

MON	TUE	WED	THUR	FRI	SAT	SUN

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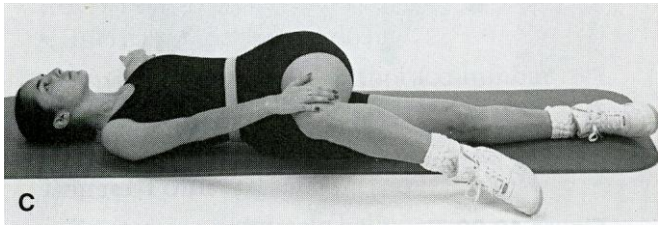


Exercises for

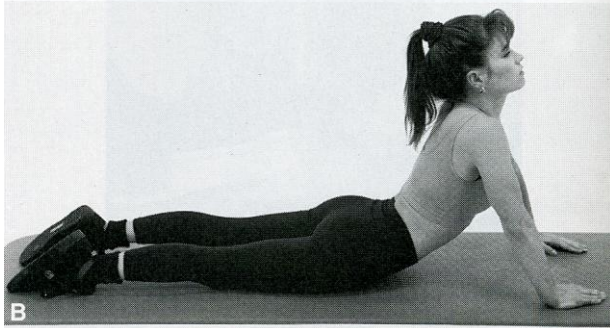
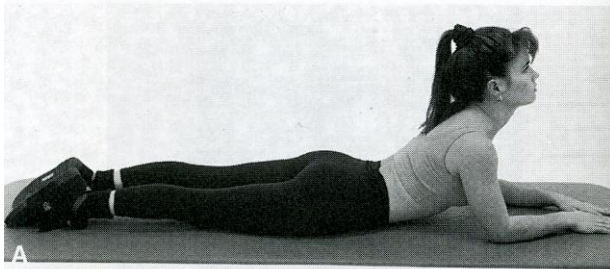
Started on

Clinic details:
 Phone: 9873 7373
 Shop 6, 432 Mitcham Rd
 Mitcham 3132

Stretches



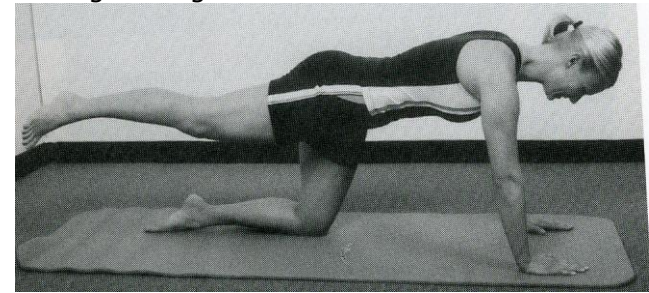
Hold stretch for 20 seconds
Swap sides and stretch for 20 seconds



Hold stretch for 20 seconds

Then repeat both stretches

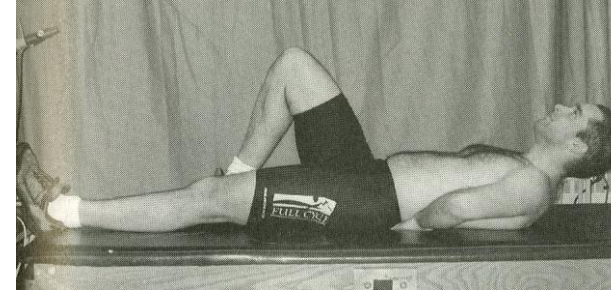
Strengthening exercises



- Start with both knees and hands on the ground, with slight lordosis (back arch)
- Perform abdominal brace
- Reach back/sweep the floor with the leg until the leg is inline with the back, without increasing the arch or rotating the spine

Each leg lift should take 10 second from start to finish with a hold at the top, **not quicker.**

Repeat 5 times then swap leg and another 5 times



- place hands in the small of the back with elbows resting on mat,
- one knee bent, one straight
- perform abdominal brace
- raise trunk up from just below the shoulder blades, without flexing the lower spine, hinging at xiphoid.
- Holding each contraction for 10 second
- Repeat 5 times
- Swap legs do again