

Moving Toward a Better You: Implementing Movement Strategies in Daily Life



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Exercise Name:
Glute Tack and Stretch with Med Ball

Dosage:
30-45 sec, then 10 leg sweeps

Instructions:

- Sit hip on med ball as demonstrated above
- Cross same side leg over opposite leg as demonstrated above
- Find a hot spot, and maintain position for 30-45 seconds
- Uncross leg and extend fully in front of you
- Bring leg up toward chest
- Use free hand to pull leg across the midline of your body
- Repeat leg sweeps 10x

Treatment Rationale:

- Neural input to glutes
- Active glute stretching/ tissue extensibility
- Tissue desensitization
- Improving hip flexion/ER



Exercise Name:
Lat Tack and Stretch with Med Ball

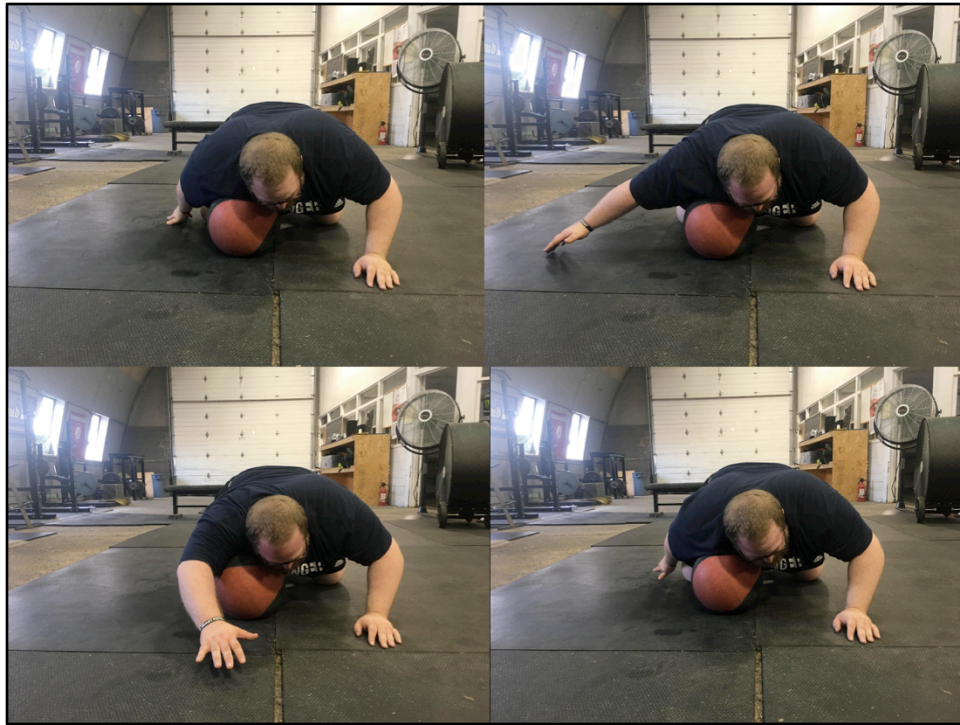
Dosage:
30-45 sec, then 10 arm sweeps

Instructions:

- Lay on your side, placing med ball underneath arm pit, along lat tendon as demonstrated above
- Rotate arm to find a hot spot
- Find a hot spot, and maintain position for 30-45 seconds
- Bend and straighten arm, reaching behind head for the base of your neck
- Repeat arm sweeps 10x

Treatment Rationale:

- Neural input to lats
- Active lat stretching/ tissue extensibility
- Tissue desensitization
- Improving shoulder flexion
- Opening up chest and decreasing rounded shoulder posture



