Stability Strength Exercises

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NOTE:

Exercises are supplied for information only.

All exercises should be performed under instruction by a qualified practitioner, and then only with proper technique. Pre existing conditions should be discussed with medical doctor.

Particular care and supervision should be given to exercises marked with **. Any exercise that causes discomfort or pain should be immediately stopped.

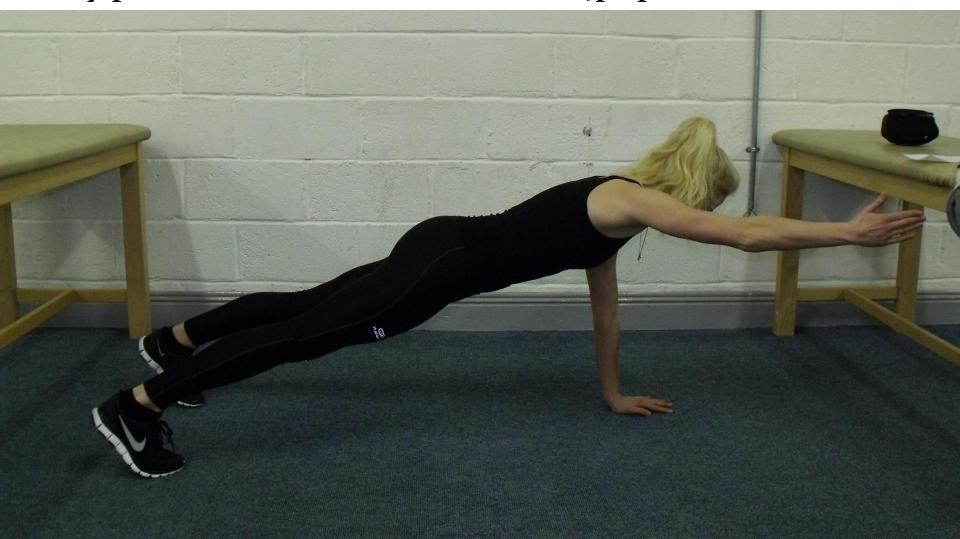
4 POINT PLANK

- •Shoulders, hips, Ankles in line.
- •Arms extended and positioned directly under shoulders.
- •Can be modified by resting on forearms or by resting on knees



3 POINT PLANK

- •This example, right arm is extended in front.
- •Keep shoulders and hips are kept level.
- •Body position should remain as in 4pt plank



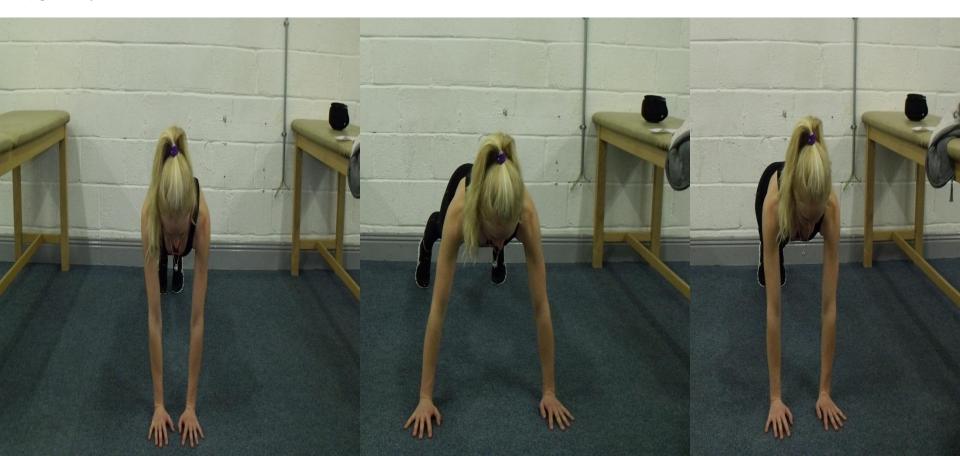
2 POINT PLANK

- •In this example right arm and left leg are extended out front and back.
- •Body position otherwise does not change from 4pt; shoulders level, hips level.
- •Straight line from shoulder, hip to ankle.



