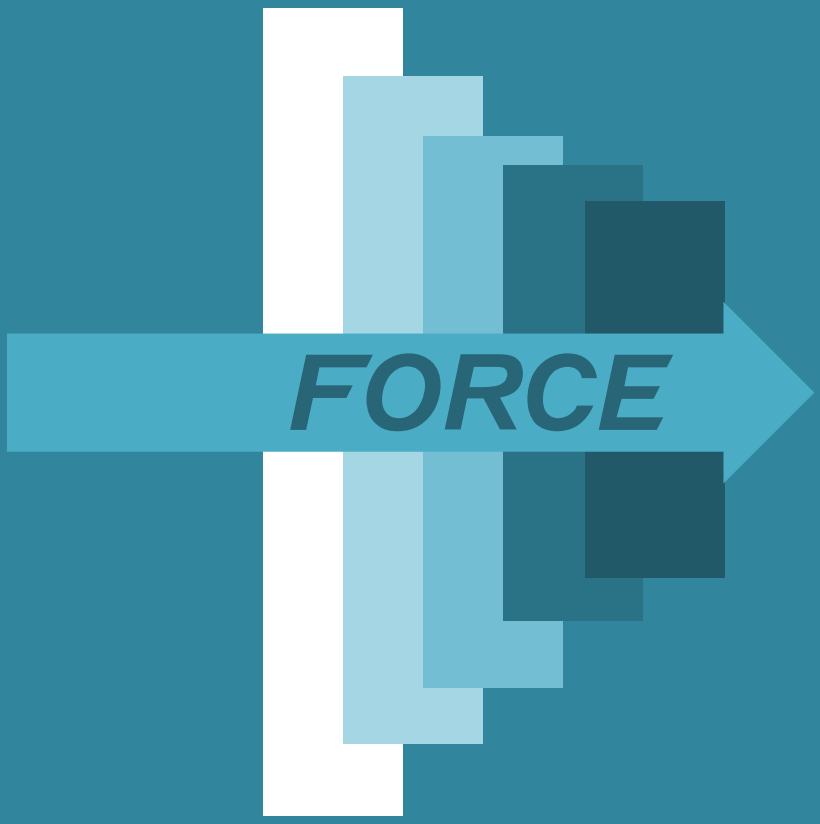


Appendix 1
The Exercise Program

EXERCISES

Exercise 1: Squat - Sumo Squat (Option 1)



Head and eyes forward, belly button pulled in



Keep head in alignment of spine; push bum back to 1/2 squat



Body in straight alignment, full squat



Feet a little wider than hip width; Allow weight to hang down straight



Knees begin to bend, head and eyes forward



Head and eyes stay forward

Preparation:

- Stand with good posture, feet a little wider than hip width apart, knees slightly bent

Execution:

- Squat as if you are sitting in a chair, keeping your elbows pulled in
- Squat as low as possible with no pain
- Keep knees behind toes
- Pull belly button in and squeeze glutes as coming back to stand

EXERCISES

Exercise 1: Squat - Goblet Squat (Option 2)



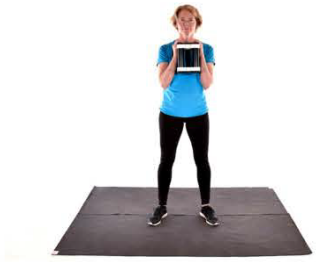
Head and eyes forward, belly button pulled in



Keep head in alignment of spine; push bum back to 1/2 squat



Body in straight alignment, knees behind toes



Feet a little wider than hip width, head and eyes forward



Keep elbows tucked in



Head and eyes stay forward

Preparation:

- Stand with good posture, feet a little wider than hip width apart, knees slightly bent
- Hold weight at chest as shown

Execution:

- Squat as if you are sitting in a chair, keeping your elbows pulled in
- Squat as low as possible with no pain
- Keep knees behind toes
- Pull belly button in and squeeze glutes as coming back to stand

EXERCISES

Exercise 2: Chest Press



Elbows slightly bent, feet flat, belly button pulled in



Lower weight down by dropping elbows to the floor



Go slightly below parallel



Start Position



Be sure that the weight remains above your elbows; do not allow them to drop forwards or backwards



