

# Mobility

Complete daily for 30-60 seconds  
each (per side, if applicable)

# Single Leg Quadruped Rockback

Begin on all fours, wrists below the shoulders and knees directly under the hips. Extend one leg out to the side, straight out from the hip, with the inside of the foot on the ground. Rock backwards toward the heel of the bent leg. Move slowly and repeat for a duration of time.



# Archer Mobility

Begin next to a wall in half kneeling. Reach both arms straight forward and place palms of hands together. Pull one arm back, keeping the elbow high at the height of the shoulder, then extend the arm straight back. Circle the arm to the starting point and repeat. Perform for 30 seconds per side.





# Hip Mobility Drill

Begin in a high plank position. Bring one leg up to the outside of the shoulder. Keeping the hips steady, rotate the torso and reach the same side hand to the ceiling then down to the ground. Repeat the entire process for the other leg.





# Downward Dog

Begin in a high plank position. Lift your hips toward the ceiling and push your shoulders toward your toes, creating a triangle with your upper and lower body. Alternate bending one leg and trying to reach the other heel toward the ground to stretch into the back of the leg.



# Strengthening

Perform 3-4 times per week. Always rest for 30-60 seconds between sets of exercises. Know your limits. Begin with a light weight and increase when all sets of the exercise can be completed comfortably.

Equipment needed: only a light weight and looped band. If these are not available, simply perform the exercise without it. A waterbottle or can could be used as a weight.



# Plank

(3 sets, hold for 30-60 seconds)

Begin face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor. Engage your abdominal muscles, drawing your navel toward your spine. Keep your torso straight and your body in a straight line from your ears, through your hips, to your toes. This is the neutral spine position.

Ensure your shoulders are down, not creeping up toward your ears. Your heels should be over the balls of your feet.



# Deadbug

(3 sets, 6-8 reps per side)

Begin in tabletop position lying on your back, knees stacked over hips and ankles in line with knees at a 90-degree angle. Arms reach straight overhead, in line with shoulders. Keep back planted flat on the ground and core braced. Reach left arm straight back over head toward the wall behind you and extend right leg forward, keeping leg elevated off the floor.

Slowly bring left arm and right leg back to the starting position at the same time. Repeat on the other side.

If needed, begin doing only one limb at a time and then progress as comfortable.





# Side Plank Lifts

(3 sets, 6-8 reps per side)

Begin lying on your side with your shoulders, hips, and ankles stacked on top of each other and in a straight line. With your hand perpendicular in front of you and your elbow under the shoulders, lift your hips off the ground. There should be a straight line through your nose down to the point between your feet.

If needed, bend the bottom leg to 90 degrees.





# Side Lying Shoulder External Rotations

(3 sets, 6-8 reps)

Begin in side lying with the knees bent for stability. Rest your top elbow on your ribs. Holding a light weight, rotate the arm up as high as possible without moving the upper arm from its position. Slowly lower the arm back down.



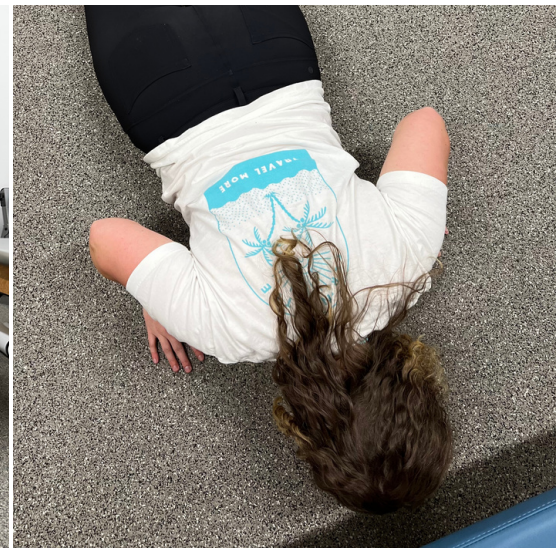


# Push-Ups

(3 sets, 8-12 reps)

Begin in a high plank position with the hands just outside the width of the shoulders. While maintaining a steady core and lower body, bend the elbows and lower your body toward the ground. The elbows should stay close to your body and in line with your wrists.

