



<https://depts.washington.edu/hhpcweb/content/clinics/physical-therapy/main>

Seattle, WA, United States

Provided by Brenda McKenzie, MPT, COMT

Contact date 4/6/2015

Back/core strengthening:

1. Laying on the ground or table with head in neutral.
2. Tighten your tummy/core muscles
3. Slightly lift your leg off the ground while keeping the pressure in your hip/pelvis symmetrical.
4. Slowly alternate sides while focusing on keeping your hips, core and back from rotating/moving.

*Be careful NOT to lift your leg TOO high that you extend in your back!



©PhysioTools Ltd



©PhysioTools Ltd

Beginner Plank:

1. Assume plank position on your forearms or palms and knees
2. While keeping your hips in a straight line between them Hold

position for _____ Seconds or until you are unable to keep the proper alignment.

Plank:

1. Assume plank position either on your forearms or hands and your toes.
2. Keeping your hips in line with your shoulders and feet, hold position for _____ seconds OR until you are unable to maintain correct alignment.



©PhysioTools Ltd



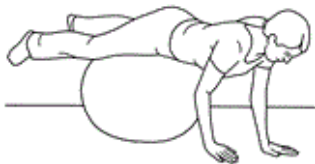
©PhysioTools Ltd

Advanced Plank:

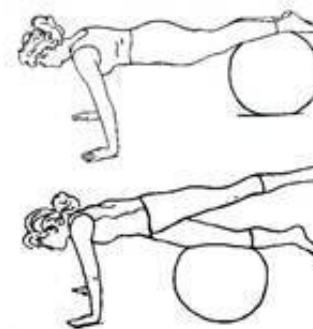
1. Assume the plank position either on your forearms or palms and toes.
2. Keeping your hips/pelvis in line with your shoulders and toes slightly lift one foot up down without letting your trunk/hips rotate or without your butt in the air.
3. Repeat kick for _____ reps OR _____ seconds until you are unable to maintain proper alignment.

Plank on Ball:

1. Laying on the ball slowly walk out on your hands out so that the ball is either at your hips (beginner) or at your feet (advanced).
2. Keeping your elbows straight and hips/pelvis in line with your feet hold for _____ seconds or until you are unable to maintain the proper form.



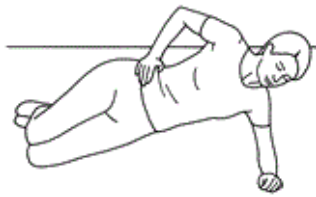
©PhysioTools Ltd



Advanced Ball Plank:

1. Laying on the ball, slowly walk your hands out so that the ball is at your thighs (beginner) or lower legs/feet (advanced).
2. Keeping your hips/pelvis in line with your feet slightly lift a leg off the ball making sure NOT to allow your hips/trunk to rotate or butt stick up in the air.
3. Repeat _____ reps OR _____ seconds until you are unable to keep the proper alignment.

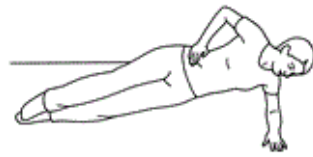
* if only able to do for a few reps or seconds, hold Beginner ball plank until you have reached your max time or 60 seconds to work on improving your endurance.



©PhysioTools Ltd

Beginner Side Plank:

1. Assume side plank position either on your forearm or palm and knees.
2. With your shoulders above your elbow, lift your hips off the ground keeping your head in neutral and your hips in line with your body (straight line from your shoulders to your knees and middle of waist in line with your sternum).
3. Hold position for _____ seconds or until you are no longer able to maintain proper alignment.



©PhysioTools Ltd

Advanced Side Plank:

1. Assume the side plank position resting on your forearm or hand and feet.
2. With your shoulders over your elbow, lift your hips off the ground keeping your heads in neutral and your hips in line with your body (straight line from your shoulders to your knees and middle of your waist in line with your sternum).
3. Hold position for _____ seconds or until you are no longer able to maintain the proper alignment.

* if you can only do for a short time, go to your knees and hold for total time of 60 seconds working on your endurance.



©PhysioTools Ltd

Bridge:

1. Laying on your back with your knees bent and arms at your side.
2. Lift your hips off the floor as high as you can without your hips/back rotating.

Repeat _____ reps.

* can make more challenging by changing the positions of your arms
A) arms across chest B) arms up in the air.



©PhysioTools Ltd

Bridge: Marching or Single legged

Marching-

1. Laying on your back with your knees bent and arms at your side.
2. Lift your butt off the floor as high as you can without letting your hips or back rotate.
3. While keeping your hips or back in neutral, lift one leg off the ground as shown. Return to start and repeat on other side.

Single legged-

1. Laying on your back with your knees bent and arms at your side.
2. Straighten one leg so that your thighs are parallel.
3. While keeping your thighs parallel lift your hips off the floor without letting your hip or back rotate.
4. SLOWLY lower your hips back to the floor and repeat.



©PhysioTools Ltd

Ball Bridges:

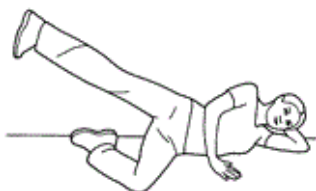
1. Laying on your back resting your legs on the ball (if the ball is closer to your butt it will be easier than if the ball is just under your heels).
2. With your arms down at your side, slowly lift your butt off the floor trying to have minimal to no movement in the ball. Repeat until you are fatigued or unable to keep the ball still.



