

Handout 1: (Performed Weeks 0-1)



Awareness Drill

Begin on hands and knees (hands positioned under shoulders and knees under hips), with palms on the floor with elbows extended. Extend your lower back by pushing your belly button toward the ground.



Then, flex your lower back by arching your back up toward the ceiling like an angry cat.



Finally, try to find a 'neutral' position midway between the flexed and extended positions. Practice this a few times before progressing to the next exercise.



Awareness Drill—Progression

Begin on hands and knees (hands positioned under shoulders and knees under hips), with palms on the floor with elbows extended. Hold the neutral spine position while extending one leg, and then the other.

Brettzel 3.0

Begin in a modified side sitting position with both knees bent and both feet to your left side.



Put your right elbow down on the ground, then reach across your body with your left arm. Your left hand should be extended and rotated away from you. Take 5 breaths in this position, trying to reach forward as far as you can with your left palm.



Plank Drill

Begin with palms on floor, elbows extended, feet shoulder width apart (just like the top of a push up).



Drop down to your elbow on the right side, then the left side. Then, come back up to an extended elbow on the right, and then left-- to return to your starting position.



41

417

Handout 2:

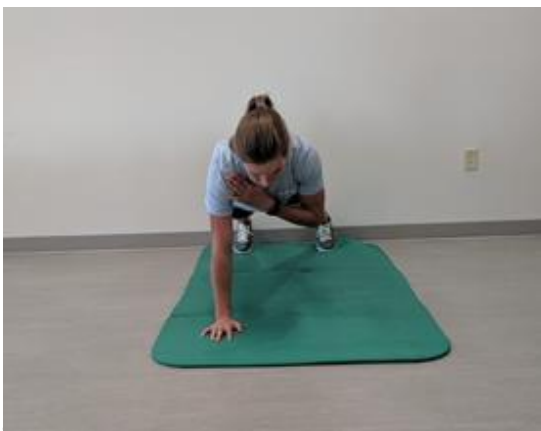


Shoulder Tap

Begin with palms on floor, elbows extended, feet shoulder width apart (just like the top of a push up).



Tap one hand to the opposite shoulder while maintaining neutral spine. Repeat on the other side.





Chops
Begin by kneeling on both knees, with your left shoulder facing a resistance band that is closed in the top of a door.



Pull the band towards your right hip, keeping a neutral and tall spine. Turn your right shoulder toward the band and repeat on the opposite side.

Face the opposite direction and repeat on the opposite side.



Lifts

Begin by kneeling on both knees, with your left shoulder facing a resistance band that is closed in the bottom of a door.



Pull the band from floor and lift up towards the right shoulder, keeping a neutral and tall spine. Turn your right shoulder toward the band.

Face the opposite direction and repeat on the opposite side.



Eccentric push up with assistance
Begin in the top of your push up position with a resistance band placed just under the arms.



While maintaining your neutral spine position, slowly lower yourself down to your chest.

421

422

Handout 3:



Turkish get up

Begin lying on your back with the right knee bent and the right arm extended up toward the ceiling, balancing a shoe on a neutral wrist with your thumb tucked inside. The opposite arm and leg are pointing slightly away from your midline.



Roll up to the left elbow, keeping chest up and staying tall through your left elbow.



Then, extend the elbow to prop up on to your hand, with your fingers pointing behind you. Keep your chest up and stay tall through your hand.



Finally, lift your hips up toward the ceiling. Make sure your belly button is pointed directly at the ceiling.



Bear crawls

Begin on hands and knees (hands positioned under shoulders and knees under hips), with palms on the floor and elbows extended. Holding the neutral spine position, lift both knees off the ground so that you are hovering just above the floor.

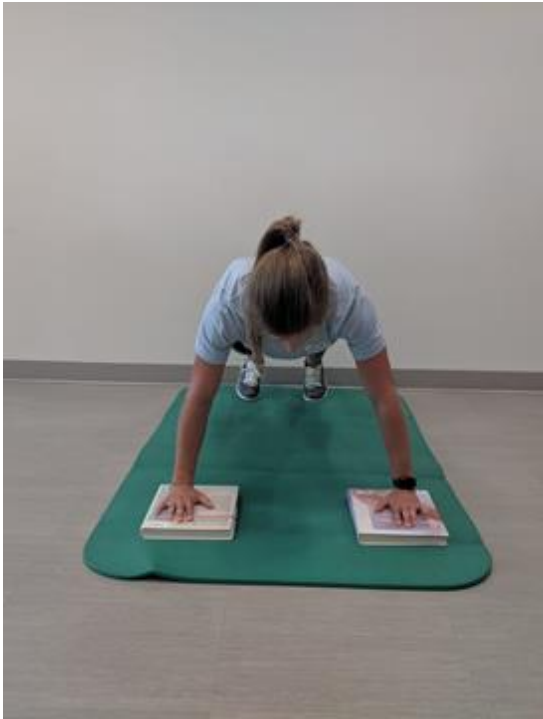


Holding this hover position, move your right arm and left leg forward so that your left knee nearly touches your left elbow.



Then move your left arm and right leg forward.

Repeat this exercise forward and backward.



Elevated eccentric push up

Begin at the top of your push up position with a neutral spine, with hands on an elevated surface (approximately 1-2 inches off the ground ex: two textbooks of similar size).



While maintaining your neutral spine position, slowly lower yourself down below the textbooks until your chest touches the ground.