Exercise Name:
Pec Tack and Stretch with Med Ball

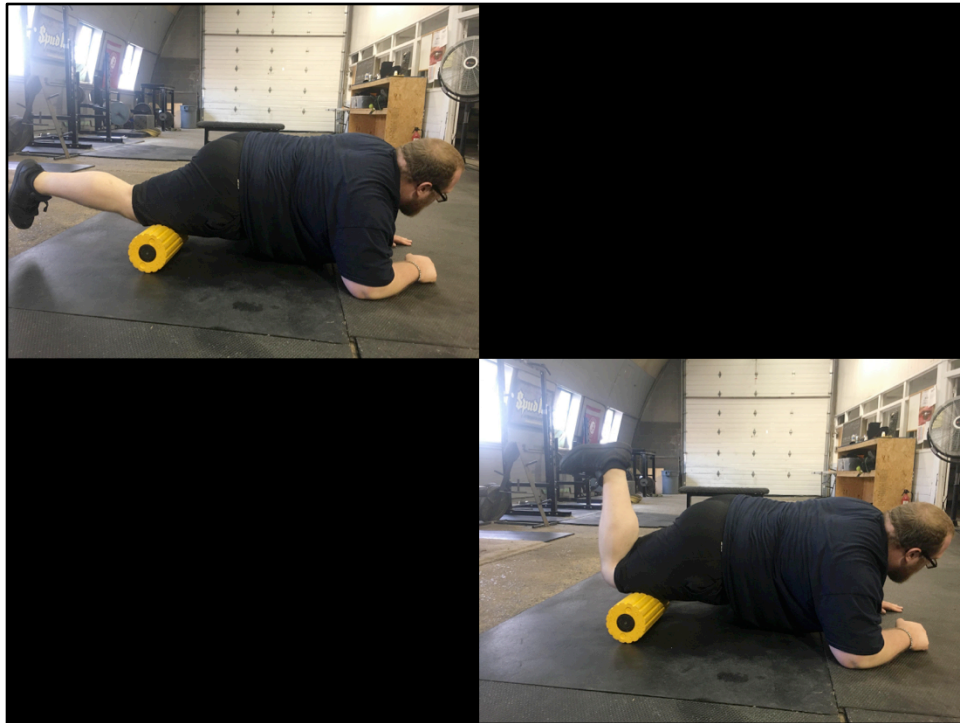
Dosage:
30-45 sec, then 10 arm sweeps

Instructions:

- Lay on your stomach or stay up on your hands and knees, placing med ball 2 inches below middle of collar bone, in the muscle belly of your pec as demonstrated above
- Rotate body to find a hot spot
- Find a hot spot, and maintain position for 30-45 seconds
- Keeping arm straight with palm toward ground, raise arm from your side to above your head as if you were making a snow angel, or performing a jumping jack, bring arm back to side
- Repeat arm sweeps 10x

Treatment Rationale:

- Neural input to posterior pec
- Active pec stretching/ tissue extensibility



Exercise Name:
Quad Tack and Stretch with Foam Roller

Dosage:
30-45 sec, then bend and straighten knee 10 times

Instructions:

- Place foam roller on quad, with your hands or elbows on the floor as demonstrated above
- Roll foam roller up and down quad, from top of hip towards the knee. Perform 6-8 long sweeps of the muscle belly
- Find a hot spot, and maintain position for 30-45 seconds
- Bend and straighten the knee 10x over hot spot
- Repeat on opposite quad

Treatment Rationale:

- Neural input to quadriceps and anterior chain
- Active quad stretching/ tissue extensibility
- Tissue desensitization
- Improving quadricep/anterior chain mobility



Exercise Name:
Half Kneeling Rocking Lunge (Front View)

Dosage:
10 forward and backward rocks each leg

Instructions:

- Get into half kneeling position as shown above
- Squeeze glutes and rock forward bringing your knee over your toes. You may feel a stretch in your down leg, or in the calf of your front leg
- Once you've reached your end range with the forward lunge, rock backwards, driving through your front heel and bending your back knee as shown above
- Squeeze your glutes and return to the start position
- Repeat 10x each leg

Treatment Rationale:

- Improve hip flexor extensibility
- Improve hip extension
- Improve weight bearing tolerance of knee
- Improve knee and ankle flexion
- Neural input to the hips, quadriceps, anterior chain



Exercise Name:
Half Kneeling Rocking Lunge (Side View)

Dosage:
10 forward and backward rocks each leg

Instructions:

- Get into half kneeling position as shown above
- Squeeze glutes and rock forward bringing your knee over your toes. You may feel a stretch in your down leg, or in the calf of your front leg
- Once you've reached your end range with the forward lunge, rock backwards, driving through your front heel and bending your back knee as shown above
- Squeeze your glutes and return to the start position
- Repeat 10x each leg

Treatment Rationale:

- Improve hip flexor extensibility
- Improve hip extension
- Improve weight bearing tolerance of knee
- Improve knee and ankle flexion
- Neural input to the hips, quadriceps, anterior chain



Exercise Name:
Half Kneeling Hip Flexor Stretch

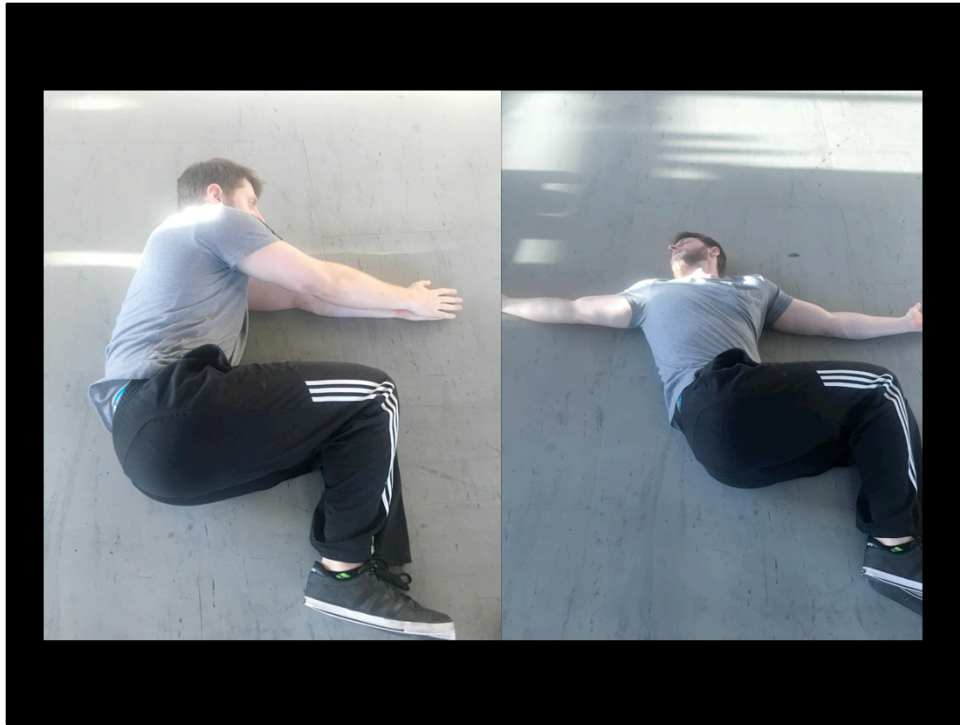
Dosage:
10 reps with a 3 second hold on each leg

