upper traps and neck extensors to enable the shoulder blades to depress and head and neck to flex more easily.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Sit in a chair and place the hook end of the Theracane® on the top of your shoulder (i.e., on the upper trapezius). ▪ Apply pressure to the upper traps by pulling the handle of the Theracane® down and out to apply pressure to a sore spot on the trapezius; hold to release tension ▪ Move hook end of the Theracane® to other sore spots and apply pressure; hold to release tension
DURATION / REPETITIONS	Apply pressure for 30 seconds to each sore spot. Perform at least once per day for a total of 2-3 minutes.
TIPS and/or PRECAUTIONS	Precaution: Apply steady pressure and do not move the Theracane® around vigorously in order to prevent the device from slipping and/or damaging the nerves in the neck.
PROGRESS / REGRESS	Progression: Bend neck to the side to add a stretch or perform Straight Arm Pulldown. Regression: Use a heating pad.



Theracane[®] On Trapezius



Start / Finish Position

Regression for Theracane® On Trapezius



Use a Heating Pad

Progressions for Theracane® On Trapezius



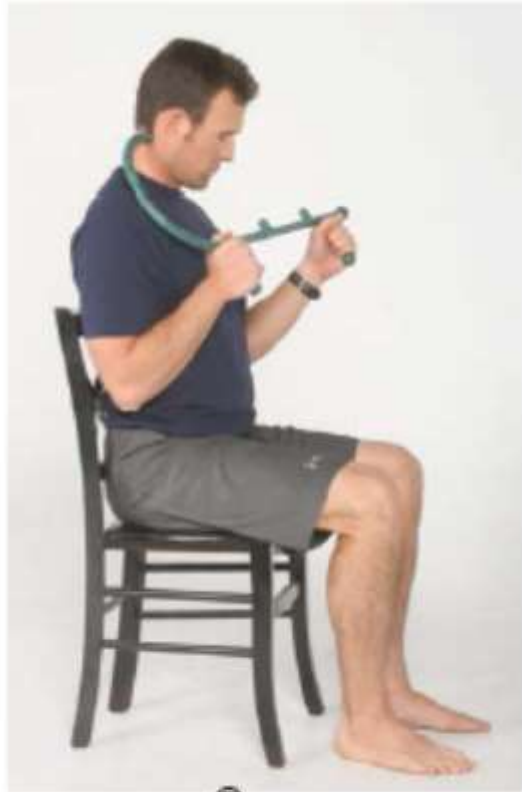
Add a Neck Stretch



Straight Arm Pulldown

Theracane on Back of Neck

NAME OF EXERCISE	THERACANE® BACK OF NECK
TYPE OF EXERCISE	Self-Myofascial Release
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle, Neck and Head
IMBALANCE(S)	Excessive Cervical Lordosis, Forward Head
STRUCTURES ADDRESSED	Neck Extensors and Fascia of the Neck
EXERCISE BENEFITS	A forward head position and excessive cervical lordosis cause the muscles and fascia on the back of the neck to lose flexibility and become irritated. This exercise helps rejuvenate and regenerate the muscles and fascia of the back of the neck so that it can flex more easily and the head can move back into better alignment.
HOW TO PERFORM	<ul style="list-style-type: none"> • Sit in a chair and place the hook end of the Theracane® on the back of your neck (i.e., on the neck extensors). • Apply pressure by pulling the Theracane® down and out to apply pressure to any sore spot you find in the area; hold to release tension • Move hook end of the Theracane® to other sore spots and apply pressure; hold to release tension
DURATION / REPETITIONS	Apply pressure for 30 seconds to each sore spot. Perform at least once per day for a total of 2-3 minutes.
TIPS and/or PRECAUTIONS	Tip: This is a great exercise for people who look at a computer screen or watch television a lot throughout the day.
PROGRESS / REGRESS	Progression: Perform the Neck Extensors Stretch. Regression: Use a heating pad.

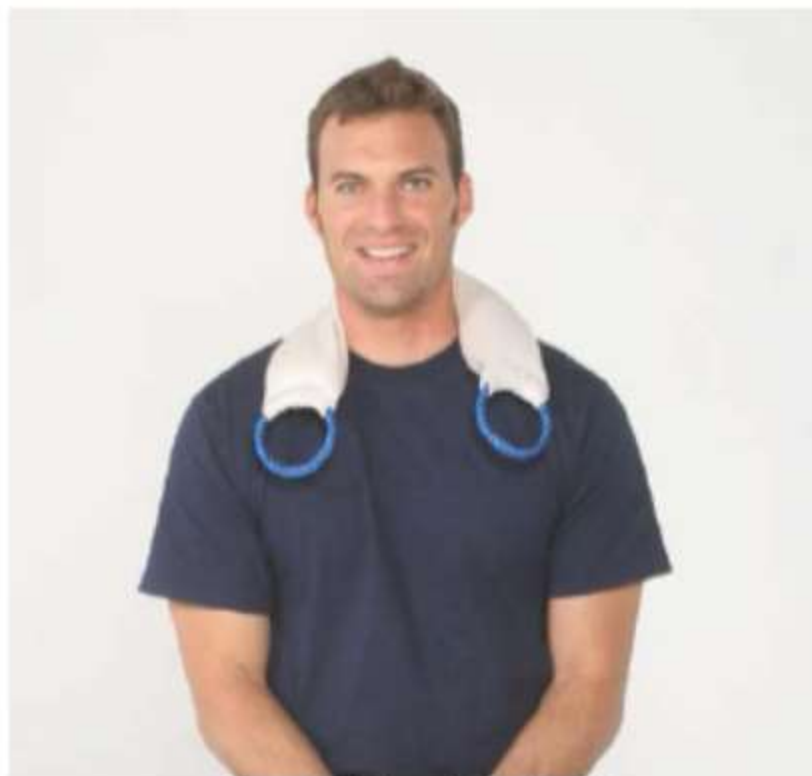


Theracane[®] Back Of Neck



Start / Finish Position

Regression for Theracane® Back Of Neck



Use a Heating Pad

Progression for Theracane® Back Of Neck

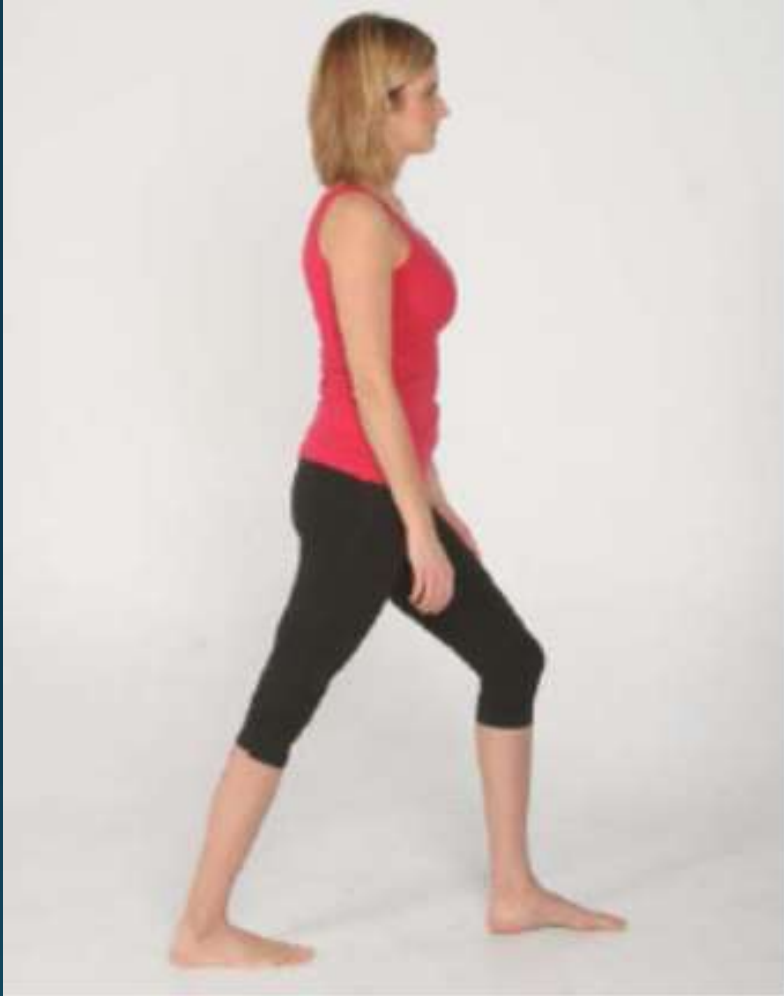


Neck Extensors Stretch

Calf Stretch

NAME OF EXERCISE	CALF STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Feet & Ankles
IMBALANCE(S)	Pronated Feet, Lack of Dorsiflexion
STRUCTURES ADDRESSED	Gastrocnemius, Achilles Tendon, Tibialis Anterior, and Soleus
EXERCISE BENEFITS	When the feet overpronate the calf muscles can get irritated and may not work correctly. This stretch will help release the calf muscles, strengthen the tibialis anterior and allow for better foot and ankle function.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand with feet in a staggered stance (one foot forward and one foot back), feet facing forward, pelvis tucked under, and arches of feet raised • Gently lean forward while keeping both feet in contact with the ground • Pull up on the toes to activate the tibialis anterior to increase the stretch of the calf
DURATION / REPETITIONS	Actively pull up on the toes and hold the stretch for about 30 seconds to a minute, release the toes and then repeat. Perform this cycle on each side 2-3 times at least once a day.
TIPS and/or PRECAUTIONS	Tip: You may also vary this stretch by adding a slight bend to the back knee. This will stretch the soleus muscle (which is responsible for slowing down dorsiflexion of the ankle when the knee is bent).
PROGRESS / REGRESS	Progression: Add movement to the stretch with the dynamic Calf Stretch on BOSU® (see "Stretching Exercises" in the Level One Exercise Library). Regression: Perform Calf Massage exercise.

Note: Ignore reference to Level One Exercise Library. The stretch referred to is shown in this document.



Calf Stretch



Start / Finish Position

Regression for Calf Stretch



Calf Massage

Progression for Calf Stretch



Calf Stretch on BOSU®
(Movement 1)



Calf Stretch on BOSU®
(Movement 2)

Foot and Toe Stretch

NAME OF EXERCISE	FOOT AND TOE STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Feet & Ankles
IMBALANCE(S)	Pronated Feet
STRUCTURES ADDRESSED	Plantar Fascia, Toe Flexors, and Muscles of the Lower Leg
EXERCISE BENEFITS	Overpronation constantly stresses the underside of the foot and causes the muscles of the foot to become tight or restricted. Stretching the underside of the foot can make the foot muscles more flexible and lowers the chance of injuring the foot and/or ankle.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand barefoot with one foot forward and toes pushed up against a wall or ½ foam roller; keep the ball of the foot in contact with the floor • Slowly collapse the foot into pronation to stretch the underside of the foot • Repeat on other foot
DURATION / REPETITIONS	Hold the stretch for about 30 seconds, release, and then repeat. Perform the cycle 1-3 times at least once a day on both sides.
TIPS and/or PRECAUTIONS	<p>Tip: Stretching the feet and toes is an essential part of maintaining good foot health and function.</p> <p>Precaution: If a cramping sensation or discomfort is felt on the bottom of the foot, ease off or stop performing this stretch.</p>
PROGRESS / REGRESS	<p>Progression: Pronate your foot and let your knee fall to the midline to increase the stretch.</p> <p>Regression: Perform Golf Ball Roll or Calf Massage.</p>



Foot And Toe Stretch



Start / Finish Position

Regressions for Foot And Toe Stretch



Golf Ball Roll



Calf Massage

Progression for Foot And Toe Stretch



Rotate the Leg Inward

Be careful not to put too much weight into front leg with knee misaligned. Avoid if painful.

