

Kinfolk Physiotherapy & Wellness
 2/385 Fullarton Road
 Fullarton, SA, 5063

1. T's With Theraband

3 Sets / 7 Reps



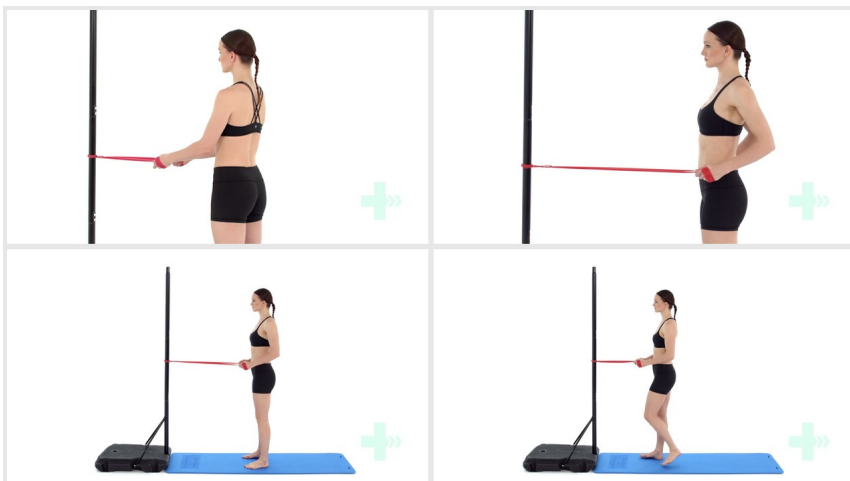
Hold a resistance band in both hands and gather up some tension.

Start with your hands at chest height and your arms straight and move them out in a “T” shape, keeping your shoulder blades back and down.

Control the movement back to the start position and repeat.

2. Resisted low rows

3 Sets / 10 Reps



Tie a resistance band around a solid object and hold the ends in each hand.

Stand on both legs with your feet hips width apart, keeping a good upright posture.

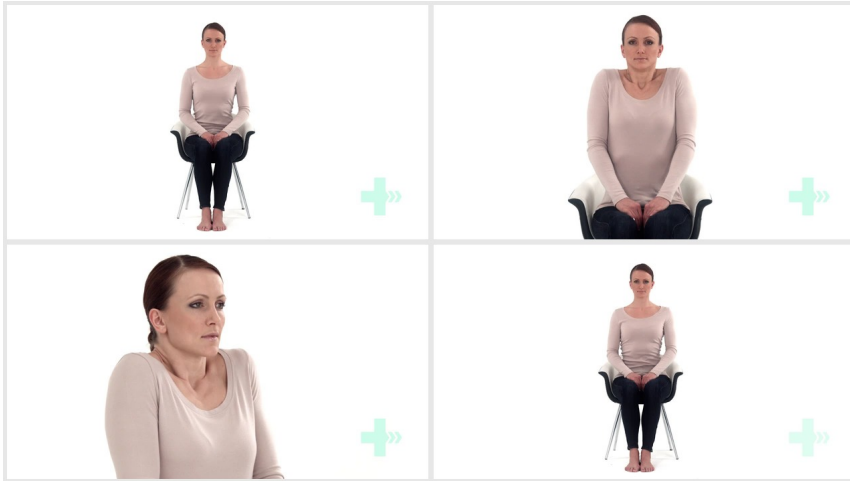
Bend your elbows and pull the band back, squeezing your shoulder blades together.

Control the movement as you return your hands to the start position.

Keep your core strong throughout this exercise.

3. Hold and relax shoulder shrugs

1 Set / 5 Reps / 5 s hold



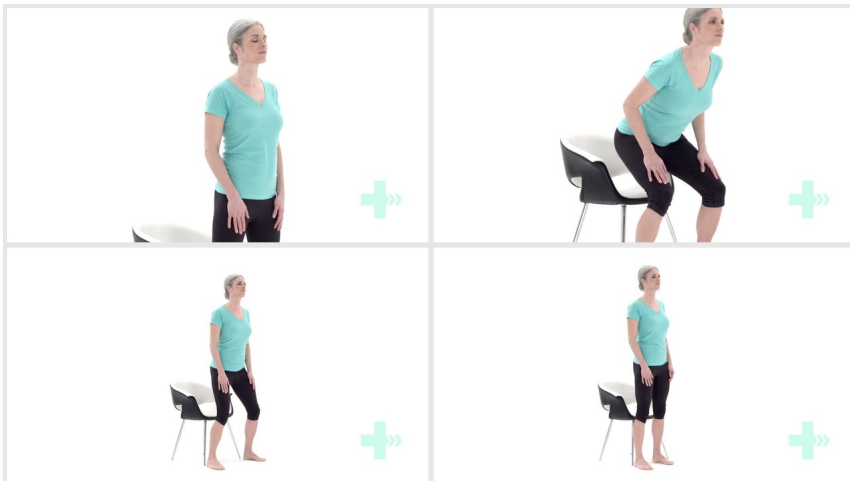
Sit down on a chair.

