

Exercise plan:
Full body strengthening



Step Up with Arm Elevation DB

Hold on to dumbbells in each hand with your hands facing inward. Stand facing a step and place one foot on the step. Elevate your arms above your head. As you step back down, bring your arms back down. Repeat on the opposite leg. This is a gluteal, scapular and posterior rotator cuff activation exercise.

Hold for 2-3 secs at the top then swap legs, repeat 8-10 reps, 3 times, rest for 30 secs - 1 min, 3-4 times weekly



Seated Narrow Row with Band One Handed

Sit on a chair, and fix an exercise band to something solid in front of you. Grasp one hand on the end of the exercise band, and pull your elbow behind your body. At the same time, squeeze your shoulder blade muscles as well. Make sure you do not twist the torso when doing this exercise. By performing this exercise, you will strengthen the mid-trapezius and rhomboid muscles situated next to the shoulder blade, to help posture and shoulder blade stability.

Hold for 3 secs back and hold, then repeat , repeat 6-8 reps, 3 times, rest for 30 secs, 3-4 times weekly, Both sides

Video: <https://youtu.be/9wbQdkPyb34>



Full Squat

Open your legs slightly wider than shoulder width, and bend your knees to the full squat (90 degrees) position. Your feet can be pointing directly forwards, or turned out slightly. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground.

Hold for 3 secs at bottom, repeat 8-10 reps, 3 times, rest for 1 min, 3-4 times weekly, Both sides

Video: http://youtu.be/d_xB-41ieqw

Plank

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise.



Hold for 30 secs - 1 min, repeat 3 times, rest for 1-2 mins, 3-4 times weekly, Both sides

Video: <http://youtu.be/noeBz0JoW-4>

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Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on info@therapiststation.co.uk. Good luck and keep with it!