Piriformis Stretch

NAME OF EXERCISE	PIRIFORMIS STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Medial Knee Displacement
STRUCTURES ADDRESSED	Piriformis
EXERCISE BENEFITS	<p>People who have pronated feet and an anterior pelvic tilt usually have weak glutes. Consequently, the much smaller piriformis muscle (and other hip rotators) may take over the big job of the glutes and can become irritated. Releasing the piriformis and then strengthening the glutes can help improve the function of the hip/leg complex.</p>
HOW TO PERFORM	<ul style="list-style-type: none"> • Sit down on the floor and place your right ankle on your left knee • Pull the right knee to your chest to stretch the piriformis • Hold the stretch to help release the piriformis • Repeat with other leg
DURATION / REPETITIONS	Hold the stretch for 30 seconds to a minute at least once a day.
TIPS and/or PRECAUTIONS	<p>Tip: The sciatic nerve runs over, under or through the piriformis muscle (depending on the individual). As such, an irritated piriformis muscle is often responsible for the pain and symptoms associated with sciatica.</p> <p>Precaution: If discomfort is felt in the groin area ease off or stop performing this stretch.</p>
PROGRESS / REGRESS	<p>Progression: Strengthen the gluteal muscles with The Pivot (see "Strengthening" section of this manual).</p> <p>Regression: Perform Foam Roller Gluteal Complex.</p>



Piriformis Stretch



Start / Finish Position

Regressions for Piriformis Stretch

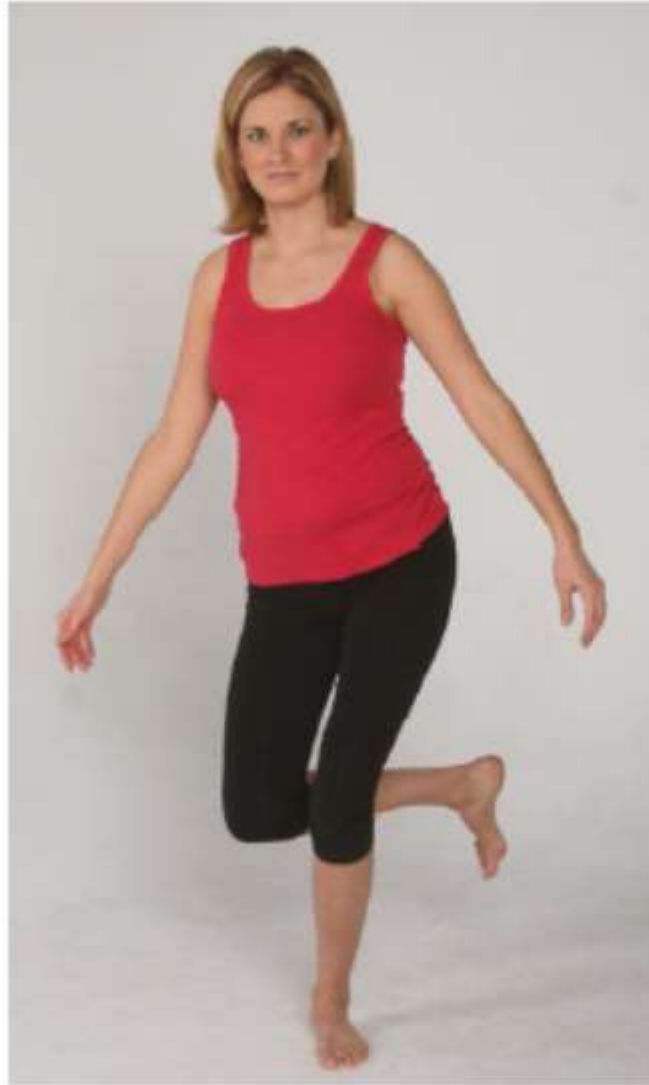


Use a Tennis Ball to Massage Glutes



Foam Roller Gluteal Complex

Progression for Piriformis Stretch



The Pivot

Hip Flexor Stretch

NAME OF EXERCISE	HIP FLEXOR STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Hip Flexors, Gluteus Maximus
EXERCISE BENEFITS	Stretching tight or restricted hip flexors can enable the pelvis to rotate posteriorly and help correct an anterior pelvic tilt. Releasing the hip flexors can also enable the lumbar spine to flex more easily, thereby reducing excessive lumbar lordosis.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Kneel down on one knee with the left foot forward; tuck the pelvis under using the glutes and abdominals to assist with this motion ▪ Align the hips straight from front to back, and then tuck the right hip in from the side (to keep the hip in good alignment) ▪ To increase the stretch, extend the left arm over your head (if left foot is forward)
DURATION / REPETITIONS	Hold for 30 seconds to a minute at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: Make sure your hip stays tucked in and under by activating the glutes to keep the body in good alignment.</p> <p>Precaution: Avoid arching your lower back if you lift your arm over your head.</p>
PROGRESS / REGRESS	<p>Progression: Move on to an integrated stretch such as the Door Frame Stretch (see "Stretching Exercises" in the Level One Exercise Library).</p> <p>Regression: Round the lower back and use Rectus Abdominis to tilt pelvis under.</p>



Hip Flexor Stretch



Start / Finish Position

Note: You may want the knee of the back leg further back than the hip and you might place a blanket under the knee – see next slide



Quadriceps Stretch

NAME OF EXERCISE	QUADRICEPS STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Knees and Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Thoracic Kyphosis
STRUCTURES ADDRESSED	Quadriceps Muscles
EXERCISE BENEFITS	Increasing the flexibility of the quadriceps muscles has numerous benefits. If the quads are flexible, the pelvis is able to posteriorly rotate and the hips can extend. This will, in turn, help bring the pelvis under the torso and enable the thoracic spine to extend.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand facing a tall object such as a table or counter; place one hand on the object to stabilize your body • Grab your foot with the other hand and pull your heel up toward your buttocks • Bring the knee back while gently rotating the pelvis under and straightening the upper back and neck • Be sure that the arch in the lower back does not increase while you are doing this exercise
DURATION / REPETITIONS	Stretch each side for 30 seconds at least once per day.
TIPS and/or PRECAUTIONS	Tip: If you cannot reach your foot, simply wrap a towel under the foot of the leg being stretched and pull the towel toward your buttocks to feel the stretch in the thigh.
PROGRESS / REGRESS	<p>Progression: Place the ankle/foot of the stretching leg on a counter or bench. Use a balance aid, if needed.</p> <p>Regression: Use a towel to assist with the stretch and perform the exercise while lying down on your stomach or your side.</p>



Quadriceps Stretch



Start / Finish Position

Regressions for Quadriceps Stretch



Use Towel and Lie on Stomach

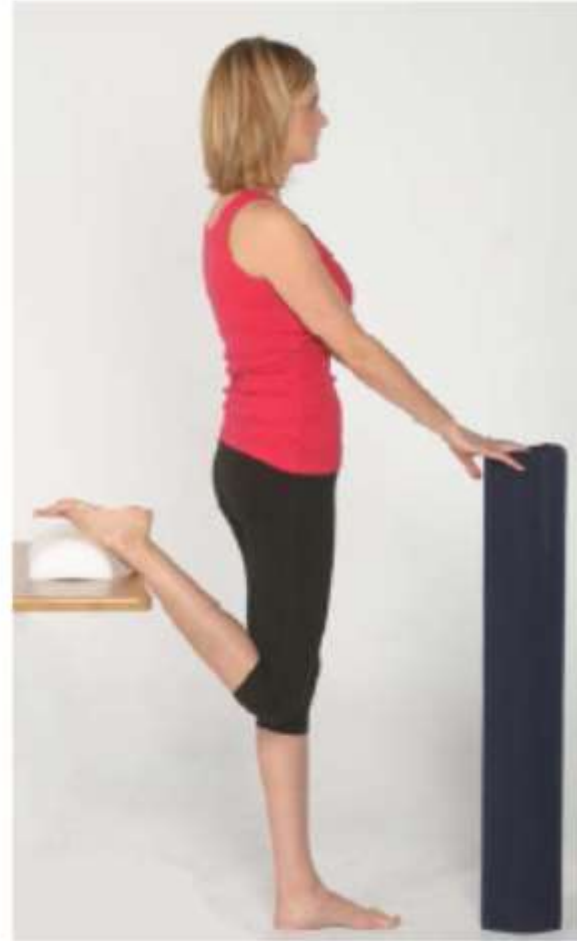


Use Towel and Lie on Side

Progressions for Quadriceps Stretch



Place Foot on Counter



Use Counter and Balance Aid

Hamstring Stretch

NAME OF EXERCISE	HAMSTRING STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Feet and Ankles, Knees, Lumbo Pelvic-Hip Girdle
IMBALANCE(S)	Pronated Feet, Anterior Pelvic Tilt
STRUCTURES ADDRESSED	Hamstrings, Tibialis Anterior, Hip Flexors, and Calf Muscles
EXERCISE BENEFITS	When the foot overpronates, the tibia rotates inward and the pelvis tilts forward. This can cause the hamstrings to become irritated. Stretching the hamstrings can rejuvenate and help realign the structures of the upper and lower leg.
HOW TO PERFORM	<ul style="list-style-type: none"> • Place the right leg up on a bench with leg straight and both feet aligned forward • Pull the right hip back, dorsiflex and supinate the right foot; you should feel a stretch in the hamstrings • To increase the stretch, reach toward the right foot with the left hand; at the same time, rotate the right hip back • Repeat on the opposite side
DURATION / REPETITIONS	Hold the stretch for 30 seconds to 1 minute at least once a day.
TIPS and/or PRECAUTIONS	<p>Tip: The quadriceps are antagonists of the hamstrings. Isometrically contracting the quadriceps during this stretch will help the hamstrings to release.</p> <p>Precaution: When you activate the quadriceps do not hyperextend the knee.</p>
PROGRESS / REGRESS	<p>Progression: Rotate the torso to the right by reaching the left hand over the right knee.</p> <p>Regression: Remove the need to balance by performing this stretch lying down (see "Stretching Exercises" in the Level One Exercise Library).</p>

Note: Ignore references to Level One Exercise Library. All exercises are shown in this document.



Hamstring Stretch



Start / Finish Position

Regressions for Hamstring Stretch



Perform Exercise while Lying Down



Rotate Torso while Lying Down

Progression for Hamstring Stretch



Rotate Torso to Increase Stretch

Glute Stretch

NAME OF EXERCISE	GLUTE STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Pronated Feet
STRUCTURES ADDRESSED	Gluteal Muscles
EXERCISE BENEFITS	Increasing the flexibility of the gluteal muscles will enable them to work more effectively to assist with flexion and extension of the hips. Healthy gluteal muscles also help slow down internal rotation of the leg, thereby preventing overpronation.
HOW TO PERFORM	<ul style="list-style-type: none"> • Sit on the floor with one leg straight out in front of you; bend the other leg at the knee and cross it over the straight leg • Place the crossed foot flat on the floor and gently pull the bent knee toward your chest • Be sure to keep the glute being stretched flat on the floor and do not let it rise up
DURATION / REPETITIONS	Stretch each side for 30 seconds at least once per day.
TIPS and/or PRECAUTIONS	Tip: Keep your torso upright and the hip down and away from the front knee while performing this stretch to maximize effectiveness.
PROGRESS / REGRESS	<p>Progression: Perform Lunge With Knee Pull.</p> <p>Regression: Use a counter top or bench to support the stretching leg.</p>



Glute Stretch



Start / Finish Position

Regression for Glute Stretch



Use Counter to Support Leg

Progression for Glute Stretch



Lunge With Knee Pull

Abductor Stretch

NAME OF EXERCISE	ABDUCTOR STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Medial Knee Displacement
STRUCTURES ADDRESSED	Abductor Muscles
EXERCISE BENEFITS	This exercise helps increase the flexibility of the abductor muscles so they can work more effectively to control the pelvis and slow movement of the femur toward the midline of the body during weight bearing activities like lunging and walking.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie on your back with your knees bent and a pillow under your head • Let one knee drop toward the midline of the body ensuring that the pelvis on that side does not move excessively • Place the ankle of the other leg over the knee that is toward the midline and gently push down on the knee to increase the stretch on the side of the hip • Repeat on opposite side
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: Be sure to keep the back of your hips pressed into the floor while shifting the knee toward the midline. You should feel the stretch on the outside of your leg and hip.</p> <p>Precaution: If pain is felt in the groin or lower back, discontinue the stretch.</p>
PROGRESS / REGRESS	<p>Progression: Raise the arm on the side that is being stretched over your head or perform Lunge With Side Reach.</p> <p>Regression: Perform Tennis Ball Side Of Hip or Foam Roller IT Band.</p>



Abductor Stretch



Start / Finish Position

Regressions for Abductor Stretch



Tennis Ball Side Of Hip



Foam Roller IT Band

Progressions for Abductor Stretch



Raise Arm on Side Being Stretched



Lunge With Side Reach

Be cautious with lunge with side reach. Do not do this (or any other exercise) if it causes knee pain

“Why” Stretch

NAME OF EXERCISE	"WHY" STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle
IMBALANCE(S)	Excessive Thoracic Kyphosis, Protracted Shoulder Girdle, Elevated Shoulder Blades, Internally Rotated Arms
STRUCTURES ADDRESSED	Internal Rotators (Supraspinatus and Subscapularis), Chest, Rhomboids, Lower Traps
EXERCISE BENEFITS	This exercise helps correct muscle imbalances in the thoracic spine and shoulder girdle by stretching the chest and front of the shoulder while strengthening the rhomboids, lower traps and external rotators of the shoulder.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand upright with pelvis tilted and arms externally rotated out to your sides • Contract the rhomboids to help pull the arms back and activate the lower traps to help pull the shoulders down
DURATION / REPETITIONS	Hold the stretch for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: This stretch can also be done while you are sitting.</p> <p>Precaution: Keep the pelvis posteriorly titled to ensure the movement is not initiated by the lower back.</p>
PROGRESS / REGRESS	<p>Progression: Move on to a strengthening exercise such as the Lying Shoulder Retraction (see "Strengthening Exercises" in the Level One Exercise Library).</p> <p>Regression: Chest Massage (see the Level One Exercise Library).</p>

Note: Ignore Level One Exercise Library reference. All exercises are shown in this document.



