

## Rehabilitation 2

This is the next level from rehabilitation 1. 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. Arm floats on the ball
2. Seated spine twists
3. Seated foot lifts with knee extension
4. Hip extensors with heel lifts
5. Abdominal plank
6. All fours Superman
7. Walk away
8. Hip extensors
9. Hedgehog, ball on thighs
10. Arm openings

## 1. Arm floats on the ball



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

1. Sit up on the ball, draw 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
4. Once the single arm technique is mastered with balance and control try using both arms together

## 2. Seated spine twists



Works spinal rotators, helps develop the correct movement in daily activities, tones the waist and improves core stability

1. Sit on ball, feet hip width apart, draw shoulders back and down, chin tucked.
2. Hold arms about at shoulder level, thumbs toward the ceiling
3. Rotate your head keeping your chin level as you turn, take the hand back until it touches your ribs, keep the other hand pointing forward, hold your pelvis so that you feel the rotation of your waist
4. Release and come back to centre, repeat the other side, do 4-8 repetitions per side

### 3. Seated foot lifts with knee extension



Improves trunk stability, focuses on the core and pelvic stability, helps strengthen the quadriceps muscle

1. Seat as for previous two exercises
2. Lift your foot through from the ground to full extension, keep your pelvic muscles switched on throughout
3. At the top flex your foot, aim your toes toward your shin, hold for 2 seconds then bend back to the floor and repeat with other foot
4. Start with 4-8 repetitions on each leg then build to 10-12

#### 4. Hip extensors with heel 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 90° 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. 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

## 5. Abdominal plank



Makes the core, pelvic and shoulder stabilisers work together

1. Kneel behind the ball, then lean toward the ball, rest forearms on the ball hands together fingers linked, ensure knees together, shoulders drawn back
2. Drop chin switch on glutes and abdominals, straighten knees and raise onto toes, ensure body stays in line
3. Start with 1 repetition and build to 5

## 6.All fours Superman



Isometrically strengthens the low back stabilisers and improves coordination and balance

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. Slowly extend opposite legs and arm, let the thumb lead to the ceiling, point the toes, hold for 4 seconds then lower

under control, swap sides

4. Start with single repetitions on each side and gradually build to 2-6 on each side

7. Walk away



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. Hold for a few seconds then return to start position, start with 1 repetition then build up to 4 repetitions

## 8. Hip extensors



A great exercise to strengthen the stabilisers of the lumbar spine

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

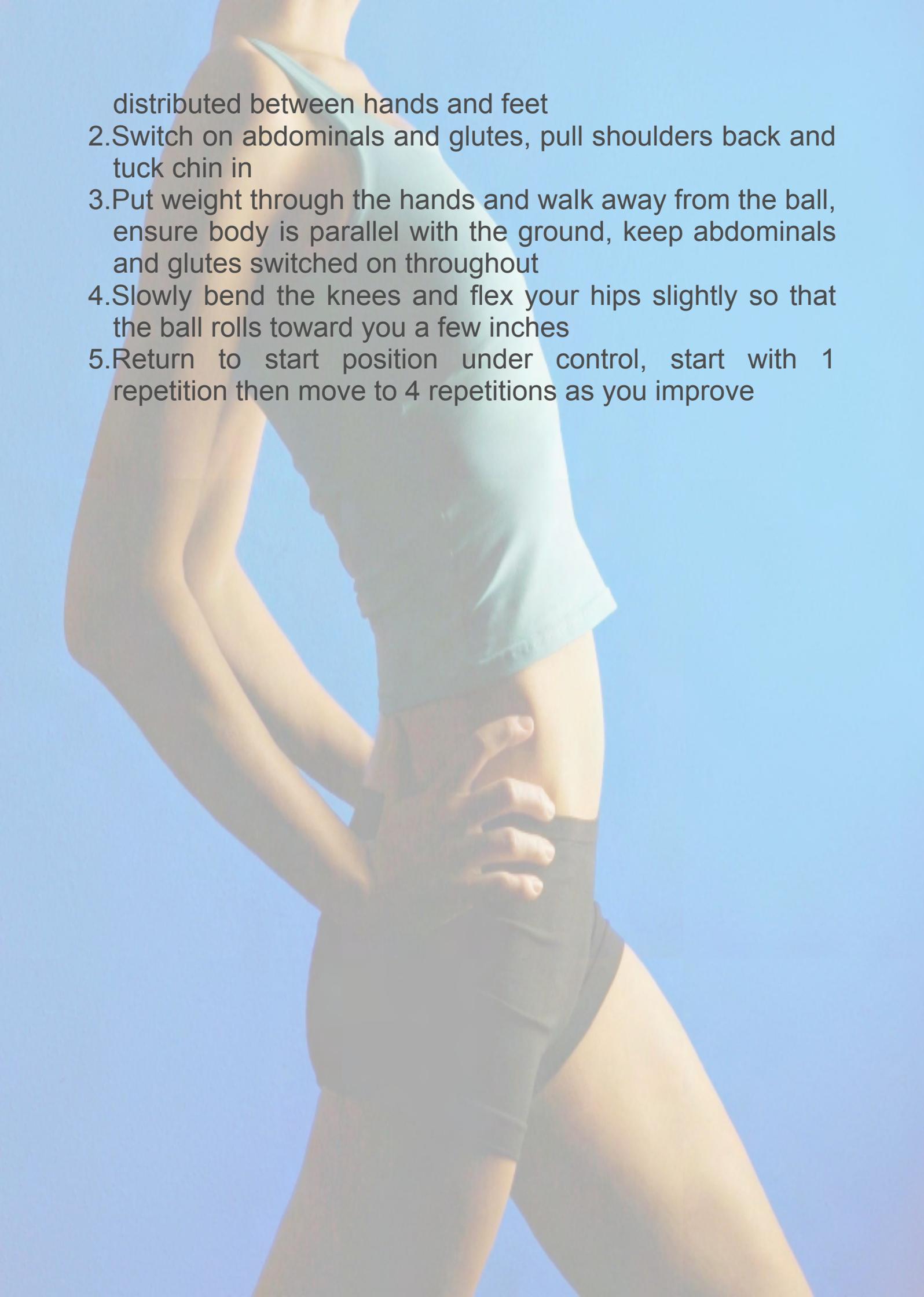
3. Raise one foot off the floor to hip height, ensure you do not tip to one side, hold for a couple of seconds then return under control to the floor, repeat other side
4. Start with 4-6 repetitions and build to 8-10 each side

### 9. Hedgehog, ball on thighs



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. Slowly bend the knees and flex your hips slightly so that the ball rolls toward you a few inches
5. Return to start position under control, start with 1 repetition then move to 4 repetitions as you improve

## 10. Arm openings





Really helps to develop spinal rotation and flexibility in stretching the pectorials and anterior deltoids

1. Start in the side lying position keeping upper hip and shoulder from dropping forward
2. Hold the position for 10-30 seconds and switch on abdominals and glutes
3. Rotate your body backwards curving your upper chest and body toward the floor
4. Turn your head, allowing the focus to follow your hand, hold for a few seconds then return to start
5. Start with 2 rotations per side then build to 6-8 rotations

Do not do these exercises unless directed to do so by your Chiropractor