Take a deep breath in and move your shoulders upwards.

Hold this position, then breathe out and relax.

4. Squat with chair

3 Sets / 10 Reps



Stand in front of a chair.

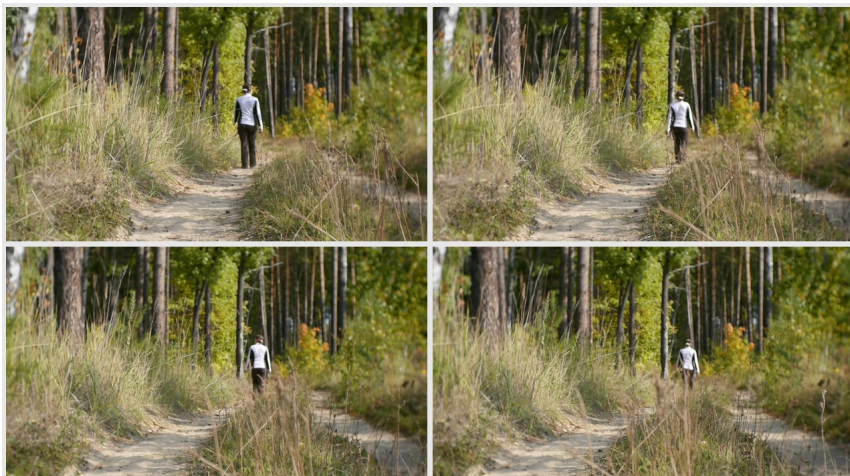
Lower yourself down onto the chair, but just before you sit down, stand up slowly.

Every hour.

As you come up to full standing, squeeze your glutes and tuck your pelvis under

5. Walking

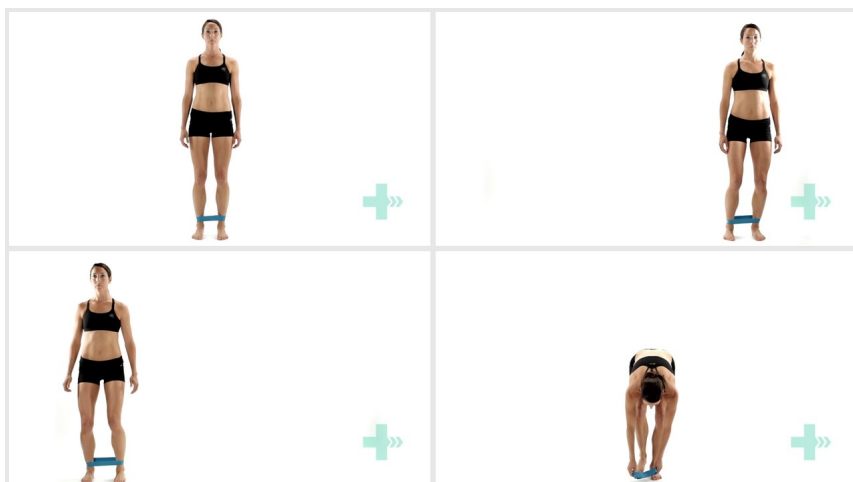
1 Set / 1 Rep / 20 min duration / 80 bpm



Consult with your therapist how long you can walk and at what interval you can continue.

6. Resisted crab walks

3 Sets / 15 Reps



Place a band around your ankles and gather some tension.

Side-step keeping constant tension on the band.

Make sure you do not bring your feet too close together and keep your toes and knees pointing forwards.

Aim to go until you reach fatigue levels of approx 7-8/10 in the side of glutes and try 3-4 rounds, separated by a few minutes each

7. Cat and camel pose

1 Set / 10 Reps / 10 s hold



Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.

8. Supermen

1 Set / 10 Reps



Kneel down on the floor on your hands and knees in the all-fours position.