"Why" Stretch



Start / Finish Position

Regression for “Why” Stretch



Chest Massage

Progression for "Why" Stretch



Shoulder Retraction On Floor

Lower Back Stretch

NAME OF EXERCISE**LOWER BACK STRETCH****TYPE OF EXERCISE**

Stretching

AREA(S) OF BODY

Lumbo-Pelvic Hip Girdle

IMBALANCE(S)

Anterior Pelvic Tilt, Excessive Lumbar Lordosis

STRUCTURES ADDRESSED

Lumbar Erector Spinae muscle group

EXERCISE BENEFITS

Releasing the lumbar erectors will enable the pelvis to posteriorly rotate and take pressure off the lumbar spine.

HOW TO PERFORM

- Sit down on the floor with your knees bent and feet forward
- Grab the backs of your knees, posteriorly tilt the pelvis, and lean forward to round the lower back
- You should feel a stretch in the lower back

DURATION / REPETITIONS

Hold the stretch for 30 seconds to 1 minute and perform at least once a day.

TIPS and/or PRECAUTIONS

Tip: Activate the abdominals to posteriorly tilt the pelvis and decrease the curvature of the lower back.

Precaution: People who have lower back pain should perform this stretch very gently. Discontinue immediately if any pain is felt.

PROGRESS / REGRESS

Progression: Perform this exercise standing by touching the toes.

Regression: Perform the exercise lying supine by hugging the knees to the chest.



Lower Back Stretch



Start / Finish Position

Regression for Lower Back Stretch



Hug Knees to Chest while Lying Down

Progression for Lower Back Stretch



Bend Forward Toward the Toes

Hip Flexor Stretch (Sagittal)

NAME OF EXERCISE	HIP FLEXOR STRETCH (SAGITTAL)
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Hip Flexors, Gluteus Maximus
EXERCISE BENEFITS	Stretching tight or restricted hip flexors can enable the pelvis to rotate posteriorly and help correct an anterior pelvic tilt. Releasing the hip flexors can also enable the lumbar spine to flex more easily, thereby reducing excessive lumbar lordosis.
HOW TO PERFORM	<ul style="list-style-type: none"> • Kneel down on one knee with the left foot forward; tuck the pelvis under using the glutes and abdominals to assist with this motion • Align the hips straight from front to back, and then tuck the right hip in from the side (to keep the hip in good alignment); you should feel the stretch in the front of your hip • Repeat on opposite side
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: Make sure your hip stays tucked in and under by activating the glutes to keep the body in good alignment.</p> <p>Precaution: Avoid arching your lower back if you lift your arm over your head.</p>
PROGRESS / REGRESS	<p>Progression: Extend the left arm over your head (if right foot is forward) or perform Door Frame Stretch.</p> <p>Regression: Round the lower back and use Rectus Abdominis to tilt pelvis under.</p>



Hip Flexor Stretch (Sagittal)



Start / Finish Position

Note: If this hurts the knee, put the back knee further back (behind the hip) and place a blanket underneath it.

Regression for Hip Flexor Stretch (Sagittal)



Round Lower Back and Tilt Pelvis Under

Progressions for Hip Flexor Stretch (Sagittal)



Raise the Arm Over the Head



Door Frame Stretch

Hip Flexor Stretch (Frontal)

NAME OF EXERCISE	HIP FLEXOR STRETCH (FRONTAL)
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Hip Flexor Muscles
EXERCISE BENEFITS	Stretching tight or restricted hip flexors can enable the pelvis to rotate posteriorly and help correct an anterior pelvic tilt. Consequently, the thoracic spine will be able to assist in spine extension to a greater extent and reduce stress to the lower back.
HOW TO PERFORM	<ul style="list-style-type: none"> • Kneel down on one knee; tuck the pelvis under using the glutes and abdominals to assist with this motion • Raise your arm over your head (on the same side as the knee you are kneeling on) and reach over toward the opposite side of the body • Repeat on opposite side
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	Tip: If you have difficulty activating your glute, try rounding your lower back to help activate the muscle.
PROGRESS / REGRESS	<p>Progression: Activate gluteal muscles on side being stretched or perform Gluteal Activation Over Ball.</p> <p>Regression: Do not raise the arm over the head.</p>



Hip Flexor Stretch (Frontal)



Start / Finish Position

Regression for Hip Flexor Stretch (Frontal)



Do Not Raise the Arm Over the Head

Progressions for Hip Flexor Stretch (Frontal)



Activate the Gluteal Muscles



Gluteal Activation Over Ball

Hip Flexor Stretch (Transverse)

NAME OF EXERCISE	HIP FLEXOR STRETCH (TRANSVERSE)
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis, Excessive Thoracic Kyphosis
STRUCTURES ADDRESSED	Hip Flexor Muscles
EXERCISE BENEFITS	This exercise helps increase the flexibility of the hip flexors as well as the oblique muscles of the torso to help the lumbar and thoracic spine move more effectively.
HOW TO PERFORM	<ul style="list-style-type: none">• Kneel down on one knee; tuck the pelvis under using the glutes and abdominals to assist with this motion• Rotate your arms across your chest; make sure the body does not shift to the right or left• Rotate the upper torso across the front leg; keep the head facing straight ahead; extend arms to achieve a greater stretch• Repeat on opposite side
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	Tip: If pressure is felt on the kneecap during this exercise place a pad or mat under the knee.
PROGRESS / REGRESS	Progression: Perform Wall Rotation Stretch. Regression: Perform Foam Roller Hip Flexors.



Hip Flexor Stretch (Transverse)



Start / Finish Position

Regression for Hip Flexor Stretch (Transverse)



Foam Roller Hip Flexors

Progression for Hip Flexor Stretch (Transverse)



Wall Rotation Stretch

Biceps Stretch

NAME OF EXERCISE	BICEPS STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle
IMBALANCE(S)	Elevated Scapula, Protracted Scapula
STRUCTURES ADDRESSED	Biceps Muscles
EXERCISE BENEFITS	Imbalances of the shoulder girdle can cause the muscles of the arm to become tight and restricted, thereby compounding movement issues in this area. Increasing flexibility of the biceps muscles will enable the shoulder blades to retract and depress to achieve better alignment of the glenohumeral joint.
HOW TO PERFORM	<ul style="list-style-type: none"> • Face away from a high countertop or a window sill; rotate your arm behind you and place your hand (thumb side down) on the surface keeping the arm straight. • Rotate your shoulder inward and downward and bend your knees until you feel a stretch in your biceps
DURATION / REPETITIONS	Stretch each arm for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	Tip: This exercise is great for people who have their elbows bent throughout the day like those who type on a computer or drive for many hours.
PROGRESS / REGRESS	<p>Progression: Bend your hand back toward your body to include the muscles and fascia of the forearm and wrist in this stretch.</p> <p>Regression: Perform Lying Front Of Shoulder Stretch.</p>



Biceps Stretch



Start / Finish Position

Regression for Biceps Stretch



Lying Front Of Shoulder Stretch

Progression for Biceps Stretch



Tuck Thumb In and Bend Hand Back toward Body

Lying Front of Shoulder Stretch

NAME OF EXERCISE	LYING FRONT OF SHOULDER STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle
IMBALANCE(S)	Internally Rotated Arms
STRUCTURES ADDRESSED	Anterior Shoulder, Biceps and Forearm
EXERCISE BENEFITS	This exercise helps increase flexibility in the front of the shoulder and arm. Increased flexibility in this area will enable the arm to rotate correctly in the shoulder joint while the scapula is being stabilized.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie on your back with your knees bent; use a pillow to keep the head and neck neutral, if needed • Place one arm slightly away from your body on the floor palm down; keep arm straight • Use the muscles on the back of the shoulder to gently pull the shoulder back and down toward the floor until you feel a stretch in the front of the shoulder • You can add a neck stretch to this exercise by turning the head away from the shoulder being stretched
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	Precaution: Massaging the front of the shoulder and forearm before performing this stretch is highly recommended to improve the effectiveness of this exercise.
PROGRESS / REGRESS	Progression: Place hand under the lower back to increase the stretch. Regression: Perform Front Of Shoulder Massage.



Lying Front Of Shoulder Stretch



Start / Finish Position

Regression for Lying Front Of Shoulder Stretch



Front Of Shoulder Massage

Progression for Lying Front Of Shoulder Stretch



Place the Hand Under the Lower Back

Neck Extension Stretch

NAME OF EXERCISE	NECK EXTENSORS STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Head and Neck
IMBALANCE(S)	Excessive Cervical Lordosis
STRUCTURES ADDRESSED	Neck Extensors
EXERCISE BENEFITS	This exercise helps release the muscles that get tight on those people who have excessive cervical lordosis. This stretch can also be used to strengthen the muscles that flex the neck.
HOW TO PERFORM	<ul style="list-style-type: none"> • Place your hands on the crown of your head, pull your elbows together and pull your shoulders downward using your lower traps • Pull your chin to your chest to feel the stretch in the back of the neck and shoulders • This exercise can be performed either standing or while seated
DURATION / REPETITIONS	Hold the stretch for 30 seconds to 1 minute and perform at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: You can also strengthen the neck flexors (which will help relax the neck extensors) by dropping the arms and actively pulling your chin to your chest.</p> <p>Precaution: Perform this exercise slowly. Discontinue immediately if any pain or discomfort is felt in the neck.</p>
PROGRESS / REGRESS	<p>Progression: Perform Neck Flexion (Lying) or (Seated).</p> <p>Regression: Perform Theracane® Back Of Neck.</p>



Neck Extension Stretch



Seated Neck Extension Stretch

Regression for Neck Extensors Stretch



Theracane[®] Back Of Neck

Progression for Neck Extensors Stretch



Neck Flexion (Seated)

Door Frame Stretch

NAME OF EXERCISE	DOOR FRAME STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Entire Kinetic Chain
IMBALANCE(S)	All the common imbalances from the feet to the neck and head
STRUCTURES ADDRESSED	All the structures on the sides of the body
EXERCISE BENEFITS	Common musculoskeletal imbalances can affect function throughout the entire body. This exercise helps increase the flexibility of the muscles on the side of the body so the feet, ankles, knees, hips, spine and shoulder girdle can function effectively as a kinetic chain.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand in a door frame; reach one arm over your head and grasp the side of the frame above head level with your hand; place the other hand lower on the frame at thigh level • Tuck the foot furthest away from your hands behind the other foot; push your hips away from your hands to stretch the side of the body that is elongated • To increase the stretch, gently rotate the sternum away from the door frame while preventing the hips from rotating • Repeat on opposite side
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	Tip: To maximize the effectiveness of this exercise, keep your hips tucked under and extend upright from the thoracic spine and ribcage.
PROGRESS / REGRESS	Progression: Perform Straight Arm Raise or Lunge To Step Up. Regression: Perform Hip Flexor Stretch (Frontal).