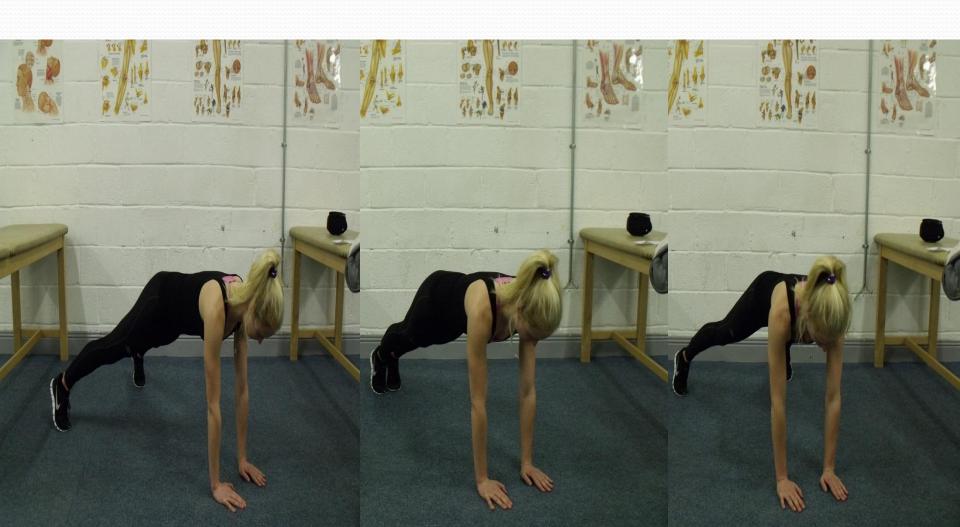
PLANK STEP TOGETHER

- •Start in 4pt plank position.
- •Side step moving with right leg and arm, bring together by side stepping left arm and leg.
- •Start with small RoM, move on to greater PAIN FREE RoM.



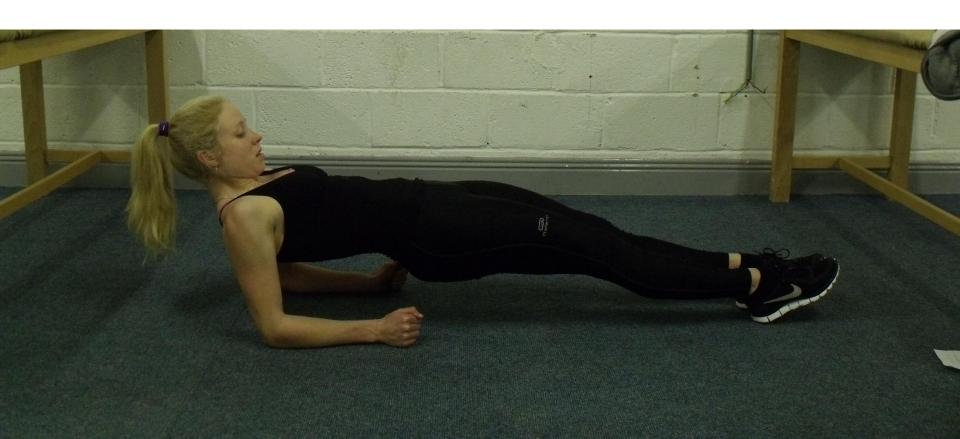
PLANK 360^O

- •Start in plank position.
- •Side step right leg only, arms only move on the spot.
- •Rotate full circle around arms in both directions.



