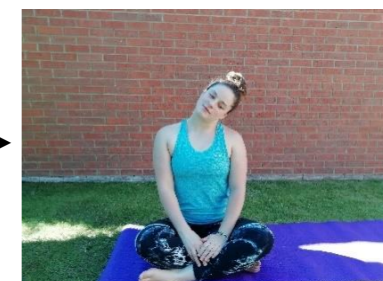
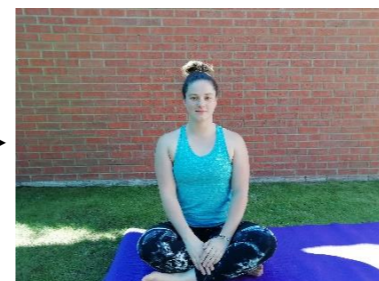


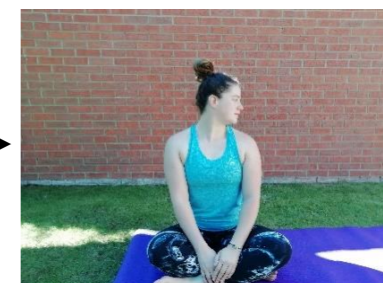


Mobilise (All exercises, 5 reps)

Upper Trapezius



Sitting Neck Rotation



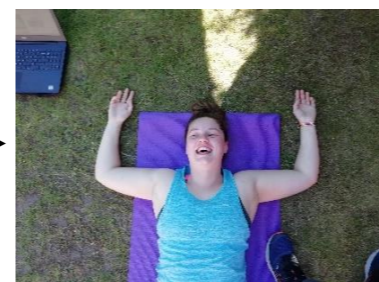
Floor Slides



OR



Shoulder Internal/
External Rotation



Thoracic Rotation
4 Point Kneeling



Side Lying Open Ups



Notes

- Legs crossed
- Back straight
- Lean ear **slowly** to shoulder on both sides

- Legs crossed
- Back straight
- Turn head **slowly** to each side

- Lie on back
- Knees bent up
- Lower back must stay flat
- Get as close to streamlined position as possible before the back pops up

- Lie on back
- Knees bent up
- Shoulders flat
- Rotate shoulders forwards **without** them popping up

- Start on all fours
- **Watch the moving hand**
- Keep **hips level** whilst twisting

- Lie on side
- Bottom leg straight
- Top leg bent
- **Watch the moving hand**
- Twist as far as possible without knee moving



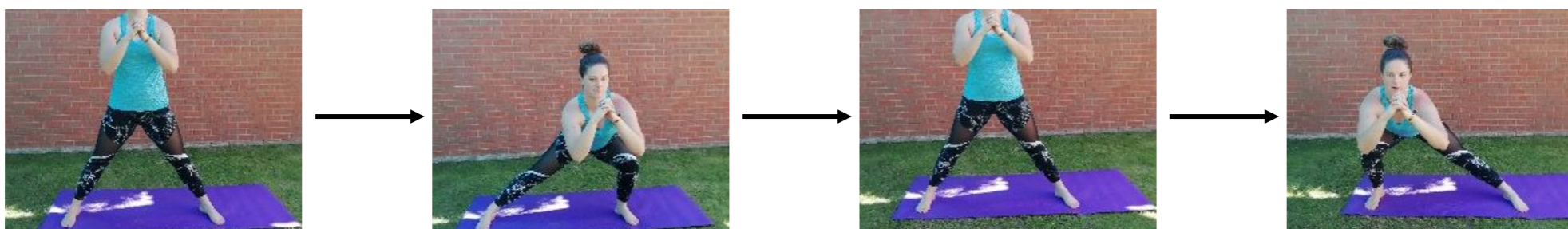
Hip Internal Rotation in Prone



Notes

- Lie on front
- Sole of feet facing upwards
- Keep **knees together** whilst twisting out

Hip Lateral lunges



- Wide stance
- Clasp hands together
- Lunge down to one side
- Keep the **knee in line with the foot**

Hip Flexor Lunges



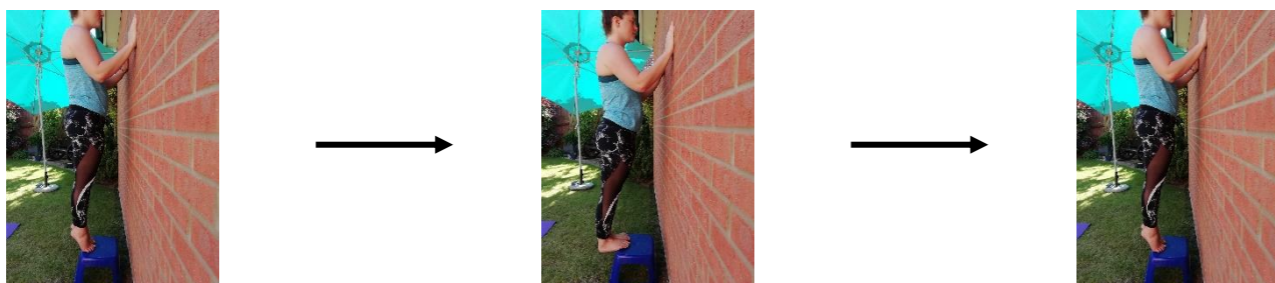
- Start with a straight back in streamlined position
- Knees at right angles
- Lean forward **slightly**
- **Keep back straight**

Standing Calf Lunges



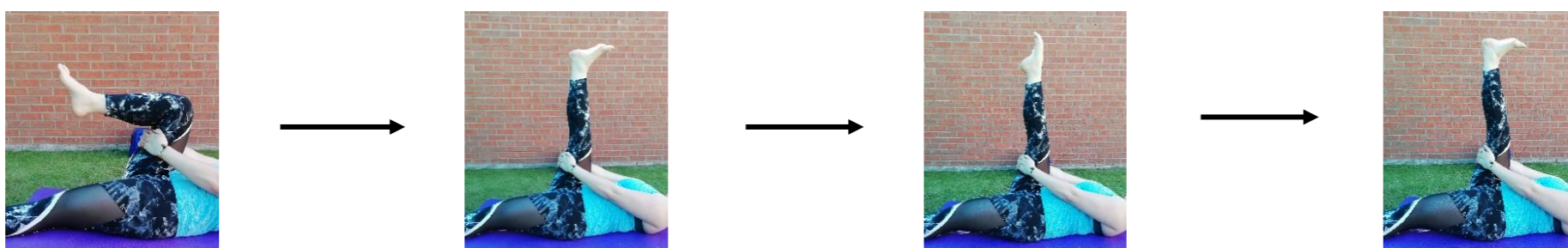
- Hands on wall
- Lunge forward so front knee touches the wall
- Front foot as far away as possible **without** heel coming off the floor

Heel Drops on Step



- Hands on wall/partner
- Gently raise onto tip toes and lower through full range of movement (ROM)

Knee Extension Ankle Dorsiflexion Combination



- Lie on back
- Bend knee
- Leg straight
- Point foot
- Relax foot
- Bend knee