Door Frame Stretch



Start / Finish Position

Regression for Door Frame Stretch

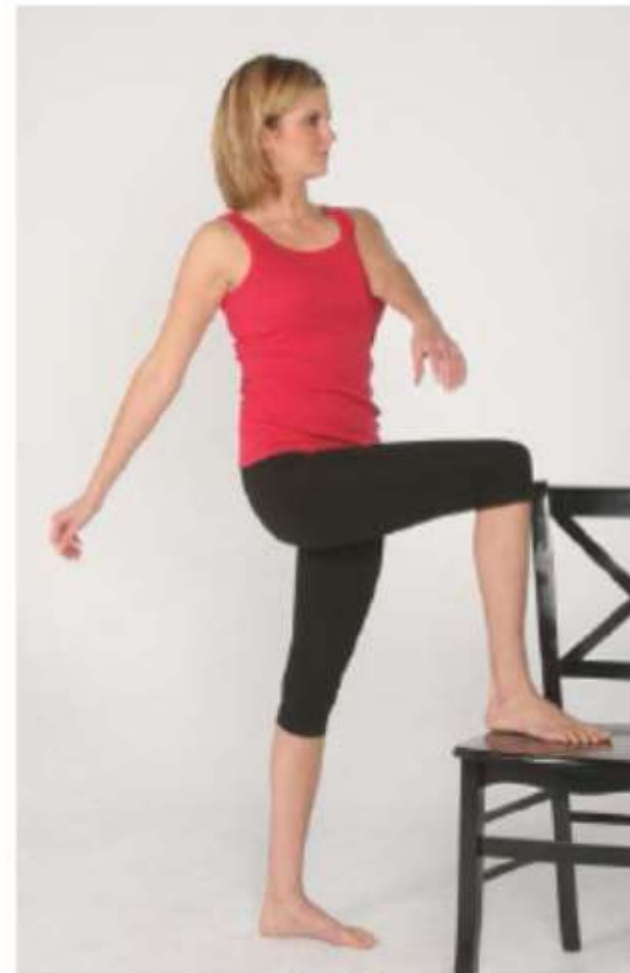


Hip Flexor Stretch (Frontal)

Progressions for Door Frame Stretch



Straight Arm Raise



Lunge To Step Up

Trapezius Stretch

NAME OF EXERCISE	TRAPEZIUS STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle, Neck and Head
IMBALANCE(S)	Elevated Scapula, Excessive Cervical Lordosis
STRUCTURES ADDRESSED	Trapezius Muscle
EXERCISE BENEFITS	This exercise targets the upper fibers of the trapezius muscle which can become very tight as a result of excessive cervical lordosis. Increasing flexibility of the upper traps will allow the shoulder blades to depress and the neck to be able to flex more easily.
HOW TO PERFORM	<ul style="list-style-type: none"> • Sit on a stool or a chair; firmly grasp the back leg or seat of the chair on one side and pull the shoulder blade downward • Maintain a firm grip and bend your neck away from the hand that is grasping the chair • Engage the lower trapezius and rhomboid muscles on the shoulder-down side to help pull the shoulder into correct alignment so the upper trapezius can release • Repeat on opposite side
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	Tip: Keep your chin tucked in as you bend your neck to the side during this stretch.
PROGRESS / REGRESS	Progression: Perform Straight Arm Pulldown. Regression: Perform Theracane® On Trapezius.



Trapezius Stretch



Start / Finish Position

Regression for Trapezius Stretch



Theracane[®] On Trapezius

Progression for Trapezius Stretch



Straight Arm Pulldown

Palm on Wall Stretch

NAME OF EXERCISE	PALM ON WALL STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle, Neck and Head
IMBALANCE(S)	Internally Rotated Arms, Elevated Scapula
STRUCTURES ADDRESSED	Trapezius and Muscles of the Biceps, Forearms, and Wrist
EXERCISE BENEFITS	Free arm movement requires the structures of the arm and the shoulder to be healthy and supple. This exercise helps increase the flexibility of the muscles of the arm and shoulder while stabilizing the shoulder girdle to help improve the function of the glenohumeral joint.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand beside a wall with your arm extended out to the side and your palm flat on the wall; spread the fingers and hold your shoulder back and down • Try to straighten your arm fully; do not let the shoulder come up and forward
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	Tip: You may feel this stretch in a number of places (i.e., hand, forearm, biceps, or the underside of the upper arm). Make a note of where you feel the stretch and then perform a self-myofascial release technique to help release those areas.
PROGRESS / REGRESS	<p>Progression: Rotate the arm while stabilizing the scapula.</p> <p>Regression: Turn the body toward the wall to decrease the stretch or perform Forearm Massage.</p>



Palm On Wall Stretch



Start / Finish Position

Regressions for Palm On Wall Stretch



Turn Body Toward the Wall



Forearm Massage

Progression for Palm On Wall Stretch



Rotate the Arm Inward

Forearm Stretch

NAME OF EXERCISE**FOREARM STRETCH****TYPE OF EXERCISE**

Stretching

AREA(S) OF BODY

Thoracic Spine and Shoulder Girdle

IMBALANCE(S)

Internally Rotated Arms, Protracted Scapula

STRUCTURES ADDRESSED

Muscles of the Forearm

EXERCISE BENEFITS

Tight or inflexible muscles in the lower arm can affect the function of the upper arm and shoulder. Increasing flexibility in the forearm and wrist will help the entire arm be able to rotate more easily without compensations occurring at the shoulder.

HOW TO PERFORM

- Extend your arms out in front of your body; keep them straight and cradle the back of one hand in the other
- Gently bend the wrist of the hand you are holding toward the torso until you feel a stretch in the outside of the forearm

DURATION / REPETITIONS

Stretch each side for 30 seconds to 1 minute at least once per day.

TIPS and/or PRECAUTIONS

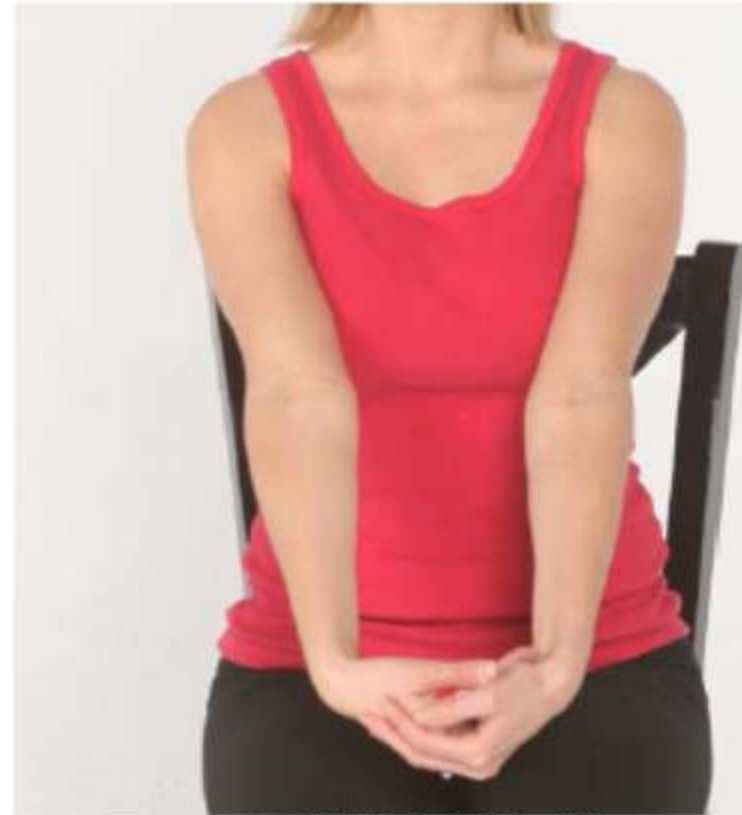
Tip: Be sure to keep your torso erect and shoulders back and down to maximize the effectiveness of this exercise.

PROGRESS / REGRESS

Progression: Rotate the forearm internally to increase the stretch.
Regression: Perform Forearm Massage.



Forearm Stretch



Start / Finish Position

Regression for Forearm Stretch



Forearm Massage

Progression for Forearm Stretch



Rotate the Forearm Internally

Wall Rotation Stretch

NAME OF EXERCISE	WALL ROTATION STRETCH
TYPE OF EXERCISE	Stretching
AREA(S) OF BODY	Entire Kinetic Chain
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis, Excessive Thoracic Kyphosis
STRUCTURES ADDRESSED	Hip Flexors and Muscles of the Lower Leg, Torso, Shoulder Girdle, and Neck
EXERCISE BENEFITS	This exercise helps increase flexibility of the muscles of the legs, hips, and trunk so that the pelvis and spine can move more effectively.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand sideways to a wall in a split stance with the foot that is closest to the wall forward • Rotate the upper torso toward the wall but keep the head, hips, legs, and feet facing straight forward; place both palms flat against the wall • Hold the stretch without shifting the spine or hips to the side
DURATION / REPETITIONS	Stretch each side for 30 seconds to 1 minute at least once per day.
TIPS and/or PRECAUTIONS	Tip: If you have difficulty remembering which foot to put forward when doing this stretch, simply mimic the movement of walking by rotating the torso and arms over the front leg.
PROGRESS / REGRESS	Progression: Perform Lunge To Step Up (with Rotation). Regression: Perform Hip Flexor Stretch (Transverse), Two Tennis Balls On Upper Back, or Foam Roller Hip Flexors



Wall Rotation Stretch



Start / Finish Position

Regressions for Wall Rotation Stretch



Hip Flexor Stretch
(Transverse)



Two Tennis Balls On Upper Back



Foam Roller Hip Flexors

Progression for Wall Rotation Stretch



Lunge To Step Up (with Rotation)

Big Toe Pushdowns

NAME OF EXERCISE	BIG TOE PUSHDOWNS
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Feet and Ankles, Knees
IMBALANCE(S)	Pronated Foot, Medial Knee Displacement
STRUCTURES ADDRESSED	Arches of the Feet, Flexor Hallucis Longus Muscle
EXERCISE BENEFITS	Habitual overpronation places excessive stress on the structures on the underside of the foot, particularly the arches. This exercise strengthens the muscles that help support the medial longitudinal arch to help the foot resist overpronation and slow down the knee as it moves toward the midline of the body.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand with the feet facing forward; raise the arches to create a neutral position of the feet and ankles • Align the toes so they are straight; press the big toe down toward the floor without "scrunching" the other toes • Begin by doing this exercise isometrically at first; then gently rock forward and backward using the big toe as a braking mechanism to control your bodyweight as it moves over the foot
DURATION / REPETITIONS	Perform an isometric contraction for 30 seconds to 1 minute at least once per day progressing to dynamic movements of 10 – 15 repetitions.
TIPS and/or PRECAUTIONS	Tip: You should feel the muscles under the arch working as you push the big toe down. Precaution: Progress this exercise gradually to avoid overtaxing the muscles as this could lead to cramping.
PROGRESS / REGRESS	Progression: Rock the body back and forward over the feet. Regression: Scrunch up a towel with the toes or perform Golf Ball Roll.



