

Exercise Report For:

KCKC



Optimizing Sport Health and
Performance

Provided By:

GREG REDMAN BScPT,
Wave Physiotherapy

Phone:

Fax:

greg@mardaloopphysio.com

www.wavephysio.ca

110- 1900 West Ave

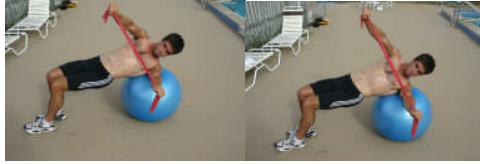
Kelowna,



Comment:

In the end, its extra effort that separates a winner from second place. But winning takes a lot more than that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you dont win, how can you lose?- Jesse Owens

***Bridge with arm work**



- Place your shoulder blade area of your back on the ball. Keep your feet hip distance apart and make sure to lift your hips up so that your knees, hips and shoulders are in a straight line. Lift your head up slightly so that your spine follows the straight line of your body.
- Move your whole body sideways on the ball. Your position should be that only your one shoulder blade, shoulder and the muscles under your one arm are touching the ball. Your knees and hips should be in line and your upper body twisted.
- Place the ends of a theraband in each hand using an overhand grip. Keep your arms straight, but don't lock your elbows. Try to keep your shoulders down.
- Start with your hands shoulder width apart and hold the band at chest height. Focus on pulling your hands away from each other. Use smooth, jerk-free movements

Perform 3 sets of 20 Repetitions, once every other day.

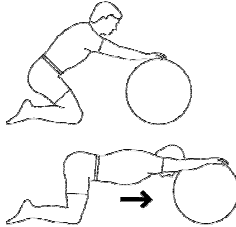
***Advanced back bridge with leg lift**



- Place your shoulder blade area of your back on the ball. Keep your feet hip distance apart and make sure to lift your hips up so that your knees, hips and shoulders are in a straight line. Lift your head up slightly so that your spine follows the straight line of your body. Cross your hands over your chest and make sure you feel stable on the ball.
- Move your whole body sideways on the ball. Your position should be that only your one shoulder blade and shoulder are touching the ball. Make sure that your feet and body are in line.

Perform 3 sets of 1 Minute, once every other day.

AROM lumbar ext kneel w/ball

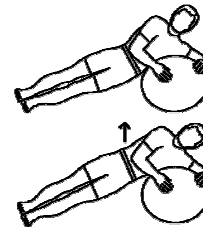


- Kneel with hands on ball as shown.
- Lean forward while pushing ball forward.
- Pelvis should rotate forward.
- Return to start position and rotate pelvic bone backward.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar sidebend w/ball



- Lie on side with upper body supported on ball.
- Lift hips upward, straightening the trunk.
- Lower hips and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Issued By: GREG REDMAN BScPT, BScKIN, SPORTPT, IMS, RCAMT

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.



Ball push ups



- Place your hands on either side of the centre line of the ball. Make sure that your arms are straight, but your elbows aren't locked. Your head/face should be over the center of the ball.
- Keep your feet hip distance apart.
- Your ankles, hips and shoulders should be in line with each other. Lift your head slightly so that your spine is also lined up.
- Keep your core and abdominal/tummy area tight.
-
- Focus on squeezing your hands towards each other, but don't move them. This should help you pull your shoulder blades back and down and in turn they should feel as if they are being drawn apart.

Perform 3 sets of 15 Repetitions, once every other day.

Lower abs with rotation



- Lie on your back on the floor. Place your legs over a ball so that the muscles at the back of your lower legs (calves) are on the ball. The muscles at the back of your upper leg (hamstrings) should be close to, but not touching the ball.
-
- Cross your arms over your chest. This should remove your secondary stability.
-
- Your back should be in its natural and comfortable curve and your abdominal/tummy muscle area contracted.
-
-
- Slowly and smoothly start rotating your lower body over to one side. Work from your hips, using your abdominal/tummy muscles for control.
-
- Keep the back of your shoulders on the floor and your head straight.
-
- Hold the position when you get as far as you can go without your upper body lifting off the floor or your back getting sore before returning to your start position.

