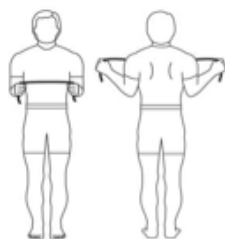


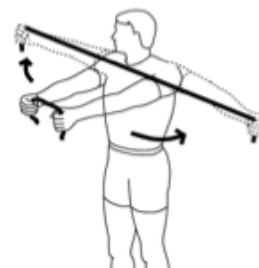
#### Horizontal Abduction\*

- Attach elastic to secure object at shoulder level.
- Grasp elastic with hand, as shown.
- Pull arm outward, keeping elbow straight.
- Do not twist at waist.
- Slowly return to start position and repeat.



#### Scapular Retraction

- Hold arms at sides with elbows bent, holding ends of elastic in each hand.
- Squeeze shoulder blades together by moving hands outward slightly.
- Slowly return to starting position.



#### Reverse Flies\*

- Grasp elastic in hands, elbows straight, as shown.
- Move arms away from each other, out to sides.
- Slowly return to start position.

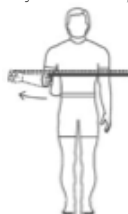
#### Shoulder Abduction\*

- Stand on elastic.
- Begin with arm at side, elbow straight, holding elastic, palm forward.
- Raise arm upward, out to side and over head.
- Slowly return to starting position.



#### Shoulder External Rotation

- Attach elastic to secure object at waist level.
- Place pillow between elbow and body.
- Grasp elastic in hand, elbow bent to 90 degrees.
- Rotate arm outward and return.
- Slowly return to start position and repeat.



#### Seated Row

- Attach elastic to secure object.
- Grasp elastic in hands.
- Sit in chair with back unsupported, maintaining proper posture.
- Keep elbows near sides, elbows bent.
- Squeeze shoulder blades together, pulling arms back.
- Slowly return to start and repeat.



#### WALL PUSH-UPS



1. Stand just over one arm's length away from the wall
2. Feet shoulder-width apart.
3. Hands flat against the wall at shoulder height & shoulder-width apart.
4. Slowly bend your elbows and lower your upper body towards the wall to a count of four. Keep your spine in neutral as you lower yourself.
5. Hold for 2 secs
6. Return to start and repeat 10x

#### SHOULDER CIRCLES



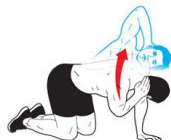
1. Stand with hands on shoulders
2. Rotate elbows backwards 10x
3. Repeat throughout the day regularly

#### CAT/CAMEL



1. Place hands in line with shoulders & knees
2. Pull abdominal muscles in and tighten buttocks and muscles that control urination to round back to the ceiling
3. Return to flat-back position
4. Slowly push the abdominal muscles down to the floor making a hollow in back
5. Repeat 10 times

#### THORACIC ROTATION



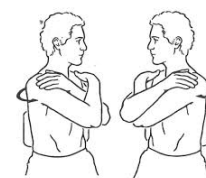
1. Place your right hand behind your head.
2. Brace your core.
3. Rotate your upper back downward so your elbow is pointed down and to your left.
4. Raise your right elbow toward the ceiling by rotating your head and upper back up and to the right as far as possible.
5. Complete 10 reps, then do the same number on your left.

#### SIDE LYING THORACIC ROTATION



1. Lie on your left side on the floor/bed with hips and knees bent to 90 degrees
2. Straighten both arms in front of you at shoulder height
3. Rotate your right arm up and over your body to the right.
4. Attempt to get the right hand and upper back flat with pelvis and hips remaining in start position
5. Hold for 2 seconds and then bring your right arm back to the starting position
6. Complete 10 reps on each side

#### SEATED THORACIC ROTATION



1. Sit up straight and fold arms in front of you
2. Rotate your shoulders and thoracic spine
3. Take in a deep breath and hold it in.
4. Exhale and rotate the spine further
5. Inhale and exhale as you return back to starting position

#### Level 1 – STATIC BRIDGE



(a)

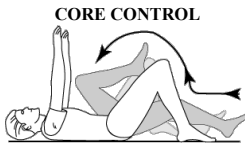
#### LEG LIFTS

1. Wrists in line with shoulders & knees with hips.



(b)

1. Activate muscles of urination, stomach and gluteal complex to lift you off the floor (a) without over-gripping the gluteals or hyperextending your spine as in (b)
2. Hold for 5 seconds
3. Repeat 2 sets of 10 repetitions



1. Activate your muscles of urination, stomach & bottom
2. With your left leg fully straight, slowly SKIM your left heel towards your buttock, then lift the leg and curl it towards your chest.
3. Reverse the direction and return the leg, slowly, to original position.
4. Repeat other with other leg.
5. 3 sets of 10 repetitions with each leg



2. Make sure your back is flat and engage stomach, muscles that control urination and buttocks
3. Raise your left leg behind you **ONLY 1"** & your right arm, hold for 5 secs
4. Switch sides for one rep.
5. You can increase the difficulty of the exercise by performing it on a gym ball, using an ankle weight, or by using a dumbbell
6. Working up to 2 sets of 15 reps

#### PLANK

1. Place the forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at about shoulder-width distance
2. Ground the toes into the floor and squeeze the glutes to stabilize the body. Your legs should be working in the move too; careful not to lock or hyperextend your knees.



3. Neutralize the neck and spine by looking at a spot on the floor about a foot beyond the hands. Your head should be in line with your back.
4. Hold the position for 20 second