Big Toe Pushdowns

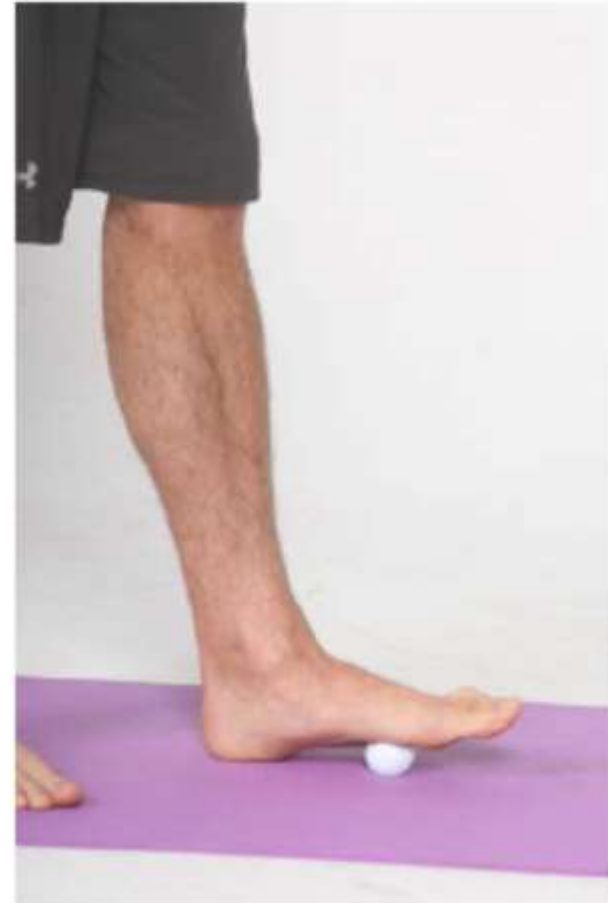


Start / Finish Position

Regressions for Big Toe Pushdowns



Scrunch Towel with Toes



Golf Ball Roll

Progression for Big Toe Pushdowns



Rock the Body Over the Feet

Lying Pelvic Tilt

NAME OF EXERCISE	LYING PELVIC TILT
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Rectus Abdominis, Gluteus Maximus, and Hamstrings
EXERCISE BENEFITS	This exercise helps strengthen the muscles that help flex the lumbar spine and posteriorly rotate the pelvis to decrease stress to the lumbar spine.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie on the floor with your knees bent • Flatten your lower back by tilting the pelvis under; lift your hips off the ground slightly continuing to tilt the pelvis as you lift • Lift off the ground only as far as you can without the pelvis anteriorly rotating or the lower back arching
DURATION / REPETITIONS	Perform 10 – 15 repetitions at least once per day.
TIPS and/or PRECAUTIONS	Precaution: It is important to ensure that the pelvis does not anteriorly rotate as you perform this exercise otherwise you may feel pain in the lower back.
PROGRESS / REGRESS	<p>Progression: Perform Gluteal Activation Over Ball.</p> <p>Regression: Massage glutes with a tennis ball or perform Foam Roller Gluteal Complex or Two Tennis Balls On Lower Back.</p>



Lying Pelvic Tilt



Movement Goal

Regressions for Lying Pelvic Tilt



Massage Glutes with a Tennis Ball



Foam Roller Gluteal Complex



Two Tennis Balls On Lower Back

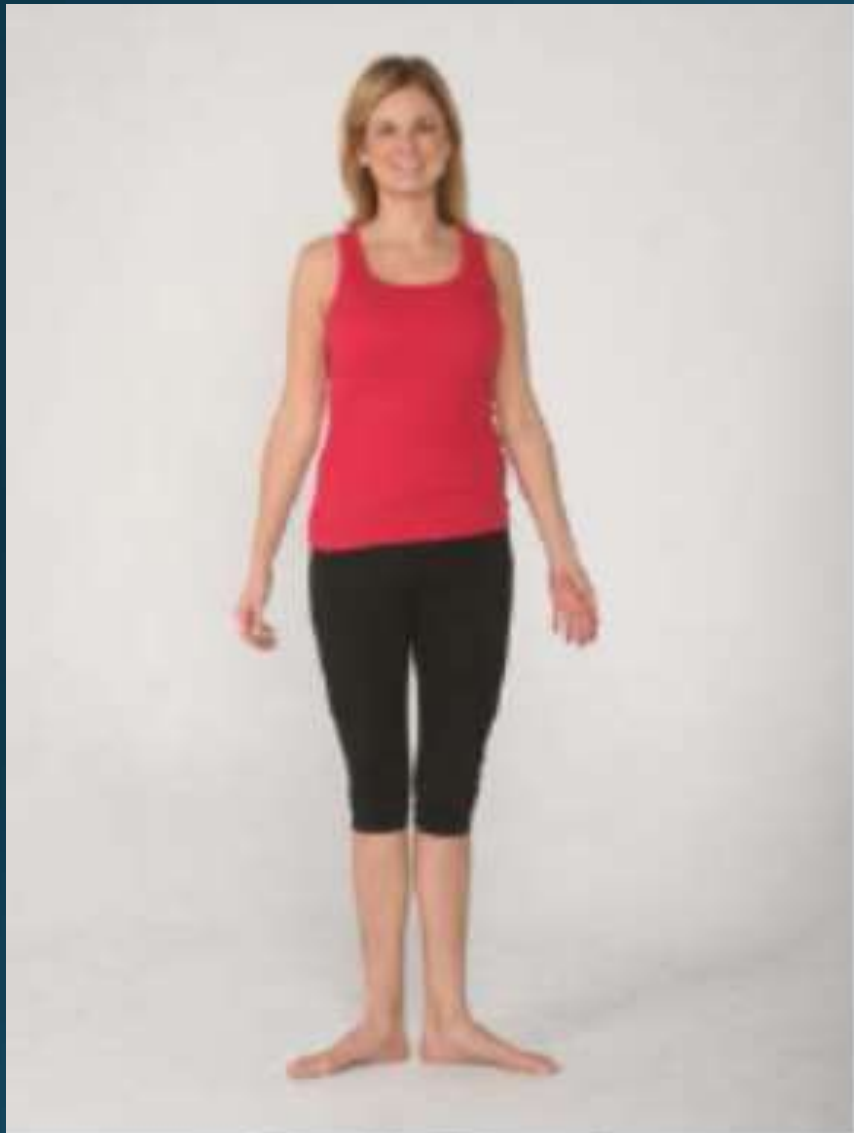
Progression for Lying Pelvic Tilt



Gluteal Activation Over Ball

Duck Stand

NAME OF EXERCISE	DUCK STAND
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Feet & Ankles, Knees, Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Pronated Feet, Medial Knee Displacement, Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	IT Band, Gluteus Maximus, Rectus Abdominis
EXERCISE BENEFITS	This exercise helps to decrease an anterior pelvic tilt by rotating the leg outward to raise the arches in the feet and tilting the pelvis posteriorly. It also helps flex the lumbar spine to decrease lumbar lordosis.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Begin by standing erect on both feet with heels together and feet and legs rotated out ▪ Tilt pelvis posteriorly and try to rotate legs further outward using your glutes ▪ As the legs rotate outward you should feel arches of the feet raise up and weight shift to the outsides of the feet and toward the heels
DURATION / REPETITIONS	Hold for 30 seconds to 1 minute and perform at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: Drive your heels into the ground and keep your torso erect.</p> <p>Precaution: If discomfort is felt in the knees, straighten the feet so that they are not turned out so much. If pain persists, stop performing the exercise.</p>
PROGRESS / REGRESS	<p>Progression: Move to a more integrated strengthening exercise such as the Glute Activation Over Stability Ball (see the next exercise in this section).</p> <p>Regression: Perform Pelvic Tilts on the floor (see "Strengthening Exercises" in the Level One Exercise Library).</p>



Duck Stand



Start / Finish Position

Regressions for Duck Stand



Lying Pelvic Tilt



Foam Roller Gluteal Complex

Progressions for Duck Stand



Big Toe Pushdowns (Dynamic)



Gluteal Activation Over Ball

Glute Activation Over Stability Ball

NAME OF EXERCISE	GLUTE ACTIVATION OVER STABILITY BALL
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Lack of Dorsiflexion, Medial Knee Displacement, Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Gluteus Maximus, Gluteus Medius, Gluteus Minimus
EXERCISE BENEFITS	This exercise teaches clients to activate the gluteal muscles and creates good neuromuscular coordination of the lumbar spine and the pelvis (making the nervous system and muscular system work together).
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Lie on your stomach on top of a stability ball with your pelvis in the center of the ball and your hands resting on the floor in front of you; look down to avoid excessive neck arching ▪ Rest one foot on the ground to stabilize the body and posteriorly tilt the pelvis to flex the lumbar spine ▪ Keep the lifted leg straight with the foot dorsiflexed and the leg rotated out ▪ Slowly lift the straight leg up and tilt the pelvis to activate the glutes ▪ Lower the leg back down a few inches and then repeat
DURATION / REPETITIONS	Perform 10-15 repetitions at least once per day.
TIPS and/or PRECAUTIONS	<p>Tip: Most people with lumbar lordosis will try to lift the leg by arching the lower back so look for this compensation movement.</p> <p>Precaution: Do not try to move the leg by rotating the pelvis to one side or by arching the lower back.</p>
PROGRESS / REGRESS	<p>Progression: Move on to a more complex strengthening exercise like the Butt Lift (see exercise later in this section).</p> <p>Regression: Use the Duck Stand (see previous exercise in this section).</p>



Glute Activation Over Stability Ball

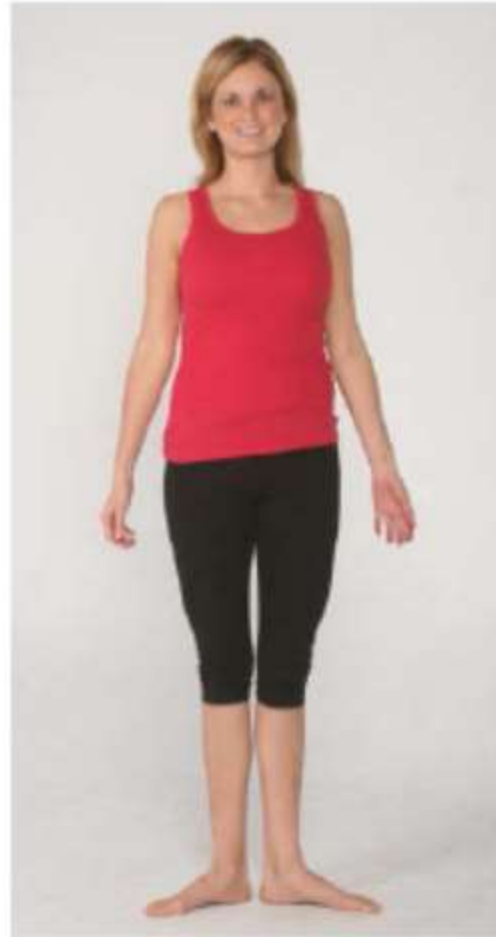


Movement Goal

Regressions for Gluteal Activation Over Ball



Lying Pelvic Tilt



Duck Stand



Foam Roller Gluteal
Complex

Progression for Gluteal Activation Over Ball



Butt Lift

Side Lying Leg Lift

NAME OF EXERCISE	SIDE LYING LEG LIFT
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Feet & Ankles, Knees, Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Pronated Feet, Medial Knee Displacement
STRUCTURES ADDRESSED	Gluteus Medius, Gluteus Minimus
EXERCISE BENEFITS	This exercise helps rotate the leg outward and promotes a more neutral position for hip, thereby creating better alignment of the lumbo-pelvic hip girdle, knees, and feet.
HOW TO PERFORM	<ul style="list-style-type: none"> • Begin by lying on your side with a 1/2 foam roll or pillow under the neck to keep the head in line with the spine; straighten the bottom leg, rest the instep of the top foot on the calf of the bottom leg, and lower the knee toward the ground • Posteriorly rotate the pelvis, stack the hips, and keep the lower back "long" • Slowly lift the top knee up and down without arching the lower back, hiking the hip, or anteriorly rotating the pelvis
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to 10-12 repetitions once per day.
TIPS and/or PRECAUTIONS	<p>Tip: If a client does not feel the contraction in the sides of their glutes, you can gently add resistance to the lowering phase of the movement to help "fire up" those muscles.</p> <p>Precaution: Watch for the following 3 compensations during this exercise during the leg lifting phase: hiking of the hip, anteriorly rotating the pelvis, and/or rotating the torso.</p>
PROGRESS / REGRESS	<p>Progression: Move on to a kinetic chain strengthening exercise such as the Lunge with Side Reach (see "Strengthening Exercises" in the Level One Exercise Library).</p> <p>Regression: Perform an isometric strengthening exercise such as the Duck Stand.</p>



Side Lying Leg Lift



Movement Goal

Regression for Side Lying Leg Lift



Abductor Stretch

Progression for Side Lying Leg Lift



Lunge With Side Reach

Butt Lift

NAME OF EXERCISE	BUTT LIFT
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Feet & Ankles, Knees, Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Pronated Feet, Medial Knee Displacement, Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	Gluteus Maximus, Rectus Abdominis
EXERCISE BENEFITS	Strengthening the glutes will ensure that the hips can extend correctly so the lumbar spine does not have to overarch to keep the torso upright.
HOW TO PERFORM	<ul style="list-style-type: none"> ▪ Begin by sitting down on the floor with knees bent and hands placed behind you ▪ Align feet forward with arches lifted ▪ Posteriorly tilt the pelvis to help activate your glutes as you lift the hips off the floor ▪ Lift through the shoulders to keep your chest up and keep the chin tucked as you continue to raise your hips ▪ Slowly lower your hips maintaining a posterior pelvic tilt throughout the movement
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to 10-12 repetitions once per day.
TIPS and/or PRECAUTIONS	<p>Tip: If a client has shoulder or wrist problems use a stability ball to support the head and shoulders during this exercise.</p> <p>Precaution: Most people with an anterior pelvic tilt and excessive lumbar lordosis will arch their backs as they lift the hips during this exercise. Coach them to maintain a posterior pelvic tilt throughout the entire exercise.</p>
PROGRESS / REGRESS	<p>Progression: Make this exercise harder by doing it one leg at a time or progress to a more integrated strengthening exercise (see "Strengthening Exercises" in the Level One Exercise Library).</p> <p>Regression: Perform the Glute Activation Over Stability Ball exercise.</p>



