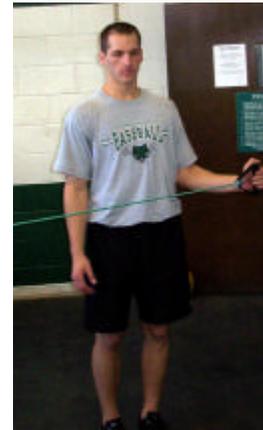
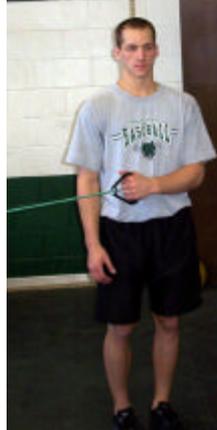


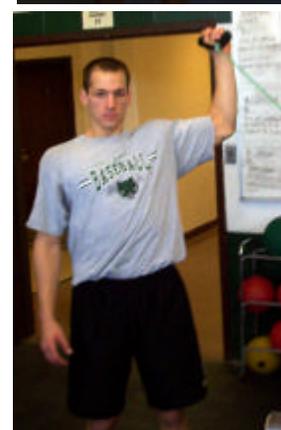
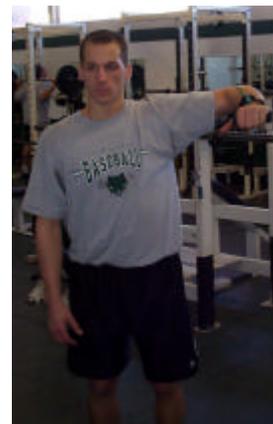
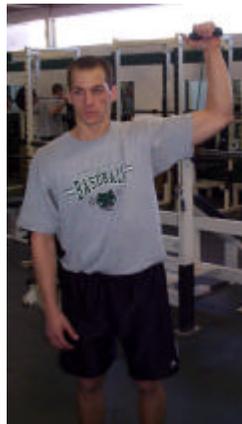
ROTATOR CUFF EXERCISES

Internal/External Rotation:

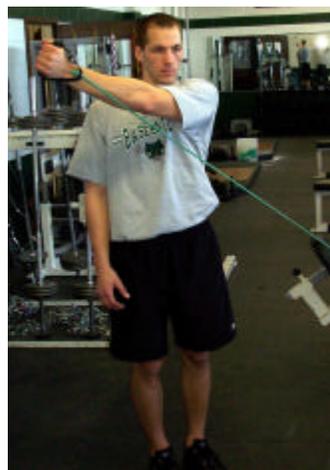
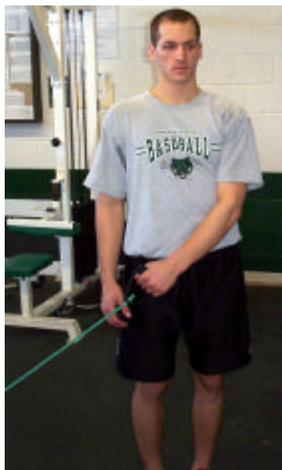
This exercise will be done using a thera-band or tubing with handles. Grab the band with one hand with your elbow pinned to your side. Internal rotation consists of pulling the band towards your body, and external rotation consists of pulling the band away from your body.



90-degree Internal/External Rotation: This exercise will be done using a thera-band or tubing with handles. Grab the band with one hand, and raise your arm in the air forming a 90-degree angle. Internal rotation consists of pulling the band down towards the ground, and external rotation consists of pulling the band back behind your head.



Crossover: This exercise will be done using a thera-band or tubing with handles. Attach the band to something that is a few inches off the ground. Using your left arm first, start with the band near your right hip. Keeping your arm straight for the whole movement, pull the band across your body until your arm is completely extended above your head on your left side. After completing the prescribed number of repetitions, start the band near your left hip and pull the band across your body until your arm is completely extended on the right side of your head. After completing repetitions with your left arm, perform the same two exercises with your right arm.



LOW BACK EXERCISES

Opposite arm and leg on swissball: Lay on a swissball so that your lower abdominal area is contacting the ball, and your hands and feet are touching the floor. Raise your left arm and right leg at the same time straight up until they are parallel with the floor, and then return them back to the floor. Next, lift your right arm and left leg at the same time straight up until they are parallel with the floor. Continue to alternate sides for the prescribed number of repetitions.



Same arm and leg on

swissball: This exercise will be performed the same way as opposite arm and leg on the swissball, except that you will raise your left arm and left leg together, and then your right arm and right leg together.



Back Hyperextensions

(Hypers): This exercise will be performed on a back hyperextension machine. Get into the machine with your legs straight and feet locked in, so that your upper thighs are in contact with the pad. Bend at your waist until your upper body and lower body are at a complete 90-degree. Rise back up until your whole body is parallel with the floor, pause, and then return back to the starting position.