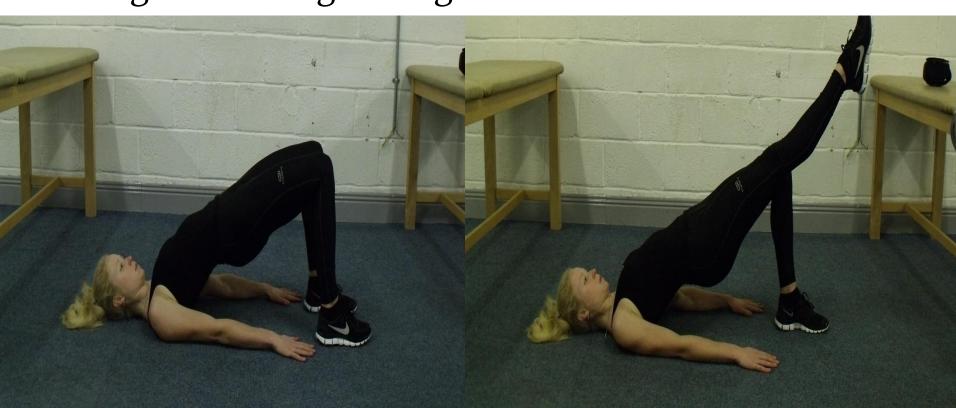
GLUTE BRIDGE

- •Shoulders, hips, and ankles in line.
- •Shoulders and hips level.
- •Use muscles in lower back, butt, and hamstrings mainly to support.
- •Can modify and make more difficult by using leg lifts.



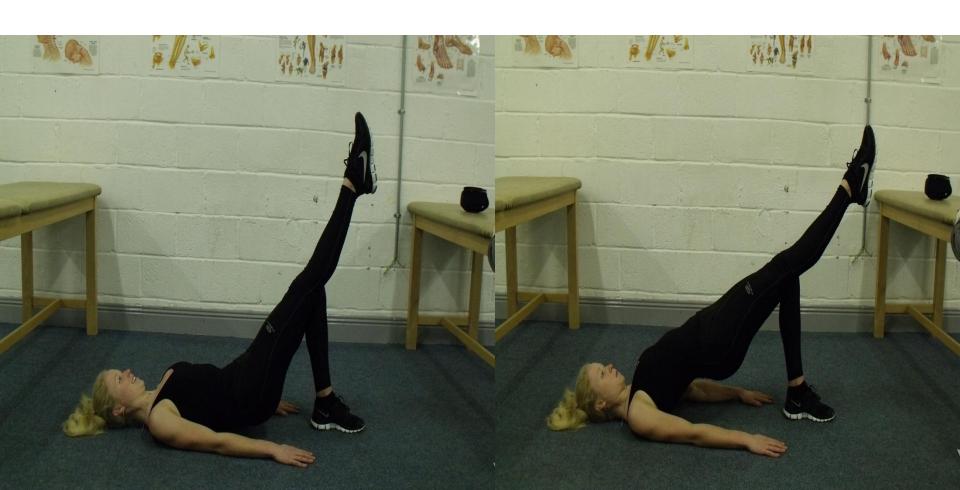
GLUTE BRIDGE WITH LEG EXTENSION

- •Start in glute bridge.
- •Hips must remain level
- •Extend one leg, the higher the leg the easier the exercise, the lower the harder.
- •You can add to the exercise by flexing/extending the hip, lowering and raising the leg.



GLUTE - HAM DRIVE

- •Start in glute bridge position.
- •Extend leg, keeping hips level.
- •Lower (slowly) hips to floor, then drive up using supporting leg (glutes, and hamstrings).



SLOW PRESS-UP

•Star t in full press-up position.



•Elbows go towards heels.



•Lower yourself to the floor SLOWLY.



•Press back up keeping your body line.