Butt Lift



Movement Goal

Regressions for Butt Lift



Lying Pelvic Tilt



Gluteal Activation Over Ball

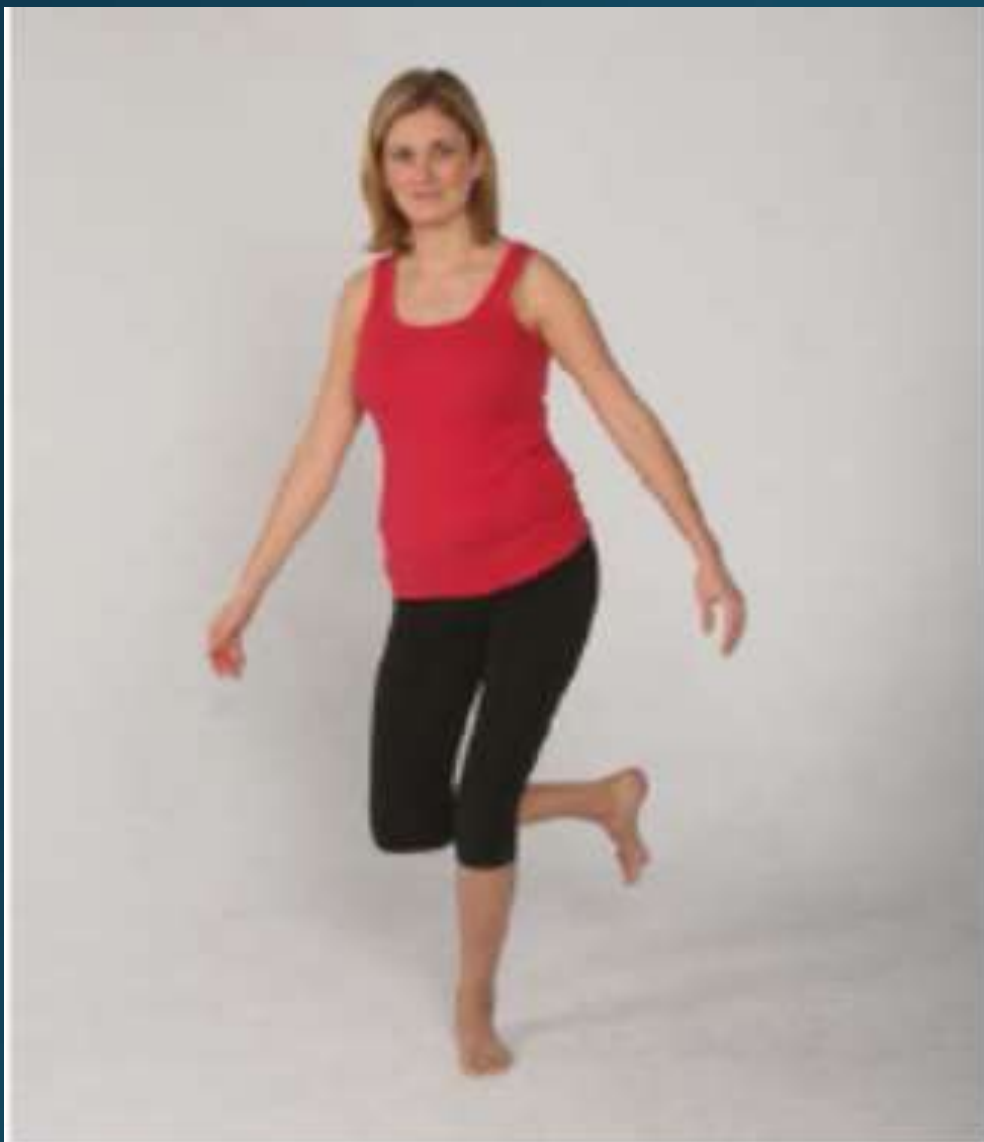
Progression for Butt Lift



Lunge With Knee Pull

The Pivot

NAME OF EXERCISE	THE PIVOT
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Feet & Ankles, Knees, Lumbo-Pelvic Hip Girdle
IMBALANCE(S)	Pronated Feet, Medial Knee Displacement, Anterior Pelvic Tilt, Excessive Lumbar Lordosis
STRUCTURES ADDRESSED	All the structures of the lower kinetic chain
EXERCISE BENEFITS	This exercise helps strengthen all the muscles of the lower body and integrates the muscles of the hips, legs, and feet to help slow down forces to the lower kinetic chain.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand on the left leg, align foot forward with arch lifted and avoid leaning to the side; hike the right hip to activate the left glute (which will help bring the left foot into better alignment) • Let the left knee shift in toward the midline of the body and pronate the left foot • Slowly pivot down around the left knee using the glutes and quadriceps to slow down the knee as it bends and the leg rotates inward then return to standing • Repeat on the opposite leg
DURATION / REPETITIONS	Perform 10-12 repetitions for 2–3 sets a few times a week.
TIPS and/or PRECAUTIONS	<p>Tip: The “pivoting” movement should be controlled by the muscles of the hips, legs, and feet so the ankle and knee do not get overly stressed.</p> <p>Precaution: If pain or discomfort is felt in the knee, stop immediately and regress to an easier exercise.</p>
PROGRESS / REGRESS	<p>Progression: Progress to a more integrated strengthening exercise like Lunge with Side Reach (see the Level One Exercise Library)</p> <p>Regression: Tap the ground with the other foot as it goes back to maintain balance.</p>



The Pivot



Movement Goal

Regression for The Pivot



Tap Back Foot on Ground for Balance



Use a Balance Aid

Progression for The Pivot



Lunge To Step Up

The Flasher

NAME OF EXERCISE	THE FLASHER
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Thoracic Spine, Shoulder Girdle
IMBALANCE(S)	Excessive Thoracic Kyphosis, Protracted Shoulder Girdle, Elevated Shoulder Blades, Internally Rotated Arms
STRUCTURES ADDRESSED	External Rotators, Rhomboids, and Lower Fibers of Trapezius
EXERCISE BENEFITS	This exercise stretches the muscles in the chest and front of the shoulder. It also strengthens the external rotators, retractors, and depressors of the shoulder.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand with elbows close to sides and shoulder blades retracted • Externally rotate the arms by bringing hands out to the side, without moving the elbows backward • Slowly bring hands back to the start position in front • The movement should be felt between the shoulder blades and in the back of the arms near the shoulder
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to 10-15 repetitions for 2–3 sets a few times per week.
TIPS and/or PRECAUTIONS	<p>Tip: To achieve better posture during this exercise have clients stand against a wall, obtain a neutral foot position, posteriorly rotate pelvis, stand erect, and tuck chin in.</p> <p>Precaution: If discomfort is felt at the front of the shoulder check technique and/or regress exercise if necessary.</p>
PROGRESS / REGRESS	<p>Progression: Add resistance with an exercise band to make this exercise more difficult.</p> <p>Regression: Perform this exercise lying on the ground (see the Level One Exercise Library).</p>



The Flasher



Movement Goal

Regression for The Flasher (Lying)



Use Pillows and a Foam Roller to Assist with Exercise

Progressions for The Flasher (Lying)



The Flasher (Standing)



Add Resistance with Exercise Band

The Wave Goodbye (Standing and Lying)

NAME OF EXERCISE**THE WAVE GOODBYE****TYPE OF EXERCISE**

Strengthening

AREA(S) OF BODY

Thoracic Spine, Shoulder Girdle

IMBALANCE(S)

Excessive Thoracic Kyphosis, Protracted Shoulder Girdle, Elevated Shoulder Blades, Internally Rotated Arms

STRUCTURES ADDRESSED

Thoracic Extensors, External Rotators (Infraspinatus and Teres Minor)

EXERCISE BENEFITS

This exercise helps strengthen the external rotator muscles and teaches clients how to externally rotate the arms without overly shrugging the shoulders. This will help create better function in the thoracic spine and shoulder girdle.

HOW TO PERFORM

- Stand against a wall with the lower back flat to the wall and elbows bent with the upper arm parallel to the floor (palms facing the floor)
- Push shoulders back to the wall, keep elbows slightly forward, and tuck chin in
- Slowly rotate backs of hands toward the wall keeping shoulders back and down
- Slowly rotate hands back to starting position and repeat

DURATION / REPETITIONS

Perform exercise isometrically at first. Progress to 10-15 repetitions for 2–3 sets a few times per week.

TIPS and/or PRECAUTIONS

Tip: Keep the pelvis posteriorly rotated to help engage the thoracic extensors to keep the spine erect.

Precaution: Clients who have excessive thoracic kyphosis may shrug their shoulders. Coach them to engage their lower traps to depress the shoulders.

PROGRESS / REGRESS

Progression: Add resistance with tubing to make this exercise harder. Client should be able to complete 10-15 repetitions with good form before adding resistance.

Regression: Perform this exercise lying on the ground (see the Level One Exercise Library).



The Wave Goodbye



Movement Goal

NAME OF EXERCISE	THE WAVE GOODBYE (LYING)
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Thoracic Spine, Shoulder Girdle
IMBALANCE(S)	Excessive Thoracic Kyphosis, Protracted Shoulder Girdle
STRUCTURES ADDRESSED	Thoracic Extensors, Scapula Stabilizers and External Rotators (Infraspinatus and Teres Minor)
EXERCISE BENEFITS	This exercise helps strengthen the external rotator muscles and scapula stabilizers to teach you how to externally rotate the arms without overly shrugging the shoulders. This will help create better function in the thoracic spine and shoulder girdle.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie down on the floor with the lower back flat to the floor and elbows bent; use a pillow to support head and neck if needed • Push shoulders back to the floor and tuck chin in • Slowly press the backs of your hands against the floor keeping shoulders back and down
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to 10-15 repetitions for 2-3 sets a few times per week.
TIPS and/or PRECAUTIONS	Tip: Keep the pelvis posteriorly rotated to help engage the thoracic extensors. Precaution: Clients who have excessive thoracic kyphosis may shrug their shoulders when rotating their arms. Coach them to engage their lower traps to depress the shoulders.
PROGRESS / REGRESS	Progression: Perform this exercise standing or add resistance with tubing. Client should be able to complete 10-15 repetitions with good form before adding resistance. Regression: Use pillow to support elbows and foam roller above head to decrease movement needed; perform Front Of Shoulder Massage or Theracane® On Trapezius.



The Wave Goodbye (Lying)



Movement Goal

Regressions for The Wave Goodbye (Lying)



Use Pillows and Foam Roller
to Assist With Exercise



Front Of Shoulder Massage



Theracane[®] On
Trapezius

Progressions for The Wave Goodbye (Lying)



The Wave Goodbye (Standing)



Add Resistance with Exercise Band

Straight Arm Raise (Standing and Lying)

NAME OF EXERCISE
TYPE OF EXERCISE
AREA(S) OF BODY
IMBALANCE(S)
STRUCTURES ADDRESSED
EXERCISE BENEFITS
HOW TO PERFORM
DURATION / REPETITIONS
TIPS and/or PRECAUTIONS
PROGRESS / REGRESS

STRAIGHT ARM RAISE

Strengthening

Thoracic Spine, Shoulder Girdle

Excessive Lumbar Lordosis, Excessive Thoracic Kyphosis, Protracted Shoulder Girdle, Elevated Shoulder Blades, Internally Rotated Arms

Thoracic Extensors and Shoulder Depressors

This exercise teaches clients to engage their thoracic extensors and disengage their lumbar extensors to help eliminate excessive thoracic kyphosis and excessive lumbar lordosis.