Keep your back straight throughout this exercise and perform at a slow controlled pace.

Contract the abdominal muscles by pulling your naval in towards your spine and stretch one leg out to the rear, at the same time extend the arm on the opposite side of your body out towards the front.

Do not rotate the trunk and keep your back straight as you extend your arm and leg.

Hold and then return to the starting position.

Then switch to the other arm and leg.

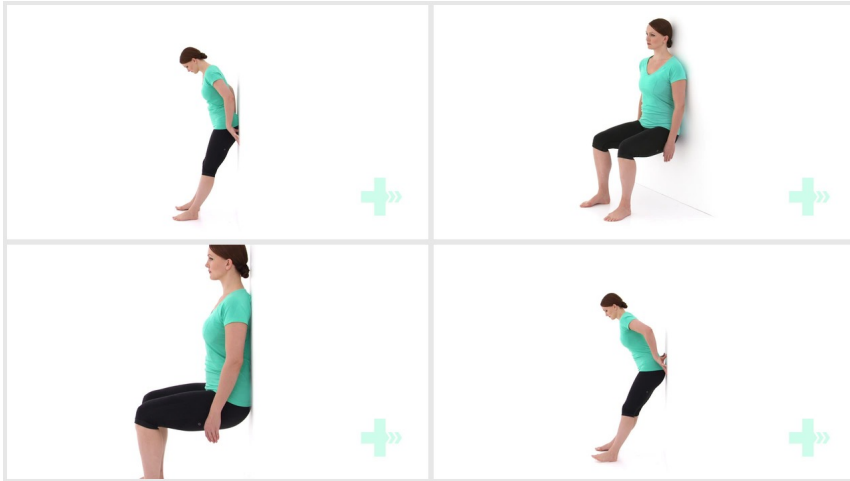
Do two to three repetitions on each side.

Perform this exercise at a slow controlled pace.

Try with a spiky ball on your back for more challenge

9. Isometric wall sit

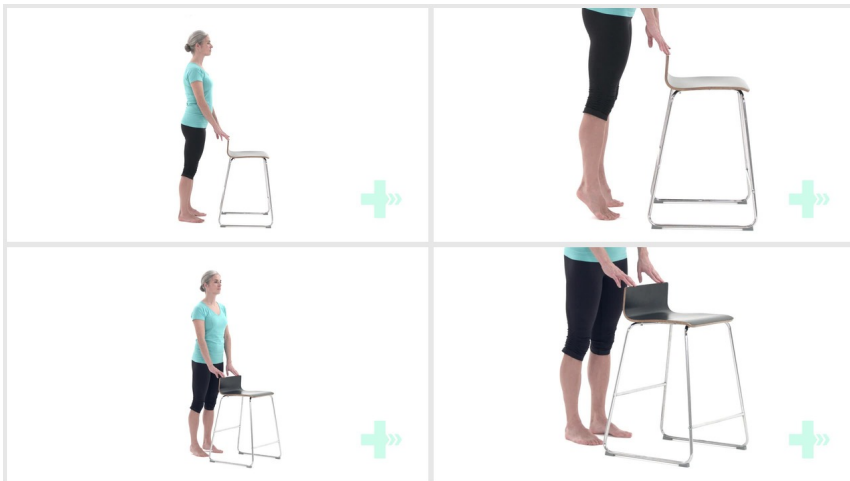
1 Set / 3 Reps / 30 s hold



Stand up straight with a wall positioned behind you.
Lean your back and buttocks against the wall, then walk your feet forward.
Slide down the wall until you reach a 90 degree angle at your hips and knees.
Ensure your back and buttocks remain in contact with the wall.
Hold this position.

