

# 2017 COS ANNUAL MEETING AND EXHIBITION—HOME EXERCISES

## UPPER BODY



### Push Up

From a push up position. Lower whole body down to floor. Press up to return to start position. Maintain abdominal hollow and neutral spinal alignment throughout movement.

Note: Perform with hands on stairs or with knees bent to make the exercise easier



### Bent Over Row

Bend at the hips and rest one knee and one hand up on a weight bench or table. Allow weight in opposite hand to hang down freely. Pull weight up to side of rib cage squeezing through the mid back. Do not allow upper back to twist during exercise.



### Modified Pull Up

Perform this task on the Smith Machine or any location where you can establish this position. It is important to maintain an erect spinal position (do not allow body to collapse) and draw your body up to the bar ensuring it comes across the top of the chest and your elbows are tucked under the shoulders at the side of the body. Keep shoulders relaxed.

Note: If applying this exercise is not an option, ask about a seated row or lat pull down



### Side Lying Shoulder Raise

Hold dumbbell out in front while in side lying. Raise dumbbell up towards ceiling and lower back to start position.



### Ball Forearm Roll

Apply pressure to the ball with outer forearm. Raise hand upwards while stabilizing ball against wall and then lower back to start position.

## Lower Body



### Dumbbell Squat

Standing in readiness position, feet outside shoulder width and rotated outward to a comfortable position. Bend the knees and lower body down into a squat position while maintaining the arch in the low back. Do not allow knees to bend past 90° (approximately chair height).

Squeeze the buttocks and keep body centered over the ankles to raise up to the starting position.

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## LOWER BODY/CORE (continued)

### Squat – Ball



Standing with ball just below small of the back and feet placed slightly in front. Lower body down into a squat position (do not bend knees passed 90° approximately chair height) letting ball guide movement. Push up to starting position and repeat.

Note: Regarding your knees, stay within a pain-free range of motion. Once you notice an ability to go lower, do so up to 90 degrees (as if sitting on a chair) Also perform one set with the hips slightly turned outward (externally rotated)



### Lunge

Stand tall maintaining readiness position. Step forward with one foot (does not require to be longer than a normal stride, most of the load is displaced between the mid-foot and heel). Keeping upper body upright, slowly lower body within a comfortable and painfree range of motion. Front knee should not bend past 90°. With control, return to starting position.



### Supine Bridge – Hip Extension

Lie on back with knees bent and feet flat on the floor. Place arms 45° at sides with palms up. From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position. Shoulder blades should remain on floor. Hold at end position, then lower and repeat.



### Hip Hike (also part of CORE muscles)

Weight bearing knee slightly bent, elevate hip



### Side Step Walk

Maintain neutral posture, and knees soft. Lead with heel in side step motion. Slightly turn hips (feet) inward and weight shift as each step is taken.



**Hip Series of Movements #1** (total of four for the outer thigh) - Perform these exercises one after the other without resting, meant as an endurance exercise. 10– 20 repetitions of each

Do not move the spine, focus on hip/limb movement. Limb Lift Low elevate 6-8 “)

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## LOWER BODY/CORE



**Hip Series #2** 10– 20 repetitions of each **Hip Flexion/Extension**, allow the knee to bend as it passes behind you, when passing in front maintain a straight/extended knee and dorsiflexion. Do not move the spine, focus on hip/limb movement.



**Hip Series #3** 10– 20 repetitions of each **Hip Circles**, maintain a straight/extended knee with the heel pointing upward. Perform circles clockwise and counter-clock wise. Do not move the spine, focus on hip/limb movement.



**Hip Series #4** 10– 20 repetitions of each Do not move the spine, focus on hip/limb movement. Limb Lift High as possible without compromising the position of the spine and maintaining straight/extended knee with the heel pointing upward.

### Spinal Extension



Lying on stomach with arms over head and thumbs pointing up to ceiling. Maintain a slight chin tuck position (avoid looking up with head) and raise chest slightly up off the floor. Hold, lower and repeat.

**(Beginner)** Lying on stomach with arms at side of body 45°, rotate palms outward so that thumbs point to ceiling. Maintaining a slight chin tuck position (avoid looking up with head) squeeze mid back and raise chest up off the floor. Hold, lower and repeat.



### Side Laying – Plank – Knees Bent

Lying on one side with knees bent keeping knees, hip and shoulder in line. Support upper body on elbow, placing elbow directly under shoulder. Raise hip up off floor. Avoid rotating forward or backward. Increase challenge with straightening top leg, then work to both legs.



### Prone Plank – Knees Bent

Support body in a half plank position with forearms shoulder width apart and knees together. Keep a straight line through the knee, hip and shoulder. Maintain abdominal hollow. Hold for 2-5 secs and repeat

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## CORE



### Seated Shoulder Ext Rot (vary angles)

Keep shoulder relaxed and rest elbow on knee, perform motion without shrugging shoulder or bending wrist.

## RANGE OF MOTION



### Lunge with OH Rotation Spinal Twist

Begin standing upright, take a step back (reverse lunge) and rotate (spine) body to opposite side and looking to the same direction. Ensure weight is evenly distributed between both feet.

Note: This is a motion that is to be performed slowly and with gradual increments.



### Standing Lateral Flexion

Place outside leg behind inside leg (as in picture). Keep body perpendicular to wall. Tuck inside elbow into body and hand flat on wall. Place outside hand onto wall and pull body away without removing hands from wall. Can be done daily 2-3x holding 1-2 secs each.



### Wall Shoulder Press—challenge is to have posterior aspect of upper limb in

full contact with surface.

**On floor**, have knees bent and perform arm/shoulder slide motion within a "pain-free" range of motion. **On wall**, have knees slightly bent and perform motion as per. For advanced motion, perform on floor facing downwards with arms elevated.

Note: Perform laying on floor supine, for beginners with advanced option using foam roller length wise head to buttock



### Hip Circles

Perform circles and figure "8" movements. Keep motion in the hips, not the entire body. Knees should be slightly bent (horse riding stance).

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## Serving Tea

### Serving Tea Part 1:

With feet shoulder width apart and knees soft, have shoulders relaxed and palms resting at the hips facing upwards. Begin by drawing palm across body reaching as far as possible. Palms must remain facing upwards and shoulders relaxed.



### Serving Tea Part 2

Continue palm in a swooping motion to opposite side of body (as though serving tea) always extending outward as tolerable. Continue around to behind shoulders. Palms must remain facing upwards and shoulders relaxed while keeping a neutral spine.



### Serving Tea Part 3

Continue circular swoop pattern while maintaining relaxed shoulders and palms facing upwards.

Return to start position, and repeat to opposite side.

## Guidelines Sets/Reps

Upper /Lower/ Core—can be performed 1-2x/week 5-10 repetitions: allow for one day rest before repeating the same exercise

Range of Motion—Can be performed daily 5-10x or as tolerated

**...if these do not work for you TAKE A HIKE! LITERALLY! THE GREAT OUTDOORS AWAIT.**