- Stand against a wall with the pelvis tucked under (posteriorly rotated)
- Slowly lift arms up overhead, keeping the arms straight and shoulders down
- If too difficult, have client bring feet slightly forward away from the wall, which will enable them to keep their lower back flat against the wall

Perform exercise isometrically at first. Progress to 10-15 repetitions for 2–3 sets a few times per week.

Tip: Make sure clients do not arch their back when lifting their arms over their head. Coach them to keep the pelvis posteriorly tilted and extend the spine using the thoracic extensors.

Precaution: Two compensations to watch for when clients perform this exercise are shrugging of the shoulders and bending of the arms. Regress this exercise when needed to ensure correct technique.

Progression: Perform this exercise with an exercise band or move on to an integrated strengthening exercise such as Step Back with Arm Up (see the Level One Exercise Library).

Regression: Have clients lie down on the floor and perform this exercise on their back.

Note: Ignore reference to Level One Exercise Library. All exercises are shown in this document.



Straight Arm Raise



Movement Goal

NAME OF EXERCISE	STRAIGHT ARM RAISE (LYING)
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Thoracic Spine, Shoulder Girdle
IMBALANCE(S)	Excessive Thoracic Kyphosis, Elevated Shoulder Blades
STRUCTURES ADDRESSED	Thoracic Extensors and Shoulder Depressors
EXERCISE BENEFITS	This exercise teaches clients to engage their thoracic extensors and disengage their lumbar extensors to help eliminate excessive thoracic kyphosis and excessive lumbar lordosis.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie down on the floor with your knees bent and the pelvis tucked under (posteriorly rotated) • Slowly raise your arms up over your head, keeping the arms straight and shoulders down; make sure the lower back does not arch excessively during the movement
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to 10-15 repetitions for 2–3 sets a few times per week.
TIPS and/or PRECAUTIONS	<p>Tip: Many people may arch their back excessively when lifting their arms over their head. Coach them to keep the pelvis posteriorly tilted and extend the spine using the thoracic extensors.</p> <p>Precaution: Two compensations to watch for when clients perform this exercise are shrugging of the shoulders and bending of the arms. Regress this exercise when needed to ensure correct technique.</p>
PROGRESS / REGRESS	<p>Progression: Perform this exercise standing or perform Back Step With Arm Raise.</p> <p>Regression: Use foam roller above head to decrease amount of movement needed; perform Front Of Shoulder Massage or Two Tennis Balls On Upper Back.</p>



Straight Arm Raise (Lying)



Movement Goal

Regressions for Straight Arm Raise (Lying)



Use Foam Roller to Assist with Exercise



Front Of Shoulder Massage



Two Tennis Balls On Upper Back

Progressions for Straight Arm Raise (Lying)



Straight Arm Raise (Standing)



Back Step With Arm Raise

Extension Crunch

NAME OF EXERCISE	EXTENSION CRUNCH
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Thoracic Spine, Shoulder Girdle
IMBALANCE(S)	Excessive Thoracic Kyphosis, Protracted Shoulder Girdle, Elevated Shoulder Blades, Internally Rotated Arms
STRUCTURES ADDRESSED	Rectus Abdominis, Thoracic Extensors
EXERCISE BENEFITS	This exercise helps extend the thoracic spine to correct excessive thoracic kyphosis by teaching the Rectus Abdominis how to stretch and load eccentrically.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lay back over a stability ball with feet up against a wall or heels on a table • Place your hands behind the head to support the neck, posteriorly tilt the pelvis, keep shoulders down, and chin tucked in • Hold the position isometrically at first • Once comfortable with the isometric hold, lift up a little bit and then extend back as far as possible without arching the lower back
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to 10-15 repetitions for 2–3 sets a few times per week.
TIPS and/or PRECAUTIONS	<p>Tip: Hold the ball for clients so they do not feel so unstable.</p> <p>Precaution: If the lower back is getting tight it means the client is getting extension through the lumbar spine and is not engaging the abdominals enough. Coach client to correct their technique. If pain persists, stop performing this exercise.</p>
PROGRESS / REGRESS	<p>Progression: Increase the distance between the ball and the wall to increase difficulty.</p> <p>Regression: Perform Abdominal Massage (see the Level One Exercise Library).</p>



Extension Crunch



Start / Finish Position

Regression for Extension Crunch



Abdominal Massage

Progression for Extension Crunch



Extension Crunch (with Repetitions)

Shoulder Retraction on Floor

NAME OF EXERCISE	SHOULDER RETRACTION ON FLOOR
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle
IMBALANCE(S)	Protracted Scapula, Internally Rotated Arms
STRUCTURES ADDRESSED	Rhomboids, Trapezius, Thoracic Extensors and External Rotator Cuff Muscles
EXERCISE BENEFITS	This exercise helps strengthen the muscles that retract and depress the scapula. It also strengthens the external rotator cuff muscles to help position the humerus correctly in the glenohumeral joint.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie on your back with knees bent, rest your head on a pillow or folded towel to make sure your line-of-sight is perpendicular to the ground • Place your arms out to your sides at approximately 45-degrees to the mid-line of the body; palms should be facing up • Pull your shoulders back and down to the floor; tuck your pelvis under to flatten the lower back
DURATION / REPETITIONS	Perform an isometric contraction for 30 - 60 seconds at least once per day.
TIPS and/or PRECAUTIONS	Tip: If you cannot feel the muscles that retract and depress the shoulder blades activate, use another strengthening exercise like the Seated Row to help activate them.
PROGRESS / REGRESS	<p>Progression: Perform The Flasher or The Wave Goodbye.</p> <p>Regression: Perform the "Why" Stretch, Two Tennis Balls On Upper Back, or Front Of Shoulder Massage.</p>



Shoulder Retraction On Floor



Start / Finish Position

Regressions for Shoulder Retraction On Floor



"Why" Stretch



Two Tennis Balls Upper Back



Front Of Shoulder Massage

Progressions for Shoulder Retraction On Floor



The Flasher



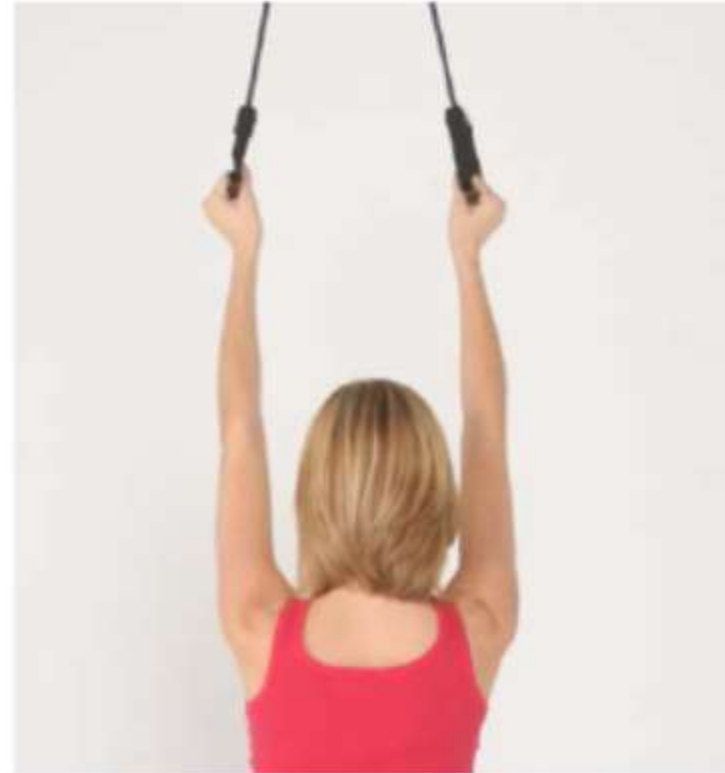
The Wave Goodbye

Straight Arm Pull Down (Seated and Lying)

NAME OF EXERCISE	STRAIGHT ARM PULLDOWN
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Thoracic Spine and Shoulder Girdle, Head and Neck
IMBALANCE(S)	Elevated Scapula
STRUCTURES ADDRESSED	Trapezius Muscle (lower fibers)
EXERCISE BENEFITS	This exercise helps strengthen the lower fibers of the Trapezius muscle to help depress the scapula. Additionally, if the lower fibers of the Trapezius are strong and supple, it can take stress off the upper fibers.
HOW TO PERFORM	<ul style="list-style-type: none"> • Sit on a gym ball or the seat of a lat pulldown machine; reach up and grasp the bar or the handles of suspended tubing • Pull the shoulder blades back and down without bending the arms (i.e., use the lower traps to pull the shoulder blades back and down; do not engage the lats by bending the arms) and hold
DURATION / REPETITIONS	Perform an isometric contraction for 30 seconds at least once per day progressing to dynamic movements of 10 – 15 repetitions.
TIPS and/or PRECAUTIONS	Tip: If you have difficulty performing this movement, do one arm at a time first to help you feel the muscles that should be working.
PROGRESS / REGRESS	<p>Progression: Perform Straight Arm Raise.</p> <p>Regression: Perform Tennis Ball Around Shoulder Blade.</p>



Straight Arm Pulldown



Start / Finish Position

Regression for Straight Arm Pulldown



Tennis Ball Around Shoulder Blade

Progression for Straight Arm Pulldown



Straight Arm Raise

NAME OF EXERCISE	STRAIGHT ARM RAISE (LYING)
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Thoracic Spine, Shoulder Girdle
IMBALANCE(S)	Excessive Thoracic Kyphosis, Elevated Shoulder Blades
STRUCTURES ADDRESSED	Thoracic Extensors and Shoulder Depressors
EXERCISE BENEFITS	This exercise teaches clients to engage their thoracic extensors and disengage their lumbar extensors to help eliminate excessive thoracic kyphosis and excessive lumbar lordosis.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lie down on the floor with your knees bent and the pelvis tucked under (posteriorly rotated) • Slowly raise your arms up over your head, keeping the arms straight and shoulders down; make sure the lower back does not arch excessively during the movement
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to 10-15 repetitions for 2–3 sets a few times per week.
TIPS and/or PRECAUTIONS	<p>Tip: Many people may arch their back excessively when lifting their arms over their head. Coach them to keep the pelvis posteriorly tilted and extend the spine using the thoracic extensors.</p> <p>Precaution: Two compensations to watch for when clients perform this exercise are shrugging of the shoulders and bending of the arms. Regress this exercise when needed to ensure correct technique.</p>
PROGRESS / REGRESS	<p>Progression: Perform this exercise standing or perform Back Step With Arm Raise.</p> <p>Regression: Use foam roller above head to decrease amount of movement needed; perform Front Of Shoulder Massage or Two Tennis Balls On Upper Back.</p>



Straight Arm Raise (Lying)



Movement Goal

Regressions for Straight Arm Raise (Lying)



Use Foam Roller to Assist
with Exercise



Front Of Shoulder Massage



Two Tennis Balls On Upper
Back

Progressions for Straight Arm Raise (Lying)



Straight Arm Raise (Standing)



Back Step With Arm Raise

Seated Row

NAME OF EXERCISE**SEATED ROW****TYPE OF EXERCISE**

Strengthening

AREA(S) OF BODY

Thoracic Spine and Shoulder Girdle, Neck and Head

IMBALANCE(S)

Protracted Scapula, Elevated Scapula

STRUCTURES ADDRESSED

Rhomboids, Trapezius, Latissimus Dorsi

EXERCISE BENEFITS

This exercise helps strengthen the muscles that retract, depress and stabilize the shoulder blade. Strengthening these muscles can have a positive impact on the function of the shoulders and arms.

HOW TO PERFORM

- Sit up straight on a gym ball or row machine
- Grasp the handles of an elastic tube or the machine and pull them toward you in a rowing motion; keep the shoulders back and down as you perform the movement
- Return the handles to the starting position and repeat

DURATION / REPETITIONS

Perform an isometric contraction for 30 seconds at least once per day progressing to dynamic movements of 10 – 15 repetitions.

TIPS and/or PRECAUTIONS

Tip: When the elbow comes in line with the vertical line of the back, stop pulling. Going further backward may cause the shoulder to move up and forward and defeats the purpose of the exercise. It is equally important not to reach too far forward at the start of the exercise to avoid excessive rounding of the upper back.

PROGRESS / REGRESS

Progression: Perform this exercise standing.
Regression: Perform Shoulder Retraction On Floor.