Maintain a slight angle in the elbows

Preparation:

- Hold weights straight up, palms facing away, elbows slightly bent, feet flat on floor
- Pull belly button in

Execution:

- Lower weight down by dropping elbows to the floor
- Be sure that the weight remains above your elbows; do not allow them to drop forwards or backwards
- Go slightly below parallel

EXERCISES

Exercise 3: Deadlift



Head up, belly button pulled in, knees slightly bent



Weight drops straight down, maintain flat back, knees slightly bent; Bum goes back



Head in line with spine, flat back; Hinge to step

Preparation:

- Stand with feet shoulder width apart with knees slightly bent
- Stand in front of the platform
- Hold weight in front of you

Execution:

- Bend forward at the hips to the platform, keeping a strong, flat core/back
- Follow down with your eyes to the platform
- Pull belly button and squeeze glutes to return to upright

EXERCISES

Exercise 4: One Arm Bent Over Rows



Pull belly button in, keep back flat, hand at the edge of the chair, weight below the shoulder



Lift weight up



Squeeze muscles between your shoulder blades, lift elbow slightly past side

Preparation:

- Place one hand on bench or chair to support yourself
- Place your opposite foot behind your hips on the floor
- Hold weight in one hand as shown

Execution:

- Lift weight up toward shoulder with elbow at 90 degrees
- Squeeze the muscles between the scapula and spine in order to move your elbow past your side
- Slowly lower the weight back down to the starting position
- Do not lean forward to allow the weight to touch the floor after each repetition

EXERCISES

Exercise 5: Lunge - Reverse Lunge (Option 1)



Stand with tall posture, belly button in



Take a big stride back



Only lower 1/4 of the way down, keep knee behind toes



Rise up, keep belly button in



Return to start position

Preparation:

- Stand with good posture

Execution:

- Take a big stride backward, maintaining a slight bend in the front knee
- Lower only 1/4 of the way down
- Return to start position

EXERCISES

Exercise 5: Lunge - Split Stance Squat (Option 2)



Eyes and head forward, belly button pulled in, hands relaxed at sides



Lower 1/4 of the way down...



Lower 1/2 way down, keep body in straight alignment



Continue to the bottom, keep knee behind toes









Preparation:

- Stand in stride stance position
- Point both feet forward

Execution:

- Lower the back knee towards the ground while maintaining an upright posture through the torso
- Lower down as far as possible with no knee pain
- check to be sure the front knee does no extend ahead of the toe
- Return to upright position while maintaining split stride stance position

OTHER EXERCISE OPTIONS

Wall Sit



Eyes forward, pull belly button in, hands resting at sides



Slowly slide down the wall to 1/2 squat



Slide down to full squat, keep knees behind toes

Preparation:

- Stand with back against the wall
- Position feet away from the wall

Execution:

- Perform squatting motion, sliding down the wall
- Squat as far as you can control

OTHER EXERCISE OPTIONS

Push-up (Wall)



Head up, belly button pulled in, hands just below shoulder height



Bend elbows and move body towards the wall, keep torso straight

Preparation:

- Stand facing a few feet away from a wall
- Place hands on wall at shoulder height, elbows slightly bent

Execution:

- Lean forward allowing your elbows to bend and move outward until your nose is near the wall
- Push yourself back from the wall using your arms

OTHER EXERCISE OPTIONS

Bridge



Lie on back, arms resting at your side, palms up; Bend hips and knees, place feet on flat surface



Keep belly button pulled and squeeze glutes during movement



Lower slowly back to start position

Preparation:

- Lie on your back with arms resting at your sides, palms up
- Bend hips and knees, placing feet on flat surface
- Pull belly button in

Execution:

- Lift your hips off the surface to make a bridge
- Do not arch your back
- Keep belly button pulled and squeeze glutes during movement
- Lower slowly

OTHER EXERCISE OPTIONS

Scapular retraction (Wall)



Eyes and head forward, shoulder blades relaxed, belly button pulled in, back against the wall



Squeeze the muscles between your shoulder blades to bring them together and slightly downwards



Move all the way so that the backs of your arms touch the wall

Preparation:

- Stand with back against the wall as shown

Execution:

- Bring arms apart
- Squeeze shoulder blades together