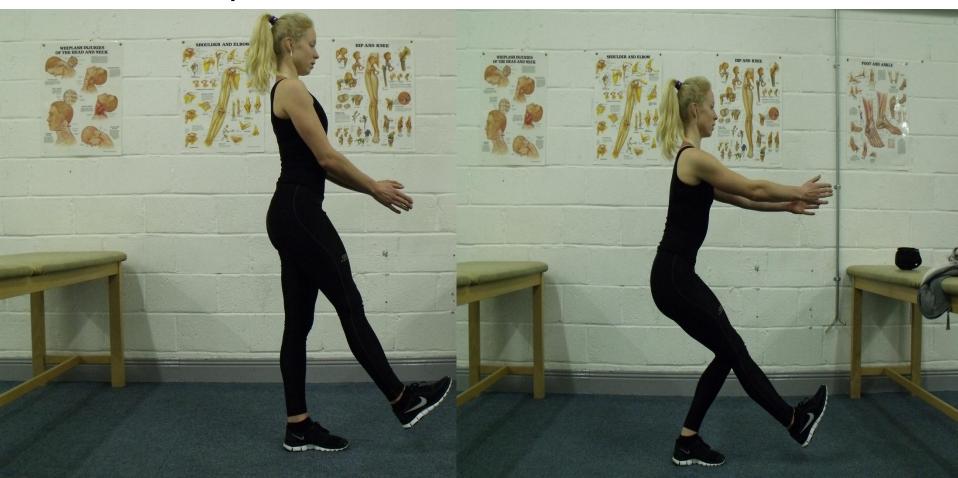
MODIFIED PRESS UP POSITION

to work different muscle groups in the back and shoulders.



1 LEG SQUAT

- Starting position standing balanced on 1 leg.
- •Squat back, maintain flat back, heel stays on floor. Knee flexes and moves in a straight line beyond the to.
- Drive back up.



AEROPLANE

- Arms abducted for balance.
- Standing balanced 1 leg.
- •Extend other leg back, raise as far as RoM will allow.
- •Back stays extended and flat, hold position.



1 LEG STABILITY; KARATE KID

- •Standing balanced 1 leg, back flat, arms out abducted for balance.
- •In front. Bend/flex hip & knee, extend & hold as far as RoM will allow.
- •To the side. Bend/flex hip & knee, externally rotate & abduct the hip, extend & hold as far as RoM will allow.



MOBILITY EXERCISES

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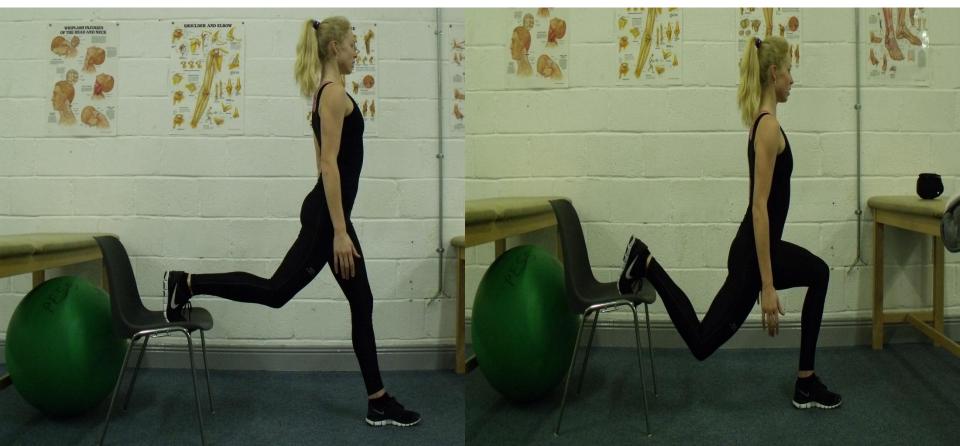
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Specialists in Pain Relief

