

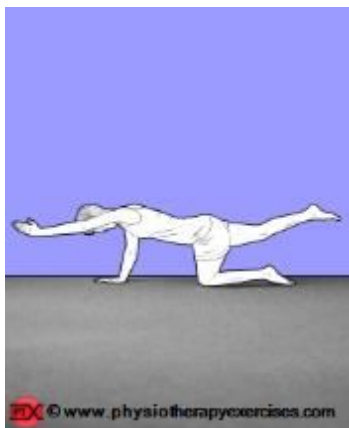
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# Exercise Booklet

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## Arm and leg raise in 4-point kneeling

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### **Therapist`s aim**

To strengthen the trunk muscles.

### **Client`s aim**

To strengthen your trunk muscles.

### **Therapist`s instructions**

Position the patient in 4-point kneeling. Instruct the patient to engage their core muscles and to slowly flex one arm while simultaneously extending their hip and knee on the opposite side. Ensure core muscles remain engaged and pelvis remains level.

### **Client`s instructions**

Position yourself in 4-point kneeling. Engage your core muscles. Raise one arm forward while simultaneously lifting the opposite leg straight behind you. Ensure your back does not hollow/arch and your hips do not sway to the side.

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## Arm raise in 4-point kneeling

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### **Therapist`s aim**

To strengthen the trunk muscles.

### **Client`s aim**

To strengthen your trunk muscles.

### **Therapist`s instructions**

Position the patient in four-point kneeling. Instruct the patient to engage their core muscles and to flex one shoulder. Ensure core muscles remain engaged and pelvis remains level.

### **Client`s instructions**

Position yourself on your hands and knees. Engage your core muscles. Practice lifting one hand up to reach forward in front of you. Ensure your back does not hollow/arch and your hips do not sway to the side.

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## Balancing on a ball

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### Therapist`s aim

To improve the ability to sit unsupported.

### Client`s aim

To improve your ability to sit unsupported.

### Therapist`s instructions

Position the patient in sitting on a large ball that is wedged between two plinths. Instruct the patient to lift their hands up in the air without falling.

### Client`s instructions

Position yourself sitting on a large ball that is wedged between two plinths. Practice lifting your hands up in the air without falling.

### Progressions and variations

Less advanced: 1. Sit on a plinth. More advanced: 1. Change the size of the ball. 2. Add a concurrent task while sitting on the ball.

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## Balancing on a ball while lifting one leg up and down

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### Therapist`s aim

To improve the ability to sit unsupported.

### Client`s aim

To improve your ability to sit unsupported.

### Therapist`s instructions

Position the patient in sitting on a large ball with their feet on the floor. Instruct the patient to lift then lower one leg.

### Client`s instructions

Position yourself sitting on a large ball with your feet on the floor. Practice lifting one leg up and down.

### Progressions and variations

Less advanced: 1. Provide hand support for balance. 2. Decrease the height that the leg is lifted. More advanced: 1. Increase the height that the leg is lifted. 2. Increase the movement of the raised leg (e.g. add knee extension or hip abduction).

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## Balancing prone on a swiss ball

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**Therapist`s aim**

To strengthen the shoulder, trunk and hip muscles.

**Client`s aim**

To strengthen your shoulder, trunk and hip muscles.

**Therapist`s instructions**

Position the patient in prone over a ball with their hands on the floor. Instruct the patient to shift their weight over to one arm while maintaining control of their shoulder. Ensure their body is kept in horizontal position.

**Client`s instructions**

Position yourself lying on your stomach on a ball with your hands on the floor. Practice shifting your weight over to one arm while maintaining control of your shoulder. Ensure that you keep your body horizontal.

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## Bridging to end of range

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**Therapist`s aim**

To strengthen the hip extensors.

**Client`s aim**

To strengthen your hip muscles.

**Therapist`s instructions**

Position the patient in crook lying. Instruct the patient to lift their bottom off the bed.

**Client`s instructions**

Position yourself lying on your back with your knees bent. Tighten the muscles in your bottom and lift your bottom off the bed.

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## Bridging

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**Therapist`s aim**

To strengthen the hip extensors.

**Client`s aim**

To strengthen the muscles at the back of your hip.

**Therapist`s instructions**

Position the patient in crook lying. Instruct the patient to lift their bottom off the bed.

**Client`s instructions**

Position yourself lying on your back with your knees bent. Lift your bottom off the bed.

### Progressions and variations

Less advanced: 1. Decrease the height of the lift. More advanced: 1. Sustain the lift. 2. Perform the exercise using one leg.

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## Bridging on a ball

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### Therapist's aim

To strengthen the hip extensors.

### Client's aim

To strengthen the muscles in your buttocks and at the back of your thigh.

### Therapist's instructions

Position the patient in supine with their trunk on a large ball. Instruct the patient to lift their bottom up while keeping the ball still. Instruct the patient to keep their thighs and knees together and pelvis level.

### Client's instructions

Position yourself lying on your back with your feet on a large ball. Practice lifting your bottom up while keeping the ball still. Keep your pelvis level.

### Progressions and variations

Less advanced: 1. Decrease the height of the lift. More advanced: 1. Sustain the lift. 2. Perform the exercise using one leg. 3. Perform the exercises while keeping thighs and knees together.

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## Bridging on a large ball

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### Therapist's aim

To strengthen the hip extensors and trunk muscles.

### Client's aim

To strengthen the muscles at the back of your hip and trunk.

### Therapist's instructions

Position the patient in supine with their feet on a large ball. Instruct the patient to lift their bottom up while keeping the ball still.

### Client's instructions

Position yourself lying on your back with your feet on a large ball. Practice lifting your bottom up while keeping the ball still.

### Progressions and variations

Less advanced: 1. Decrease the height of the lift. More advanced: 1. Sustain the lift. 2. Perform the exercise using one leg.

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## Cat stretch

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**Therapist`s aim**

To stretch or maintain range in the spine.

**Client`s aim**

To stretch or maintain range in your spine.

**Therapist`s instructions**

Position the patient in four-point kneeling. Instruct the patient to flex their spine and head then extend their spine and head.

**Client`s instructions**

Position yourself on your hands and knees. Practice arching (rounding) your back up as you bend your head down, then drop your back down to the opposite position and lift your head up.

**Precautions**

1. Avoid hyperextended spinal positions.

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## Combination of hip flexor and trunk side-flexor stretch

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**Therapist`s aim**

To maintain or improve range of motion and stretch tight tissue in the axilla, flank, lateral trunk and arms.

**Client`s aim**











To stretch tight tissue in your armpit, flank, lateral trunk and arms.


**Therapist`s instructions**

Position the patient in half-kneeling with one knee bent in front of them. Instruct the patient to lean forwards at the hips, keeping the trunk and head upright. Lift one arm up above their head and lean sideways towards the opposite arm. The patient might need to adjust their position to receive maximal stretch over the armpit, flank, lateral trunk and arms. This will be individual to each patient and their area of tightness.

**Client`s instructions**

Position yourself kneeling on one knee with your other knee bent in front of you. Lean forwards at your hips, keeping your trunk and head upright. Lift one arm above your head and lean sideways towards the opposite arm. Change your position so that you receive maximal stretch over your armpit, flank and arm as instructed by your physiotherapist.

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