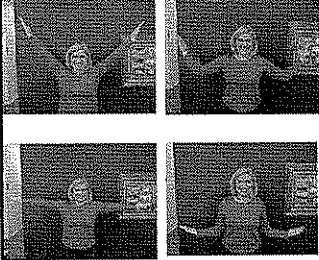
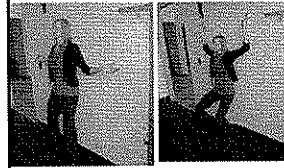


## Y-W-T-L



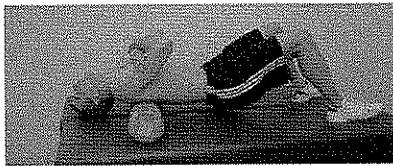
- Stand with legs shoulders width apart.
- Bring your head back and squeeze your shoulder blades together.
- Tighten your abdominals and your glutes.
- Bring your hands up in the air with your thumbs pointing behind you.
- Use your arms to make a "Y" and hold for 10 sec.
- Move your arm to make a "W" "T" and "L," holding each for 10 sec.

## Wall Angel



- Stand with feet about 4 inches from the wall
- Shoulders back, arms, head, back, buttock against wall
- Arms at the side and bent at the elbow
- Thumb side of arm against wall
- Flatten back against wall
- Bend into a squat while keeping your hands in the same place

## Mid Back



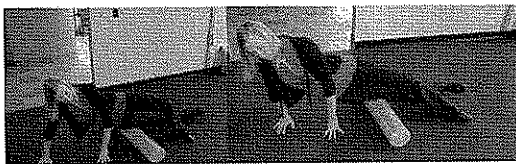
- Place the foam roll in the mid back.
- Keep low back straight.
- Roll up and down the mid back slowly from the top of your shoulders down to the bottom of your ribs.
- Arms can be crossed or brought out to your sides with palms up.
- Helps with thoracic extension, shoulder motion.

## Glutes



- Sit on side of glute area w/ ankle of opposite foot across quad.
- Balance on hand and one foot holding "hot spots" until pain diminishes.
- Roll from top of glute to middle.

## IT Band



- Begin w/ roller at hip bone on your side. Keep body perpendicular to ground. Balance on forearm.
- Slowly roll to find "hot spots"
- Change emphasis slightly by rolling side to side.

## Hamstrings



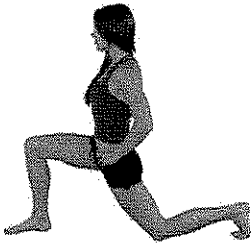
- Balance on hands and feet rolling the upper hamstring area.
- Balance on hands to work hamstrings from glute to knee.
- Cross one foot over the other to emphasize one side.

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## Hip Flexor Stretch



- Stand in a fencers stance.
- While keeping your back straight, lower your back knee down toward the ground.
- Raise the “back leg” arm into the air for an additional stretch.

## Hamstrings Stretch



- Standing, foot up on a table/stool.
- Keep the spine in a neutral position.
- Keep the standing toes pointed forward.
- Bend the standing knee to increase stretch.

## Piriformis Stretch



- Stand with one leg and knee on the table.
- Keep neutral spine.
- Bend the standing knee to increase stretch
- Lean in 3 directions (forward, toward knee, toward ankle) to change stretch angles.
- Bend from hip not spine if needed.

## Quad/ Hip Flexor Stretches



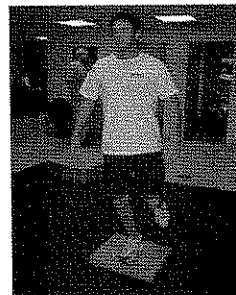
- Put the top of one foot on table with spine straight.
- Bend the standing knee, move straight down to stretch quads.
- Lunge forward, keeping the spine straight to stretch hip flexors.

## Hip Hikes



- Stand on a step with one leg held free of the bench.
- Keeping your standing leg (the one on the bench) straight (no knee bending!)
- Raise your free hip directly upward.
- Hold for 30 sec.
- Repeat on the other side.

## Ankle Stability



- Stand on one foot with your knee straight to target the ankle.
- Then bend the knee to focus on knee and hips.
- Start with shoes on looking straight ahead.
- Hold for 20 sec and slowly increase to 2 min.
- Try barefoot, on grass, on foam pad or wrestling mat, finally try Bosu ball.
- To increase difficulty, close your eyes.

## Core Tightening



- Lie flat on your back, knees bent.
- Contract your abs all the way for around your waist as if someone is going to punch you in the stomach.
- Hold for a count of 10. Repeat 2-3 times.
- Remember to breathe!

## Side Bridge

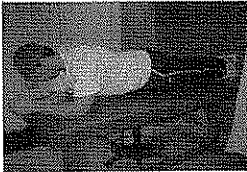


Beginner Bridge



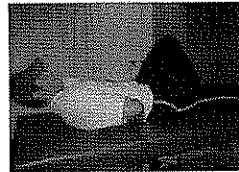
- Lay on your side supporting yourself with the arm (elbow) and feet.
- Spine should be straight
- Feet may be in a scissor stance or stacked.
- To decrease intensity, start on your knees and elbow.
- Start by holding for 8 sec.
- Work up to 3 -5 sets of 30-45 seconds.

## Front Bridge



- Assume a position on the elbows and the feet with the spine in neutral position.
- To decrease load, have the shoulders over the elbows.
- To increase load, bring your elbows further forward over your eyes.

## Curl Up



- Lay on your back with neck in a neutral position.
- Place your finger tips under the small of your back to maintain neutral curves.
- One leg straight one bent
- Curl around an axis in your chest, maintaining your low back curve.
- Start by holding for 8 sec.
- Work up to 3 -5 sets of 10-12 repetitions

## Flexion and Extension Exercise



- Get on all fours with arms and knees shoulder width apart.
- Push the top of your back up into the air while dropping your head. Hold for 3 secs.
- Slowly let your belly drop toward the ground and extend your head back. Hold for 3 sec.
- Repeat 10-15 times.

## Bird Dog



- Assume a neutral spinal position on all fours
- Perform a spinal brace contraction to stiffen the spine
- Progress from moving one limb to moving alternate limbs
- Be sure to avoid rotation of the spine

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