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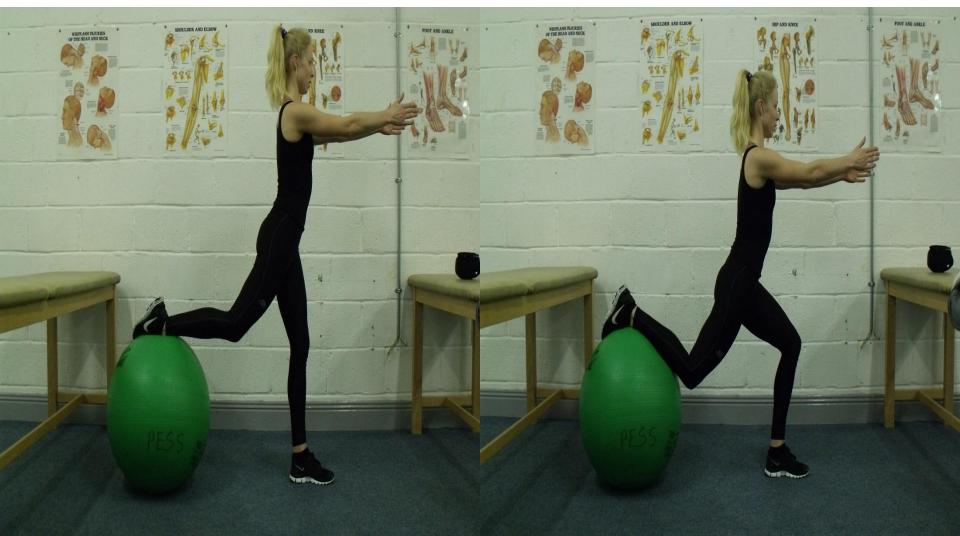
1 LEG SPLIT SQUAT/ BULGARIAN SQT.

- •Standing on 1 leg, other leg supported using a chair.
- •Squat down close to floor, back stays flat/ neutral, front knee does not move beyond the ankle.
- •Stretch will be felt in hip flexors.
- •Drive up to standing using supporting leg.



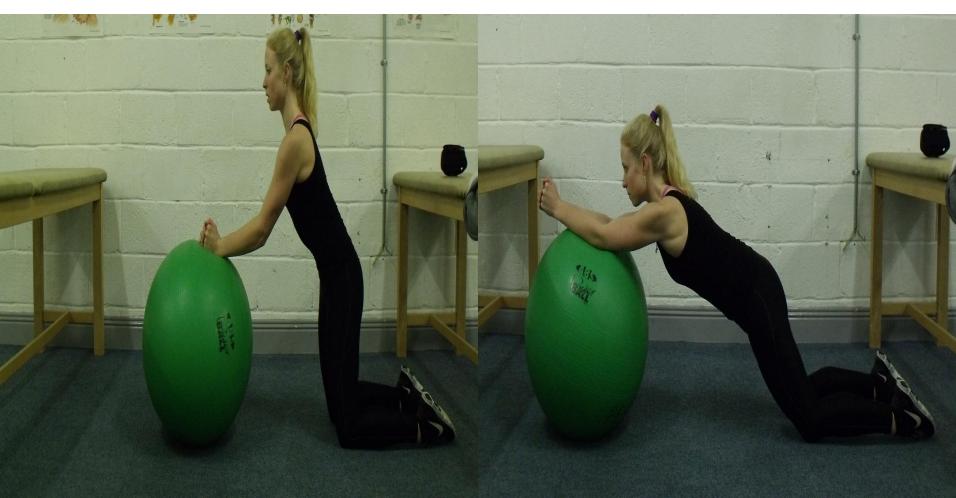
NOTE

- •Bulgarian Sqt can also be performed using a swiss ball, or loose rings to add more instability to the exercise.
- •The higher the chair/ ball/ ring the greater the stretch.



SWISS BALL ROLL-OUTS

- •Start in high kneel position forearms rest on swiss ball.
- •Roll forward, spine stays neutral! Roll back in.
- •This is the closest exercise you perform to an "ab crunch/curl".



THE OVERHEAD SQUAT

- •Using brushpole, stand, feet little more than shoulder width apart.
- •Sqt down (into a chair), back stays neutral, if it flexes, you have gone too far.
- •Heels stay on floor, knees flex over the direction of the feet.
- •Shoulders and arms remain extended and inline with the trunk.
- •The O/H sqt is used as a measure of mobility.



WALL SLIDES

- •Start with butt, back, shoulder blades, arms and forearms flat against the wall.
- •Slide hands up slowly; first move the shoulder joint (ball and socket).
- •Then moving the scapula-thoracic joint (shoulder blade joint).
- Upper arms and forearms must remain against the wall.
- •Slide hands up as far as RoM will allow.