If needed, perform from the knees or elevate the hands on a higher surface.



# Wall Slides

(3 sets, 8-12 reps)

Begin with forearms and palms on the wall, about an upper arm's width from the wall. Slide your arms up the wall while maintaining contact of your forearms and elbows with the wall. Before pulling the arms back down, engage the muscles under the shoulder by imagining you are trying to squeeze an orange in your armpits.





# Hinge

(3 sets, 10-12 reps)

Begin with feet hip width apart, toes pointed forward.

Maintain vertical shins (knees directly over the ankles), and push your hips backwards. Hands can slide down legs, be held overhead, or be placed behind your head. Your back should be straight, not rounded or arched.

Once performed with proper movement, weight can be added.





# Lateral Band Walk

(3 sets, 10 reps per side)

Keeping the band flat, not bunched, place the band just above each ankle and wrapped around both legs.

Position your feet shoulder-width apart. Bend your knees slightly and move into a half-squat. Keep your feet in line with your shoulders and face forward with your body weight evenly distributed over both feet. Maintaining the half-squat, shift your weight over one leg and take a step sideways with the other leg. Move sideways, keeping your hips level. Maintain a low, forward-facing posture. Your back should be straight, not rounded or arched.





# Glute Bridge

(3 sets, 10-12 reps)

Begin lying on your back with your knees bent and feet and knees about hip width apart. Be sure to brace your core throughout the exercise. Keeping your feet flat, squeeze your glutes and lift your hips towards the ceiling. Hold for at least one second at the top and then lower the hips down.

Progress to a Single Leg Glute Bridge.



# Squat

(3 sets, 10-12 reps)

Begin with your feet hip-width apart. Bend the knees and hips at the same time, maintaining a braced core. The knees should track in the same direction as the toes. Go as low as comfortable without the back rounding or arching, or lifting the heels up off the ground.

Progress to a Single Leg Squat or Weighted Squat.





# Sissy Squat

(3 sets, 10-12 reps per side)

Begin with your feet hip-width apart. You can use your hands to assist with balance. Elevate the heels like you're doing a calf raise. Engage your core and glutes and push your knees forward and lean your torso back as far as you can control. Pause, and then return to the starting position.





# Tip Toe/Stealth Lunge

(3 sets, 8-10 reps per side)

Begin with your feet hip-width apart, standing on your tiptoes. Take a large step forward and bend the front leg to 90 degrees and let the back knee sink down toward the ground. Step your back leg forward to return to the starting position.

Repeat for the other side.





# Side Lunge

(3 sets, 8-10 reps per side)

Begin with your feet together or hip-width apart. Take a wide step with your left leg to the side. Your stationary foot should stay flat on the ground and slightly turned out. Bend your left knee as you step outward and keep your hips back. Release by pushing off your left foot to return to the starting position. Repeat for the other side.



# Single Leg Balance

(3 sets, 30 second hold per side)

Stand on one leg and raise the other either straight up, back, or out to the side. Hold for a period of time, beginning at your tolerance and then increasing time.

Perform this exercise with and without shoes - this will help the ankle build strength overall and be more functional. Progress to Single Leg Balance on a foam pad or Single Leg Hops.





# Toe Raises

(3 sets, 8-10 reps)

Begin leaning against a wall with your feet at least a foot away from the wall. Lift the arch and ball of your feet off the ground, keeping your heels on the ground. Slowly lower the feet down to the starting position.

Could be progressed to single leg or add weight.





# Single Leg Deadlift

(3 sets, 8-10 reps per side)

Begin standing with your feet hip-width apart and parallel. Lean forward in your hips, shifting your weight onto one leg while your other leg engages and starts to extend straight behind you. Lift your extended leg and pitch your body forward until your body forms a "T" shape. Your arms should be hanging straight down. Keep a slight bend in your standing leg. Slowly bring in your extended leg and return to the starting position. Repeat with the other leg. Once performed stably and comfortably for the entire set, add weight.





