



# Strength & Stability

➤ Always remember to breathe!

➤ Stop if you feel pain.

➤ Stretch slowly.



## UPPER BACK & SHOULDER

### Chest stretch

- Keeping the torso tall and upright, clasp your hands together behind your back, and turn your palms outwards.
- Roll your shoulders back and squeeze your shoulder blades together.
- As you breathe out elevate the arms upwards until you feel a stretch in the chest and/or arms.
- Hold for 15 seconds.



## Rotator cuff strengthening

- Holding a water bottle or tin ensure shoulders are down and back, with elbows held at 90°.
- Rotate arm outward, keeping elbow by your side as you rotate through the shoulder.
- Slowly return to starting position and repeat 15 times each side.



## Lower trapezius strengthening

- Sit or stand whilst maintaining a neutral spine and place your arms out to the side to form a W.
- Pull your elbows down and back, drawing your shoulder blades down your back.
- Hold for 3 – 5 seconds and release.
- Repeat 15 times.



## ANTERIOR PELVIC TILT

### Hip flexor stretch

- Stand with one leg out in front with both knees slightly bent.
- Tuck your tailbone under and lunge forward without moving your feet.
- Hold for 15 seconds, then repeat on the other side.



## Quadriceps stretch

- Stand and touch a wall or stationary object for balance.
- Grasp top ankle or forefoot of one leg.
- Pull ankle or forefoot to buttocks.
- Keep knees aligned and press them together.
- Hold stretch for 15 seconds, then repeat on other side.



## Back bridge exercise

- Lie on your back with feet hip distance apart.
- Raise your hips up off the ground so your body forms a straight line from your knees down to your shoulders.
- Squeeze your glutes and hold for three deep breaths.
- Repeat 15 times

### IMPORTANT!

Information regarding stretches and exercise on this smart card is of a general nature only. You should consult your physician or other health care professional before attempting any of the stretches or exercises on this smart card or before starting any exercise or fitness program to determine if it is safe or right for you. Stretching and exercise is not without risk of injury and the risk of injury is increased if you or your family have a history of high blood pressure or heart disease; if you smoke; if you have ever experienced chest pain; if you have high cholesterol; if you are overweight or obese; if you have bone or joint problems; or previous injuries or pre-existing conditions or abnormalities. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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## POSTERIOR PELVIC TILT

### Hamstring stretch

- Stand with one leg out in front of you and toes of front leg pointing to the sky.
- Place your hands above the knee of your back leg and push your hips backwards, keeping chest up until you feel a stretch down the back of your front leg.
- Hold for 15 seconds, then repeat on the other leg



## Glute stretch

- Stand and place one foot on the other leg just above the knee with the knee bent out to the side.
- Lean down, lowering torso toward thighs.
- Hold stretch for 15 seconds, then repeat on other side.



## Lunge

- Stand with a neutral spine and one foot out in front of the other. Make sure both feet face forwards.
- Lower your hips so you drop your back knee towards the ground, ensuring your front knee doesn't pass over your front toes, then come up.
- Aim for 90 degrees at both knees.
- Repeat 15 times, then repeat on other side.



## STABILITY

### Ankle stability/balance

- Stand tall with a neutral spine
- Shift your weight onto one foot, lifting up the other and hold for 15 seconds
- Repeat on the other side
- To increase the challenge close your eyes or raise up onto the tips of your toes.



## Standing aeroplane

- Stand tall with a neutral spine and activate your core
- Raise both arms above your head
- Tilt forward and extend one leg behind you keeping your head in between your arms
- Hold for 15 seconds, then repeat on other side.



## Core plank

- Make a human bridge with your body by balancing on your forearms and toes, ensuring elbows are under your shoulders
- Hold for 10 – 60 seconds depending on your strength, maintaining a neutral spine
- Repeat three times

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