10. Calf raise holding on

3 Sets / 15 Reps

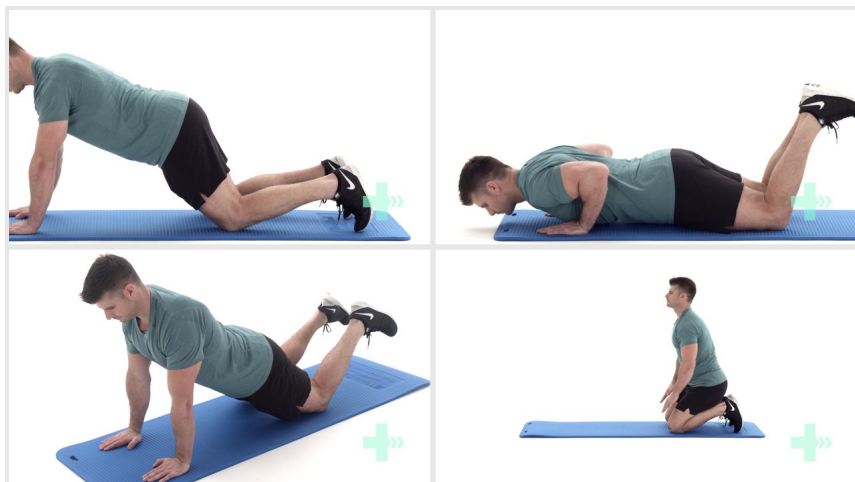


Stand with both legs straight and at hip-width apart.
Hold on to a wall or supportive object for balance.
Rise up onto your toes, keeping your legs straight, and control the movement back down to the start position.

Hold onto 15-30kg - ONLY DO THIS x 2 PER WEEK

11. Press up in kneeling

3 Sets / 7 Reps



Start on your hands and knees and walk your hands forwards until you have a straight line from your shoulders to your knees.

Keeping your body straight, slowly bend your elbows, bringing your chest towards the floor, then push back up to the start position.

12. Segmental thoracic self mobilisation over foam roller - hands over UT

1 Set / 1 Rep / 30 s hold



Lie on your back with a foam roller over the affected area of your upper back.

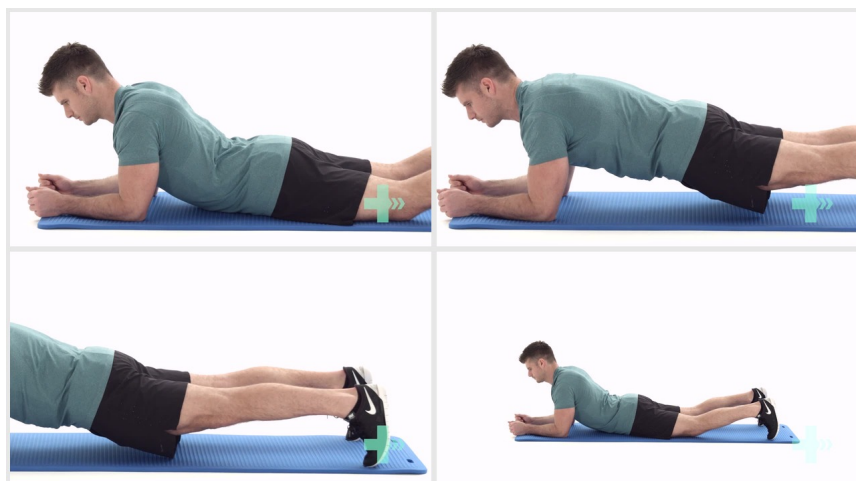
Place your hands over your shoulders to support your neck.

Exhale and allow your upper back to stretch over the foam roller.

Continue this movement rhythmically, changing the level at which the foam roller lies if you need to.

13. Plank for core

1 Set / 5 Reps / 10 s hold



Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

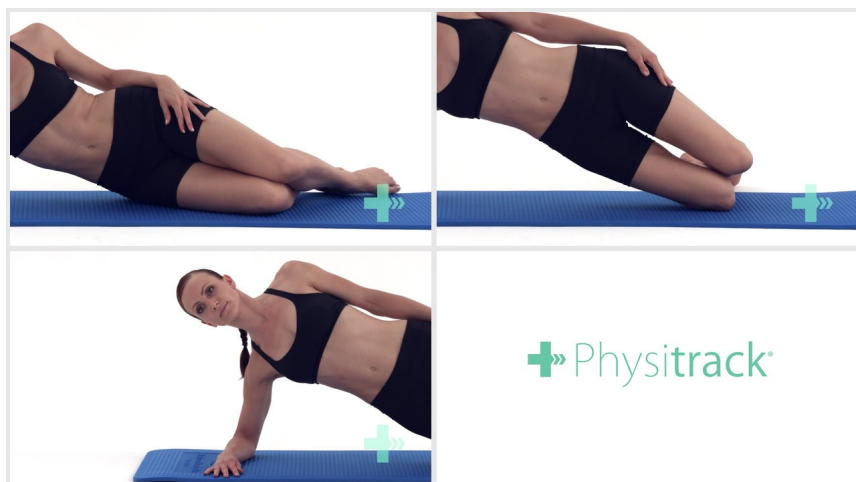
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.