Perform 3 sets of 1 Minute, once every other day.

Bridging on ball leg circles



- Advanced ball bridge: Lift into bridge and then trace circles
- with one leg at a time. Ensure that spine stays stable and
- keep butt (gluteal) muscles remain contracted. Try 5 circles
- with each leg. Repeat 2-3 times.

Perform 3 sets of 1 Minute, once every other day.

Hip core dissociation

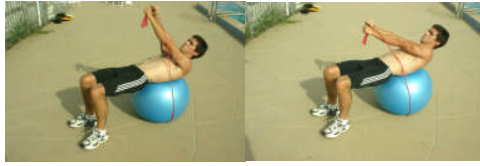


- Dissociate the Hips from the lumbar spine
-
- Begin prone on a physioball and walk out with your hands until you are in a mini-push-up position with your knees on the ball.
- Flex your lower legs to 90 degrees so that the bottoms of your feet face the ceiling.
-
- Whilst maintaining the torso and shoulders square to the floor begin to rotate at the hips. Go as far as to rotate so that the ball is on the side of your upper leg.

Perform 3 sets of 1 Minute, once every other day.



Core with cross rotation



- Position a theraband on the mid to lower part of your back. Make sure that there is an even amount of band on either side of your body.
- Place your shoulder blade area of your back on the ball. Keep your feet hip distance apart and make sure to lift your hips up so that your knees, hips and shoulders are in a straight line. Lift your head up slightly so that your spine follows the straight line of your body.
-
- Now straighten your arms towards your one hip. Keep your palms facing the direction of your toes and your thumbs facing inwards. When you reach your full extension, cross your wrists over each other.
-
- Your arms cross above your one hip.

Perform 3 sets of 12 Repetitions, once every other day.

Seated on ball with no contact and a band



- Sit on the ball centrally. Holding your theraband in both hands, stabilise yourself in a position with your feet off the floor.
-
- Using an overhand grip, position your arms slightly wider than shoulder width apart and your hands between sternum and armpit height. The closer your hands are together, the greater the resistance will be.
-
- Using small movements and keeping your hands parallel to the floor, move your hands apart and then back towards each other again. Keep the movements smooth and controlled.

Perform 3 sets of 8 Repetitions, once a day.

Front bridge on ball pull outs



- The 'front walk out' position is when your lower legs or feet are supported by the ball and your arms support your upper body. To get into this position, you would start with the ball under your tummy area and then roll your body forward while walking your hands forward. Make sure that you have a big enough area in front of you before you start in order to 'walk out.'
-
- For this exercise, you would go into the 'walk out' position until the shin part of your legs are on the ball. Keep your legs relaxed and lift your bum slightly. You should get a straight line from you bum/hips to your shoulders, with your head slightly raised so that your spine is in a straight line too.
- Your arms are your support here and are in a rough perpendicular angle to your body. Try not to hunch up your shoulders. Rather relax them and round your upper back very slightly.
-
- You should feel the muscles across your chest and your abdominal/tummy muscles being worked.

Perform 3 sets of 1 Minute, once every other day.

Stir the Pot



- Move into plank position with your elbows on the ball and then move your elbows in a "pot stirring" motion. Begin with 3 sets of 5 stirs. As you become stronger, increase the size of the pot stirring motion.
-

Perform 3 sets of 1 Minute, once every other day.



Wobble Board or Ball Push Up with a Plus



- Begin in a push up position with your hands on a ball or wobbleboard. Perform a push up. At the end or top of each push up, add a “plus”. The “plus” movement is a rounding of your back (think about your shoulder blades sliding forward around the rib cage). The “plus” part of the exercise helps to activate a key muscle that stabilizes your shoulder blade called the serratus anterior muscle.

Perform 3 sets of 8 Repetition, once every other day.

Issued By: GREG REDMAN BScPT, BScKIN, SPORTPT, IMS, RCAMT

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.