Goodmornings: Sit on a bench holding a straight bar across the back of your shoulders, and point your knees out at an angle. Pinch your shoulders back and arch your low back keeping your back flat for the entire movement. Bend at your waist and slowly lower your upper body toward the bench. Once you cannot go any further still keeping your back flat, rise back up to the starting position.



MED BALL EXERCISES

Sit Up Side to Side: Hold a med ball in both hands with your knees bent and feet flat on the floor. Perform a full sit up. When reaching the top point of the sit up, twist and touch the med ball to the floor on one of your sides, and then slowly lower yourself back to the floor. Perform another sit up, and touch the med ball to the floor on the opposite side. Continue to alternate sides for the prescribed number of repetitions.



Sit up and grab: This exercise is done with a partner. You start on the floor with your knees bent and feet flat on the floor while your partner is right in front of you holding a med ball. Do a full sit up and grab the med ball, and then return to the floor holding the med ball at chest level. Perform another sit up and give the ball back to your partner, and then return back to the floor without the med ball. Repeat this sequence for the prescribed number of repetitions.



See Saw: This exercise is done with a partner. Both people are sitting on the floor with their knees bent facing each other and their feet interlocked. One partner sits up with the medicine ball over their head and tosses it to their partner above their head as they come up. The partner catches the medicine ball over their head, lowers them self to the floor, and then sits back up and tosses it back to their partner. Repeat this sequence back and forth for the prescribed number of repetitions.



Seated Side Toss: This exercise can be done with a partner or against a wall. Sit down on the floor with your legs straight in front of you. Your partner or the wall should be about 10 feet away from where you are sitting. Cradle a med ball with both hands. Twist to one side and then rotate your torso through and release the ball on your other side to your partner or against the wall. Catch the ball from the wall or your partner, and repeat this sequence. Perform the prescribed number of repetitions to this side, and then perform on the other side.



Standing Side Toss: This exercise will be performed the same way as seated side toss, except that you will be standing, and will use the wall instead of a partner. To start the exercise, stand straight ahead so that the wall is on your side about 10 feet away.



Around the Worlds: Sitting on the ground with your legs out straight, take a med ball and twist to your left as far as you can and place the ball directly behind your back. Turn and twist the other way, and pick up the med ball on the other side, and repeat this sequence. Perform all repetitions to your left, and then repeat the sequence to your right.



Knee Ups with Med Ball: This exercise is performed in a Roman Chair, or hanging from pull-up bar. Place a med ball between your feet, and hold it by squeezing your feet together. Bring your knees straight up toward your chest, and then lower them back down until completely extended without touching the floor.



Chest Pass: Perform this exercise like a basketball chest pass. Throw the med ball against a wall or to a partner as quick as you can for each repetition.



Overhead Toss: Perform this exercise like a basketball overhead pass. Throw the med ball against a wall or to a partner as quick as you can for each repetition.



ABS WITH SWISSBALL

Double: Put your legs on top of a Swiss ball and squeeze the ball to your hamstrings. Bring your knees toward your chest, which will cause the ball to rise off the ground. When your knees are coming toward your chest, crunch with your upper body bringing your elbows and knees together.



Leg Lifts: With your legs fully extended and your hands underneath your butt, put your lower legs on each side of the ball and squeeze. Perform a leg lift so that the ball comes off the ground.



Feet on wall: Sit on a Swiss ball about 2 feet away from a wall. Roll down the ball so that your low back is on the ball and your upper body is raised up. Place your feet on the wall and perform a crunch.



Crunches with a band: Rest your low back on a Swiss ball with your chest raised up and your feet flat on the floor. Using a thera-band, hold each end of the band with your hands directly beside each side of your head. Your partner will hold the band behind you. Perform a regular crunch keeping your arms still and focusing on using your abdominals. To perform a crossover crunch put both of your hands to one side of your head, and cross your shoulder over.



OTHER ABS

Abdominal stability: This exercise is performed in 4 different positions being held for :20 to :30 seconds in each position. The key to this exercise is contracting your whole body especially your abdominals to create stability. The first position is like being in a pushup position, only you hold yourself up by having your fore arms flat on the floor instead of your hands. The second position is on your side with your right forearm flat on the floor. The side of your right foot is contacting the floor, with your left leg stacked on top of your right leg. The third position is done the same way as the second position on your other side. Hold yourself up with your left forearm, and have your right leg stacked on your left leg. The last position is started by lying on your back with your knees bent and feet flat on the floor. Raise your hips up so that only your shoulders and feet are touching the floor.



Abs on hyper: Get into a hyper machine sitting on your butt, with your legs straight, and your feet locked in. Slowly lower yourself backward so that your entire upper body is parallel with the floor, and then sit back up.



Partner twists on bench: Lay on your side on a bench with your legs stacked on top of each other. With your torso hanging off the edge of the bench, have your partner sit on your lower legs. Cross your arms across your chest and slowly lower your upper body toward the floor. Before touching the floor rise back up and twist. Perform all repetitions, and then switch sides.