14. Side plank on knees

1 Set / 3 Reps / 10 s hold



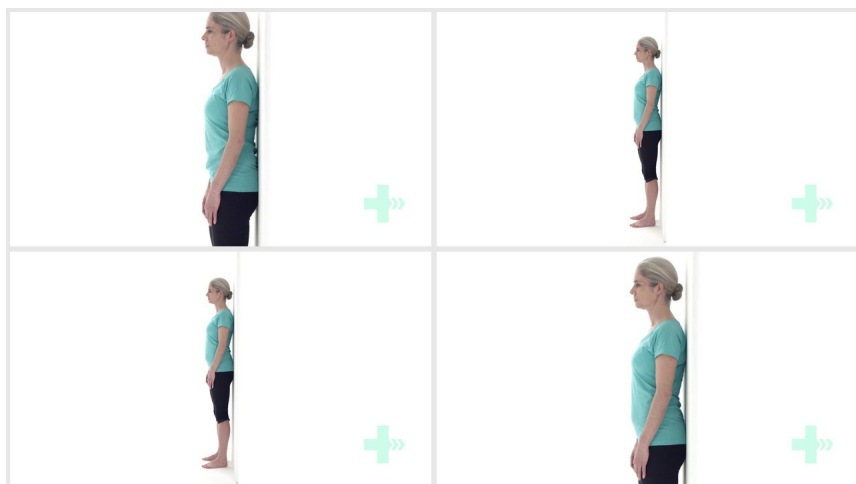
Lie on your side and prop yourself up on your elbow.

Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head.

Hold this position for as long as you can.

15. Posterior pelvic tilt against wall

1 Set / 10 Reps / 5 s hold

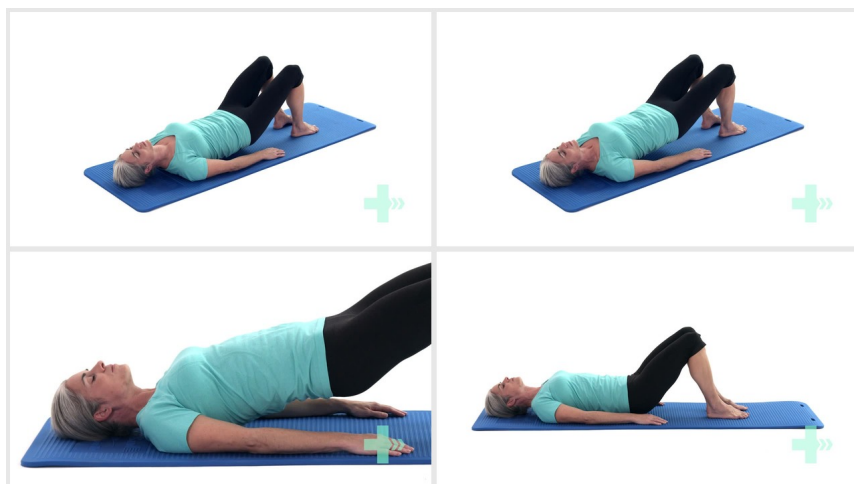


Stand up straight with your back against a wall and your feet shoulder width apart.
Tighten your buttock and abdominal muscles, flattening your lower back against the wall.
Make sure that your shoulders relaxed whilst you hold this position.
Relax and then repeat.

Progress to doing this without the wall. Practice makes perfect. Think gentle, subtle movement at about 20% of your max.

16. Bridge with pelvic tilt

3 Sets / 10 Reps



Bridging strengthens your buttocks and your leg muscles.

Lie on your back with your knees bent and your feet flat on the floor.

Gently tilt your pelvis, as if you are imprinting your lower back into the floor.

Now, lift your hips up into the air, while still holding your pelvis level.

Hold in the bridge position before you then lower, keeping your tummy drawn in and slowly lowering your spine back down onto the floor one vertebrae at a time.

Keep your buttocks tight until your pelvis rests on the floor.