Instructions:

- Assume a half kneeling position with a super band positioned on the proximal thigh, providing a posterior to anterior force
- Squeeze the glute of the down leg to provide a stretch to the hip flexors, and provide an anterior mobilization to the hip
- To increase the stretch on the anterior chain bring both arms into flexion as seen in the photos above
- Hold for 3 seconds and relax
- Repeat 10x on each leg

Treatment Rationale:

- Neural input to hip joint, quadriceps and anterior chain
- Active quad stretching/ tissue extensibility
- Tissue desensitization



Exercise Name:
Open Books

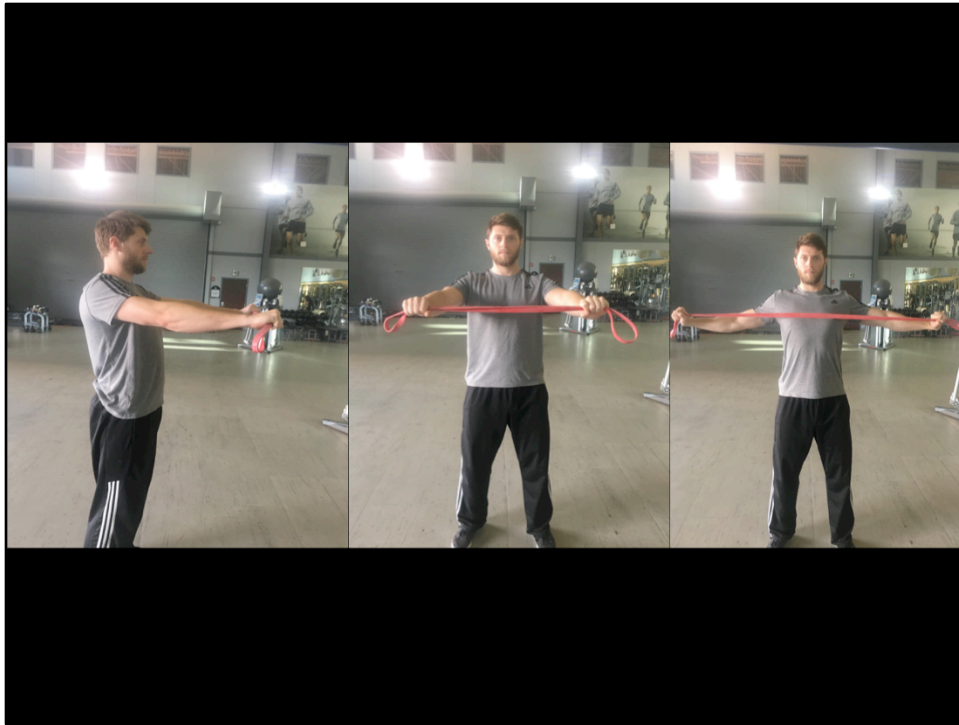
Dosage:
8-10 reps each side

Instructions:

- Lie on your left side with both knees bent up toward your chest (see photo above). Your knees should be higher than your waist
- Outstretch your right hand to the side
- When you've gone as far as you can go and feel a stretch, take a deep breath in, exhale further, and then return to the start position
- Repeat 6-8 times on each side

Treatment Rationale:

- Neural input to the thoracic and cervical spine
- Active thoracic and cervical rotation
- Improving pec mobility



Exercise Name:
Band Pull Apart

Dosage:
10 reps palms down, 10 reps palms up

Instructions:

- Grab mini band in both hands, with arms flexed to 90 degrees
- Pull your shoulder blades down and back
- While maintaining shoulders down and back, pull the band apart, keeping elbows straight
- Be sure to keep shoulders down and away from ears during movement
- When you've reached the end of the movement hold and squeeze scapula together for 1-2 seconds
- Return to the start position
- Perform this exercise with palms down 10x, as well as palms up 10x

Treatment Rationale:

- Neural input to posterior arm line, scapulothoracic joint
- Middle/Lower Trap activation
- Pectoral extensibility