ITW

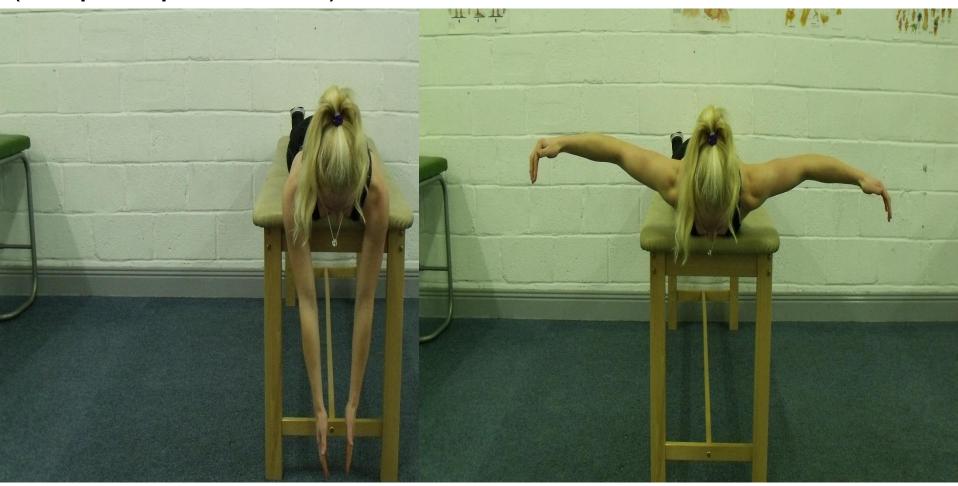
•I. Lying prone, extend and raise arms up until level with the body.



•Keep shoulders depressed and mobilise from the shoulder blade joint (activating the glenohumeral then the scapulathoracic joint).

ITW

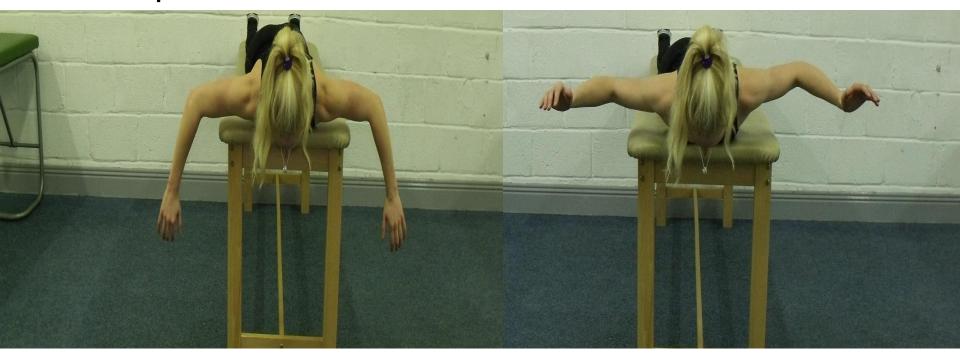
•Start lying prone, arms extended shoulder blades apart (scapula protracted).



•Bring shoulder blades together (retract scapula) keeping shoulder joint depressed (down).

I T W

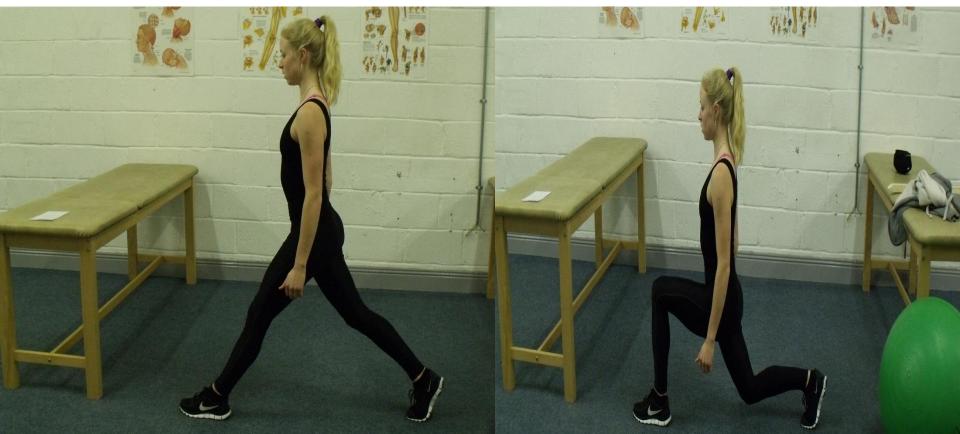
- •Start lying prone, flex elbows into a W shape, forearms pointed down.
- •Externally rotate the shoulder bringing the forearms into a frontal plane.