©PhysioTools Ltd

Advanced Ball Bridges:

1. Laying on your back place your legs on the ball (if the ball is closer to your hips it will be easier than if the ball is under your heels).
2. With your arms down lift your butt off the floor keeping your hips and back from rotating.
3. With your hips in line with your shoulders and your feet, lift one foot off the ball with as little motion in the ball and w/out rotating in your trunk.
4. Return leg to the ball, hips down to the floor and repeat with the other leg.



©PhysioTools Ltd

Sidelying hip abduction/glut medius strengthening:

1. Laying on your side with your hips pointed up to the sky, the bottom leg bent for support, the top leg straight and in line with your shoulders and hips (OR slightly behind).
2. With your foot in a 90 degree position and toes pointing forward, slowly lift your leg up towards the sky keeping the alignment in your leg and foot.
3. Slowly lower back down and repeat.



©PhysioTools Ltd

Standing Hip abduction/glut medius strengthening:

1. Standing with either a band/pulley around the lower leg farthest from the wall.
2. Place the leg WITHOUT the band IN FRONT of the band/pulley.
3. Standing up tall and shoulders over your hips.
4. While keeping your toes pointed forward, slowly move your leg out to the side and SLOWLY back.

An affiliation of UW Neighborhood Clinics.



<https://depts.washington.edu/hpccweb/content/clinics/physical-therapy/main>

Seattle, WA, United States

Provided by Brenda McKenzie, MPT, COMT

Contact date 4/7/2015



©PhysioTools Ltd

Hip Flexor & Quadriceps stretch

Start in a kneeling position, putting your front leg on the floor. Prop up your arms on your knee to stabilize your trunk. Push your hips forward until you feel a stretch in your hip flexors. Can progress by: A) pulling the foot on your back leg up to you butt B) Reaching the arm on the same side that you are stretching, up towards the sky.

Avoid an arched low back by tightening your stomach muscles!



©PhysioTools Ltd

Hip Flexor & Quad stretch:

Stand straight with one knee bent and the foot supported on a stool as in the picture. Slowly bend the front leg while keeping your trunk tall and straight to feel a stretch in the back leg quad and hip flexors.

Can modify by: using a large therapy ball and rolling the ball back while flexing the front leg/knee.



©PhysioTools Ltd

Hip/Glut stretch:

Bend the leg to be stretched towards your chest and then Pull your knee towards the opposite arm. You should feel the stretching on the back of your thighs and buttock. Hold approx. 20-60 sec. - relax.



©PhysioTools Ltd

Figure "4" Hip/Glut Stretch:

Lying on your back with knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.

Bring your thigh towards your stomach. Feel the stretch in you buttock. You can intensify the stretch by applying a downward force on the knee of the leg that you are stretching.

Repeat _____ times.



©PhysioTools Ltd

Back & Hip Stretch:

Lying on your back with one leg bent. Arms out to the side in a "T". Looking to one side, bring a bent knee over the other leg and push your knee against the floor with the opposite hand or just let gravity pull it downward. You will feel the stretching in your lower back and bottom. Hold approx. 20- 60 secs. - relax.

Repeat _____ times.



Pectoral Stretch:

1. Stand in a corner about 1-2 feet from wall with hands and forearms on wall in one of the three positions.
2. STEP into corner so that you feel a stretch
3. Vary the stretch by moving elbows above or below shoulder height
4. Hold for _____ 20-60 _____ seconds



©PhysioTools Ltd

Pectoral/Shoulder stretch:

Stand next to a corner or pole. Bend your elbow and support the forearm against a door frame or corner. Gently rotate your upper trunk away from the arm until the stretching can be felt in the chest muscles. Stretch approx. 20 secs. Modify stretch by changing the height of your elbow.

Repeat _____ times.



©PhysioTools Ltd

Calf stretch:

Stand facing a wall. Put your foot against the wall keeping your heel on the floor.

Keeping your knee straight bring your pelvis forwards and feel the stretch in your calf.



©PhysioTools Ltd

Hamstring stretch:

Sit on the edge of a chair /bench with one leg straight in front of you. Keeping your back tall and straight lean forward until you feel a slight stretch. Remember: flexing your trunk/spine DOES NOT stretch your hamstrings...it flexes your spine!

Hold _____ seconds.

Repeat _____ times.

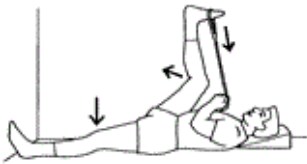


©PhysioTools Ltd

Standing Hamstring Stretch:

Stand with the leg to be stretched on a footstool/chair/step (height determined by you being able to keep your pelvis in neutral) Keep your knee straight, toes pointed forward on the back foot and up on the front foot. With your back straight & tall bend your upper body forwards from your hips. You should feel the stretch behind your knee and thigh.

Repeat _____ times.



©PhysioTools Ltd

Hamstrings:

Static-
Start in a lying position. Keeping one leg extend out on the floor. Put a band around your other foot with your knee slightly bent. Straighten your leg slowly until you feel a stretch in your hamstring. Hold.

Actively tighten your stomach muscles and keep your back flat to isolate the hamstrings.

Dynamic-
Same position as above. However, rather than use a strap around the foot hold your thigh. Slowly kicking your foot up to the sky until you feel a slight stretch in the leg. Repeat the kick in a small range of motion where you will feel the stretch not feel the stretch. This will slowly warm up the muscle while working on elongating the hamstring range.
Repeat 20-40xs