Seated Row



Movement Goal

Regression for Seated Row



Shoulder Retraction On Floor

Progression for Seated Row



Standing Row

Neck Flexion

NAME OF EXERCISE	NECK FLEXION
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Neck and Head
IMBALANCE(S)	Excessive Cervical Lordosis, Forward Head
STRUCTURES ADDRESSED	Flexor and Extensor Muscles of the Head and Neck
EXERCISE BENEFITS	This exercise helps strengthen the flexor muscles at the front of the neck and release the extensor muscles on the back of the neck so that the neck can flex more effectively. This will reduce unnecessary stress on these muscles that is caused by excessive cervical lordosis and a forward head.
HOW TO PERFORM	<ul style="list-style-type: none"> • Stand against a wall or sit in a chair with your torso erect • Pull your chin in and head back to lengthen the back of the neck • Keep your shoulders back and down and the pelvis tucked throughout the entire exercise
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to 6-10 repetitions at least once per day.
TIPS and/or PRECAUTIONS	Tip: You can perform this exercise at the office, while driving, or any time to help keep the muscles of your neck strong, flexible, and mobile.
PROGRESS / REGRESS	Progression: Perform this exercise while lying down. Regression: Perform Abdominal Massage, Chest Massage, or Theracane® On Back Of Neck.



Neck Flexion



Movement Goal

Regressions for Neck Flexion



Abdominal Massage



Chest Massage



Theracane[®] Back Of Neck

Progression for Neck Flexion



Neck Flexion (Lying)

Back Step with Arm Raise

NAME OF EXERCISE	BACK STEP WITH ARM RAISE
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Entire Kinetic Chain
IMBALANCE(S)	Anterior Pelvic Tilt, Excessive Thoracic Kyphosis
STRUCTURES ADDRESSED	Hip Flexors, Thoracic Extensors, and Muscles of the Calf and Shoulder Complex
EXERCISE BENEFITS	This exercise strengthens the muscles that help extend the thoracic spine and stabilize the scapula while simultaneously stretching the hip flexor and calf muscles so that the hips and spine can move together into extension correctly.
HOW TO PERFORM	<ul style="list-style-type: none"> • Step back with the right leg while raising the right arm over head; make sure both feet are facing forward and the hips are tucked under; keep the shoulder blade of the raised arm back and down • Complete the movement on the right side by stepping forward with the right leg while bringing the arm down; then step backward with the left leg and raise the left arm to complete the movement on the left side • Repeat on both sides
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to dynamic movements of 10-12 repetitions 2-3 times per week.
TIPS and/or PRECAUTIONS	Tip: If you have difficulty performing this movement correctly, check the flexibility of the gastrocnemius and hip flexor muscles and address the muscles with myofascial release or stretching exercises if needed.
PROGRESS / REGRESS	Progression: Perform Lunge With Arm Raise. Regression: Perform Standing Straight Arm Raise, Abdominal Massage, Two Tennis Balls On Upper Back, or Foam Roller Hip Flexors.



Back Step With Arm Raise (Position 1)



Back Step With Arm Raise (Position 2)

Regressions for Back Step With Arm Raise



Standing Straight Arm Raise



Two Tennis Balls On Upper Back



Abdominal Massage



Foam Roller Hip Flexors

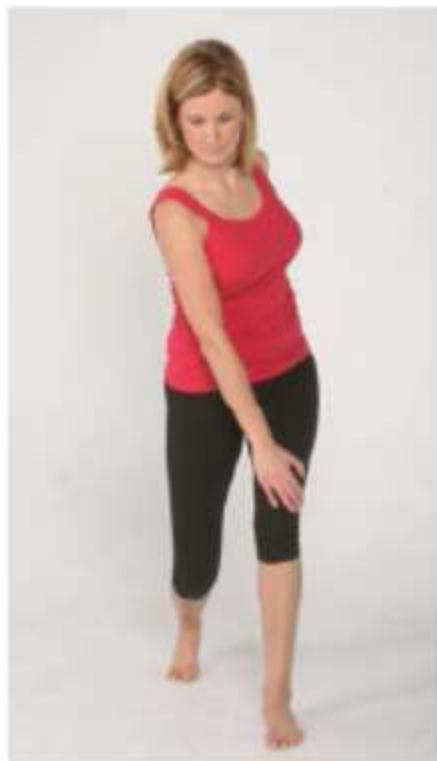
Progression for Back Step With Arm Raise



Lunge With Arm Raise

Lunge with Knee Pull

NAME OF EXERCISE	LUNGE WITH KNEE PULL
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Entire Kinetic Chain
IMBALANCE(S)	Anterior Pelvic Tilt, Medial Knee Displacement
STRUCTURES ADDRESSED	Gluteal Muscles and Muscles of the Feet, Legs, Shoulder Girdle and Neck/Head
EXERCISE BENEFITS	This exercise eccentrically strengthens the gluteal muscles and muscles of the foot. Strengthening these muscles in this manner enables them to help slow down the knee as it moves toward the midline and the pelvis as it anteriorly rotates. This exercise (when performed with rotation) also helps mobilize the thoracic spine to help take stress off the lower back.
HOW TO PERFORM	<ul style="list-style-type: none"> • Step forward into a gentle lunge; lean forward slightly and grab the front knee with the opposite hand; make sure both feet are facing forward • Pull the pelvis of the front leg back toward the back foot while pulling the knee toward the midline of the body; allow the foot to pronate • Use your big toe to help stabilize the front foot and help you balance • Keep the spine straight and lean forward at the hips until you feel the glute on the leg that is forward activate
DURATION / REPETITIONS	Perform exercise isometrically at first. Progress to dynamic movements of 10-15 repetitions 2-3 times per week.
TIPS and/or PRECAUTIONS	Tip: Rotating the torso back and away from the front leg will also help activate the glute.
PROGRESS / REGRESS	Progression: Rotate the torso further away from the front leg and extend your arm behind you. Regression: Perform Glute Stretch.



Lunge With Knee Pull (Front View)



Lunge With Knee Pull (Side View)

Regression for Lunge With Knee Pull



Glute Stretch

Progression for Lunge With Knee Pull



Rotate Torso and Extend Arm

Lunge with Arm Raise

NAME OF EXERCISE	LUNGE WITH ARM RAISE
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Entire Kinetic Chain
IMBALANCE(S)	All Common Imbalances from the Feet to the Head
STRUCTURES ADDRESSED	Most of the Muscles of the Body
EXERCISE BENEFITS	This exercise helps stretch and strengthens all of the muscles that stabilize the spine, knees, ankles, hips, and shoulder girdle in flexion and extension.
HOW TO PERFORM	<ul style="list-style-type: none"> • Step forward into a gentle lunge; lean forward slightly and reach the arm opposite of the leg that is forward across the front knee to activate the glutes and muscles of the leg; make sure both feet are facing forward • Return out of the lunge; rotate back upright and raise the same arm above your head keeping the shoulder blade back and down • Try to keep the feet facing forward throughout this exercise; reposition them to face forward as needed
DURATION / REPETITIONS	Perform 10-15 repetitions at least once per day. (Note: As you increase repetitions/sets, decrease the frequency that you perform this exercise.)
TIPS and/or PRECAUTIONS	Tip: This exercise is an integration of many exercises you have already learned. If you have difficulty with any part simply break this exercise down into its pieces and perform them separately to help you improve.
PROGRESS / REGRESS	<p>Progression: Perform exercise holding light dumbbells.</p> <p>Regression: Perform Lunge With Knee Pull, Straight Arm Raise, or Foam Roller Hip Flexors.</p>



Lunge With Arm Raise (Position 1)



Lunge With Arm Raise (Position 2)

Regressions for Lunge With Arm Raise



Lunge With Knee Pull



Straight Arm Raise



Foam Roller Hip Flexors

Progression for Lunge With Arm Raise



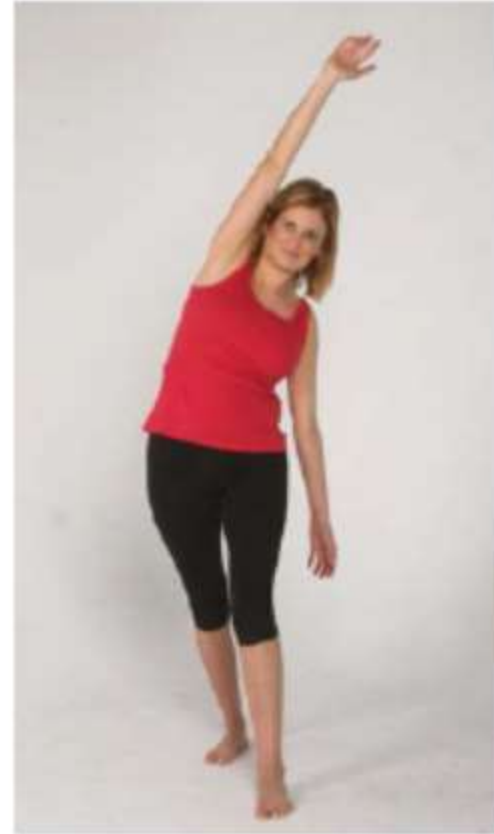
Use a Light Weight

Lunge with Side Reach

NAME OF EXERCISE	LUNGE WITH SIDE REACH
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Entire Kinetic Chain
IMBALANCE(S)	Medial Knee Displacement, Pronated Foot
STRUCTURES ADDRESSED	Abductors, Lateral Muscles of the Torso and Feet
EXERCISE BENEFITS	This exercise eccentrically strengthens the abductor muscles to help slow down the leg as it moves toward the midline of the body. It also stretches and strengthens muscles in the trunk and feet.
HOW TO PERFORM	<ul style="list-style-type: none"> • Lunge forward gently with the left foot while reaching the right arm out toward your right side; make sure both feet are facing forward • As you reach to the right push your left hip to the left (i.e., away from your right hand) to help keep your body balanced over its center; rotate the left leg toward the midline of the body • Return to the starting position and repeat
DURATION / REPETITIONS	Perform 10-15 repetitions at least once per day. (Note: As you increase repetitions/sets, decrease the frequency that you perform this exercise.)
TIPS and/or PRECAUTIONS	Tip: Placing the left hand on the left side gluteal complex (if the right hand is reaching out to the right side) (or vice versa) at the beginning of this exercise will enable you to feel if the abductor muscles are activating.
PROGRESS / REGRESS	<p>Progression: Perform exercise holding light dumbbells.</p> <p>Regression: Use a balance aid.</p>



Lunge With Side Reach (Position 1)



Lunge With Side Reach (Position 2)

Regression for Lunge With Side Reach



Use a Balance Aid

Progression for Lunge With Side Reach



Use a Light Weight

Lunge to Step Up

NAME OF EXERCISE	LUNGE TO STEP UP
TYPE OF EXERCISE	Strengthening
AREA(S) OF BODY	Entire Kinetic Chain
IMBALANCE(S)	All Common Imbalances from the Feet to the Head
STRUCTURES ADDRESSED	Most of the Muscles of the Body
EXERCISE BENEFITS	This exercise mimics gait. It strengthens all of the muscles that help slow down the hip as it flexes and extends while keeping the spine stable and erect.
HOW TO PERFORM	<ul style="list-style-type: none">• Step backward into a lunge; tuck the pelvis under on the back leg and keep the spine upright; make sure both feet are facing forward• Stand up out of the lunge as you lift the back leg off the ground; place the foot of the back leg on a step or a stool placed at knee height about two feet in front of you• Take your foot off the stool and step back into the lunge to repeat
DURATION / REPETITIONS	Perform 10-15 repetitions at least once per day. (Note: As you increase repetitions/sets, decrease the frequency that you perform this exercise.)
TIPS and/or PRECAUTIONS	Tip: You should feel the hip flexors load eccentrically on the back leg as you lunge down. Keep your feet facing forward to ensure the hip flexors load correctly.
PROGRESS / REGRESS	Progression: Rotate the torso over the front leg as the hip flexes and extends. Regression: Perform Lunge With Side Reach, Lunge With Knee Pull, or Wall Rotation Stretch.



Lunge To Step Up (Position 1)



Lunge To Step Up (Position 2)

Regressions for Lunge To Step Up



Lunge With Side Reach



Lunge With Knee Pull



Wall Rotation Stretch

Progression for Lunge To Step Up



Rotate Torso as Hip Flexes and Extends