SIDELYING SCAPTION RAISE

Laying on one side, start with top arm 30 degrees in front of hip. Keeping arm straight, raise arm overhead and away from body. Return to start.

- Repeat 10 Times
- Hold 2 Seconds
- Complete 2 Sets
- Perform 1 Times a Day

SCAPTION ON WALL

Stand in front of wall, hands resting on wall in the shape of a “Y”. Pull shoulder blades down and back. Hold this position, while moving arms down to your sides as seen in picture. Return to starting position, reversing the movement while keeping shoulder blades down and back.

- Repeat 10 Times
- Complete 2 Sets
- Perform 1 Times a Day

SHOULDER SCAPTION

While standing squeeze your shoulder blades together and downward while raising your arm in a diagonal plane up towards the ceiling. Point thumbs upwards.

- Repeat 10 Times
- Complete 2 Sets
- Perform 1 Times a Day
DEAD BUG

Lie on your back with your knees bent up and feet flat on the table. Keeping the core engaged, slowly lift one knee back, while the opposite arm goes back as well. Return to neutral and repeat with the other arm and leg.

QUADRUPED ALTERNATE ARM

While in a crawling position, slowly raise up an arm out in front of you.

Repeat 10 Times Hold 1 Second
Complete 2 Sets Perform 1 Times a Day

QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time.

Repeat 10 Times Hold 1 Second
Complete 2 Sets Perform 1 Times a Day

ELBOW KNEE PLANK

Elbow resting on the floor, do Planks on your knees not with feet. This exercise helps strengthen core muscles.

Repeat 3 Times Hold 15 Seconds
Complete 1 Set Perform 1 Times a Day
SAHRMANN EXERCISE 4

1. Lie on your back with knees bent up at 90 degrees with arms at side.
2. Pull in abdominals, while keeping neutral pelvis
3. Slowly extend on leg out, parallel with the floor but not touching it and return to starting
4. Repeat with opposite leg
5. Work up to 10 reps on each leg

DON'T LET YOUR BACK POP UP, if it does begin to pop up during the exercise, then you're not strong enough to progress to this level and return to exercise 3.

WHEN ABLE TO PERFORM 20 REPS ON EACH LEG WITHOUT DISCOMFORT OR ARCHING (POPPING) YOUR BACK MOVE TO EXERCISE 5.

Repeat 10 Times
Complete 2 Sets  Perform 1 Times a Day

PLANK - LATERAL - 1 KNEE 1 FOOT

While lying on your side, lift your body up on your elbow and knee on one side and foot on the other side. Try and maintain a straight spine.

Repeat 3 Times  Hold 15 Seconds
Complete 1 Set  Perform 1 Times a Day

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 15 Times  Hold 2 Seconds
Complete 2 Sets  Perform 1 Times a Day
SIDE LYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times  Hold 2 Seconds
Complete 3 Sets  Perform 1 Times a Day

HIP ABDUCTION

While standing in front of a counter top or something sturdy to hold onto, slowly lift leg to the side. You should keep your trunk straight and just be moving your hip.

Repeat 15 Times  Hold 3 Seconds
Complete 2 Sets  Perform 1 Times a Day