

Rehab Exercises

Abdominal Strengthening

**Exercise Description:**

Abdominal Strengthening

Classification:

Rehab Exercises

Instructions:

1. Lay on your back with knees bent. Place a towel in the small of your back. Keep your lower back pressed against the towel.
2. Tighten abdominal muscles and hold.
In one continuous move, slowly straighten left leg, pause, and then bring it back to the starting position. Do the same with right leg. Let your heels slide across the floor.
3. Maintain tightened abdominals as you alternate legs.
4. Repeat for the prescribed number of repetitions.

Bridging

**Exercise Description:**

Bridging

Classification:

Rehab Exercises

Instructions:

1. Begin by lying on your back, knees bent, and feet on the floor. Extend your arms out to steady yourself.
2. Squeeze buttocks and raise your hips and lower back off the floor to form a straight line from your knees to your chest. Do not arch your back.

3. Hold for 5-10 seconds and slowly return to starting position. Relax for 5 seconds.
4. Repeat for required number of repetitions.

Prone Straight Leg Raise



Exercise Description:

Prone Straight Leg Raise

Classification:

Rehab Exercises

Instructions:

1. Lay on your stomach with your arms resting comfortably at your side or under your head.
 2. Tighten buttocks and raise left leg slightly. Keep your knee locked and raise your leg from the hip. Hold briefly and slowly return to starting position.
 3. Repeat for recommended reps and then repeat with the other side.
 4. Keep pelvis touching the floor.
- Be sure to avoid arching your lower back.

isometric abdominal



Exercise Description:

isometric abdominal

Classification:

Rehab Exercises

Instructions:

1. Begin by lying on your back with your knees bent.
2. Hollow out your stomach by sucking in your abdominal muscles.
3. Tighten abdominal muscles in this position.
4. Hold for 3-5 seconds and repeat.

Isometric Glute Squeeze

**Exercise Description:**

Isometric Glute Squeeze

Classification:

Rehab Exercises

Instructions:

1. Begin by lying on your stomach.
2. Squeeze your buttock muscles.
3. Hold for 5-10 seconds.
4. Repeat 5-15 times.

Hip Hikes**Exercise Description:**

Hip Hikes

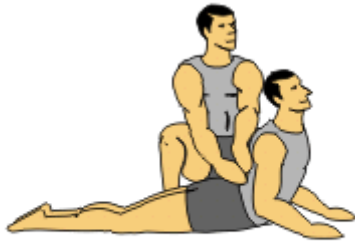
Classification:

Rehab Exercises

Instructions:

1. Start by lying face down with your legs straight.
2. Slowly raise one leg keeping it straight using just your glute muscles.
3. Return to the starting position and repeat for the desired repetitions. Repeat with the other leg.

Assisted Mckenzie Press up



Exercise Description:

Assisted Mckenzie Press up

Classification:

Rehab Exercises

Instructions:

1. Start by lying on your stomach with your arms in a pushup position. Have a partner hold your low back and hips on the ground.
2. Proceed to press up using just your arms and have your partner help hold your hips on the ground.
3. Only push as far as comfortably possible or until your hips are no longer able to stay on the ground.
4. Return to the starting position and repeat.

Isometric Pushup



Exercise Description:

Isometric Pushup

Classification:

Rehab Exercises

Instructions:

1. Start by lying flat on the ground with your arms in a pushup position.
2. Push your hands into the ground just enough to contract your muscles. Do not push hard enough to lift yourself off the ground.
3. Do this for 1-2 seconds and then rest and repeat for the desired repetitions.
4. This is just an isometric exercise so movement should be at a minimum.

Lateral Side Bend



Exercise Description:

Lateral Side Bend

Classification:

Rehab Exercises

Instructions:

1. Stand with your feet parallel and shoulder width apart.
2. Keeping your body in a straight line bend to the side and reach for the floor with your hand.
3. Bend only until you reach a comfortable range of motion.
4. Make sure to not bend forward or backward while completing this movement.
5. Repeat for the desired repetitions.

Standing Hip Extensions



Exercise Description:

Standing Hip Extensions

Classification:

Rehab Exercises

Instructions:

1. Start by placing your hands on the back of your hips.
2. Slowly shift your hips forward using your muscles and your hands.
3. Only push until a comfortable stretch or range of motion is achieved.
4. Return to the starting position repeat for the desired repetitions.

Tensor Facia Latae Stretch



Exercise Description:

Tensor Facia Latae Stretch

Classification:

Rehab Exercises

Instructions:

1. Start by placing one knee on the ground and support yourself with a stool or something.
2. Lean to the side and simultaneously push your hips in the opposite direction until a comfortable stretch is felt on the outside of the hip.
3. Hold for the desired time and then repeat for desired repetitions.

Wall Press



Exercise Description:

Wall Press

Classification:

Rehab Exercises

Instructions:

1. Start by placing your hands at shoulder level.
2. Bend your elbows so that your chest falls towards the wall.
3. Once you reach the wall press your arms into the wall and straighten your arms out.
4. Repeat for the desired repetitions.

DB One Arm Reverse Fly



Exercise Description:

DB One Arm Reverse Fly

Classification:

Rehab Exercises

Instructions:

1. Start by lying face down on a bench and hold a dumbbell in one hand with your arm hanging straight down.
2. Proceed to pinch your shoulder blade in towards your spine while you raise your arm up and out to the side.
3. Once your arm reaches parallel with your body then return to the starting position and repeat for the desired repetitions.
4. Repeat with the other arm.

Seated Reverse Flyes with bands



Exercise Description:

Seated Reverse Flyes with bands

Classification:

Rehab Exercises

Instructions:

1. Start by sitting on a stability ball and grab each band handle at arms length.
2. Keeping your arms semi-straight bring them out and back until your arms are parallel with your body.
3. Make sure you squeeze your shoulder blades together while completing this exercise.

One Arm Scapular Retraction

**Exercise Description:**

One Arm Scapular Retraction

Classification:

Rehab Exercises

Instructions:

1. Start by kneeling on all fours.
2. In a slow and controlled movement raise one arm out to the side until it is parallel with your body.
3. Squeeze your shoulder blade towards your spine while completing the movement.
4. Return to the starting position and repeat for the suggested repetitions.
5. Repeat with the other arm.