- Keep shoulders depressed.
- •Aids in mobility of the glenohumeral & scapulathoracic joint.

LUNGE

- Stand one foot in front of the other, in a split lunge.
- Dip down, flexing both knees.



- •Front knee does not go beyond ankle.
- •Back stays neutral, and hips stay square (pointed forwards).

SIDE LUNGE*

•Stand with a wide stance (beyond shoulder width), feet slightly angled out.



- •Squat down onto one leg, back stays in neutral, butt goes back, knee flexes in the direction of the foot.
- Drive back to standing.

ROTATIONAL LUNGE**

- In a split lunge position.
- •Front foot is angled slightly more forward than the back.



- Squat back, front leg stays extended, stretch will be felt.
- •Back knee flexes in the direction of the foot.

ANKLE MOBILITY

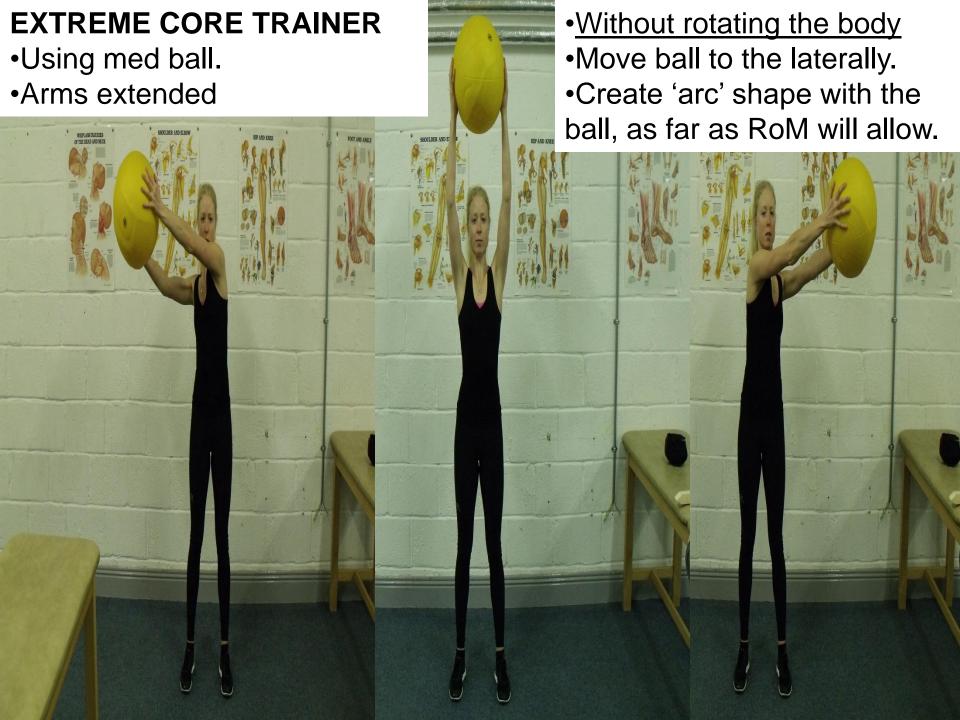
- Standing facing wall.
- •Flex knee in a straight line towards the wall.



ANKLE MOBILITY

- •Stand with heel on floor and toe on wall, leg extended.
- •Flex the knee toward the wall, as far as RoM will allow.





EXTREME CORE TRAINER

- •In high kneel position. Do not rotate the body.
- •Arms extended, move ball to laterally, creating an 'arc shape with the ball as far as range of movement (RoM) will allow.