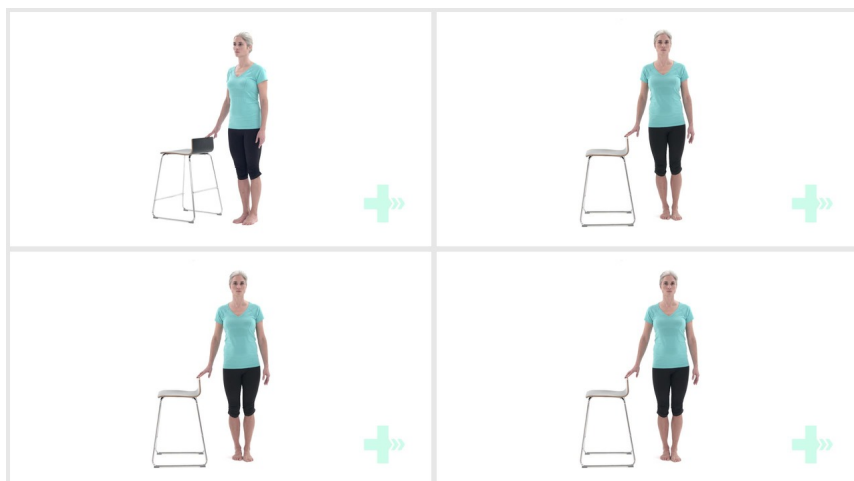
To make this more difficult, lift back up into the bridge position, and hold this position and lift one leg up and then lower it back down and then raise your other leg hold briefly and then lower it back down.

Continue the exercise for the required number of repetitions.

Hold 30 secs x 3

17. Standing hip abduction

3 Sets / 10 Reps



Stand straight, holding a chair or table for balance.

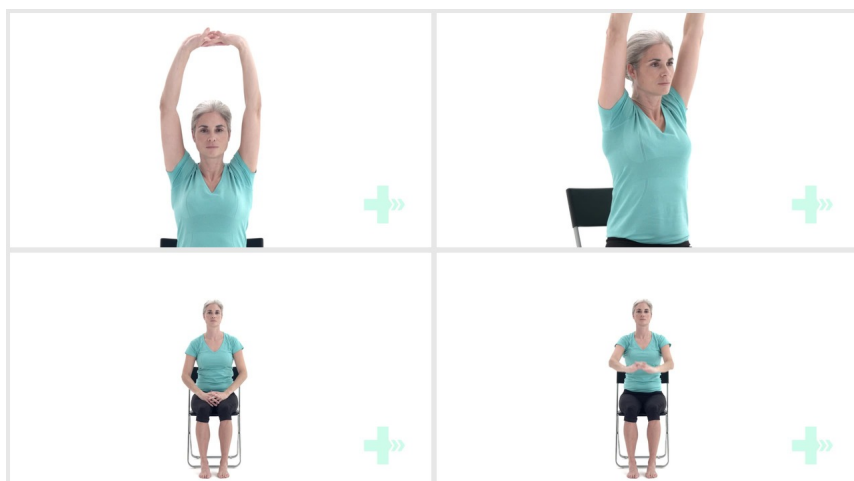
Keeping your affected leg straight, slowly move it out to the side.

Control the leg as you bring it back in to the starting position, and then repeat the movement.

Make sure you do not lean your body or hitch your hip up as you move your leg.

18. Overhead arm and shoulder stretch

1 Set / 3 Reps / 10 s hold



Start in a seated position and interlock your fingers.

Raise your arms above your head and rotate your hands so they are facing palm up.

Push your arms upwards, feeling the stretch through your sides and shoulders.

Hold this position before you relax and repeat the movement again.

19. Resisted shoulder external rotation

15 Sets / 1 Rep



Stand in an upright position.

Hold a tensioned exercise band in both hands and bend your elbows to a right angle.

Keep your shoulder blades back and down and rotate your symptomatic arm outwards, keeping your elbow loosely by your side and your shoulder blades in a good position.

Control the movement then return back to the start position.

Relax and repeat.

Use both arms at same time, and don't go out quite as far as the lady

20. Thoracic spine mobility on foam roller - scapular protraction/retraction

1 Set / 1 Rep / 30 s hold



Place a foam roller on the floor length ways and lie on top of the roller with it running down the centre of your spine.

Bend your knees and find the neutral position on the roller.

Holding this position, raise your arms up towards the ceiling.

Your palms should face in towards one another and fingers should point to the ceiling.

Reach your finger tips up towards the ceiling as far as you can.

You should feel your shoulder blades come around your upper back.

Keeping your arms straight, relax your shoulder blades back down again.

You may feel them drop onto or either side of the foam roller a little.

Repeat this movement, keeping your body posture the same throughout.