

# Rehabilitation 3

This is the next level from rehabilitation 2. You should have spent time mastering the previous exercises and be ready to move on. If you are unsure about any of the previous exercises then let us know.

## The Exercises

1. Superman
2. Abdominal plank and elbow pull
3. Hip extensions arms across the chest
4. Hip extension with knee lifts
5. Walk away to feet of toes
6. Push up thighs off the ball
7. Side lying mermaid
8. Hedgehog ball under toes
9. Leg lift shoulder bridge
10. Shoulder bridge hamstring curl

## Superman



Develops trunk stability, improves core and shoulder stability, increases shoulder flexibility

- 1.lie on the ball, drawer shoulder blades down, pushing the chest forward, place feet hip width on the floor
- 2.Allow one arm to float up towards shoulder, leading the movement with your thumb, keep elbow soft as you lift, then lower back to start, ensure movement is slow and controlled throughout
- 3.Change arms and repeat for the other side, repeat sequence 3-4 times and increase to 8 repetitions

## Abdominal plank and elbow pull



Helps to increase trunk stability as the shoulder stabilisers work together to perform the exercise

1. Kneel on the ball so that your body is at an angle, elbows on the ball, hands clasped
2. Draw shoulder blades back and down and drop chin to chest, keep spine in neutral (don't bend)
3. Pull with your abdominals and move the ball gently back and forward with the elbows keeping the body straight as you move
4. Start with 1 repetition then move to 8 with time and practice

## Hip extensions arms crossed



Develops trunk stability whilst focusing on the core stabilizers, strengthens buttocks and hamstrings

1. Walk feet away from ball until ball is positioned between shoulder blades, knees at 90° Arms extended toward the ceiling, palms facing each other
2. Switch on abdominal and glutes, drop chin toward chest, drop buttocks toward floor then slowly lift using glutes, until abdominals are back in line with shoulders
3. Move on to lift both heels at the same time so you end on tip toes, ensure torso and thighs are in line
4. Start with 3 repetitions and build to 10-15

## Hip extension with knee lifts



Develops trunk stability whilst focusing on the core stabilizers, strengthens buttocks and hamstrings

1. Walk feet away from ball until ball is positioned between shoulder blades, knees at 90o Arms folded across the chest
2. Switch on abdominal and glutes, drop chin toward chest, drop buttocks toward floor then slowly lift using glutes, until abdominals are back in line with shoulders
3. Lift and extend one leg until it becomes parallel with the floor. Hold for 2 seconds then slowly return to the floor
4. Start with 3 repetitions and build to 10-15

## Walk away to feet to toes



A great weight bearing exercise for the upper body, combines core work with shoulder stabilisation

1. Start in supine position, with abdomen on the ball, weight distributed between hands and feet
2. Switch on abdominals and glutes, pull shoulders back and tuck chin in
3. Put weight through the hands and walk away from the ball, ensure body is parallel with the ground, keep abdominals and glutes switched on throughout
4. Move out until either the tops of the feet or toes are in contact with the ball
5. Hold for a few seconds then return to start position, start with 1 repetition then build up to 4 repetitions

## Push up thighs off the ball



This exercise develops core and shoulder stability, its important to focus on form and don't let the body sag towards the floor

- 1.Start in supine position, with abdomen on the ball, weight distributed between hands and feet
- 2.Switch on abdominals and glutes, pull shoulders back and tuck chin in
- 3.Put weight through the hands and walk away from the ball, ensure body is parallel with the ground, keep abdominals and glutes switched on throughout
- 4.Move out until either the thighs are in contact with the ball
- 5.Bend the elbows lowering your chest and nose to the floor
- 6.Hold for a few seconds then return to start position, start with 1 repetition then build up to 4 repetitions

## Side lying mermaid



Tones and strengthens the adductor and abductor groups,  
helps with pelvic stabilisation

- 1.Lie on your side with the ball between your ankles
- 2.Draw shoulders back and down and switch on glutes and abdominal muscles, squeeze the ball between your legs
- 3.Lift the ball from the floor a few inches, hold for 2 seconds then lower under control
- 4.To increase the intensity lift the upper body off the floor at the same time
- 5.Start with 3-6 repetitions both sides then build to 8-10

## Hedgehog ball under toes



A advanced core stability exercise, very effective but ensure correct form!

- 1.Start in supine position, with abdomen on the ball, weight distributed between hands and feet
- 2.Switch on abdominals and glutes, pull shoulders back and tuck chin in
- 3.Put weight through the hands and walk away from the ball, ensure body is parallel with the ground, keep abdominals and glutes switched on throughout
- 4.Ensure the tops of your feet are placed on the ball and the body is parallel with the floor
- 5.Slowly flex your hips slightly so that the ball rolls toward you a few inches
- 6.Return to start position under control, start with 1 repetition then move to 4 repetitions as you improve

## Leg lift shoulder bridge



A difficult exercise that really challenges balance and coordination whilst building the glute groups

- 1.Lie on your back with heels on the ball, drop chin to chest and place arms out for stability
- 2.Starting with the tailbone, roll up through your spine until your body is in a straight line
- 3.Contract your buttocks and inner thighs and press your heel into the ball as you start to lift the opposite leg to the ceiling keeping it straight
- 4.Hold for a count of one then lower under control
- 5.Try on repetition then build to 6-8 with time

## Shoulder bridge hamstring curl



This tough exercise not only increase the strength of all the pelvic stabilisers but also increases hip range of motion

- 1.Lie on your back with heels on the ball, drop chin to chest and place arms out for stability
- 2.Starting with the tailbone, roll up through your spine until your body is in a straight line
- 3.Press both heels into the ball and bring your heels toward your buttocks whilst bending your knees and rising your hips to the ceiling
- 4.Keep the body straight and hold as high as you can for a few seconds then drop under control
- 5.Start with 3 repetitions then build to 10