Side to Side

EXERCISE EMPHASIS:

- Shoulders relaxed and down, anchored to the mat.
- Integrate ribcage
- Soften chin (lengthening out back of neck)
- Smile/open across chest
- Focus movement in hip rotation controlling movement of side to side, gradually and with control

MAIN PRINCIPLE: AE/CC

SET UP BODY POSITION:

- In supine crook lying take legs from bent position up into 90/90 – one leg at a time
- Legs together – joined at knees, ankles
- Arms rest at side of body at 45 degrees, palms of hands into floor – slight pressure through shoulders and arms to anchor torso to mat
- Neutral spine and pelvis – square through hips

MOVEMENT/SUGGESTED BREATHING:

- INHALE to prepare
- EXHALE to take legs 45 degrees to left, lifting and rotating opposite hip off the mat towards the left side
- INHALE to draw the legs back as a single unit
- EXHALE to the right side
- Funnel ribs towards hips
- Pelvic floor lifted, TA engaged

GAZE: Gaze directly above, on your horizon

CUEING:

- Anchor shoulders and backs of arms down to the floor for a strong base of support
- Legs at 90/90 / table top.
- Controlled and gradual hip rotation from side to side – 10 to and 10 past the hour
- Gently rocking pelvis from side to side
- Opposite shoulder blade and head remains on the mat.
- Anchor shoulders and backs of arms, reach shoulders down and away from ears
- Aim to keep knees as level as possible
TACTILE CUES

- Hold ankles and gently move legs from side to side to place emphasis on hip rotation
- Hand to opposite shoulder
- Finger tips to ribcage – to promote melting down to hips
- Gently hold hips and aid the movement

PROGRESSIONS:

- Extend the legs long when at 10 to and 10 past the hour, bending to 90/90 when legs come back over torso and hips square
- Use strap under small of back – gently pull to one side for ribcage lift/relaxing abdominal feedback
- Take into spinal stretch out to side after sequence. Lower legs to floor in 90/90 - head rotates to opposite arm. Can extend top leg and even gently tease with hand towards chest to intensify. Repeat on opposite side.

REGRESSIONS:

- Feet to remain on floor and side to side occurs from crook lying
- Rotating through the hip to come on to the side of foot on each side

COMMON MOVEMENT FAULTS/WATCH FOR:

- Shoulders hunching or opposite shoulder lifting up and off the floor
- General poor H/N&S organisation
- Tension and gripping
- Hip hiking
- Anterior pelvic tilt
- Losing core control
- Taking legs lower to floor

EXERCISE BENEFITS/REHAB APPLICATIONS:

- Mobilisation
- Core control into oblique abdominal control
- Twisting and movement through spine
- Postural
- Good H/N&S organisation

PRECAUTIONS:

- Osteo
- Pregnancy
If kyphotic use pillow or wedge

Reflux?

SAFETY CONCERNS:

Supine Breathing

EXERCISE EMPHASIS:

- Relax – let all tension leave the body, head, neck & shoulders.
- Gaze directly above.
- Shoulders down and wide.
- Chin tucked.
- Ribcage melts into mat and lengthens at the front to the hips.
- INHALE then EXHALE
  1) Into sternum – pump handle accessory breathing
  2) Into diaphragm expanding the ribcage wide and open
  3) Into the round of belly, inhaling to swell like a balloon and exhaling to expel all breath.

MAIN PRINCIPLE: 1. Breathing 2. Axial elongation and core control

SET UP BODY POSITION:

- Crook lying, knees parallel to hips, feet square.
- Heavy into pelvis, feel connected to the mat.
- Shoulders relaxed and down, fingers lengthening away.
• Back of neck extended long with a small tuck of chin to chest.

MOVEMENT/ SUGGESTED BREATHING:

1) Shallow INHALE and shallow EXHALE with hand placed on sternum.

2) Take both hands and place along the ribcage, elbows resting to the floor at the side of the body, thumbs feed up the side of the torso at each side towards the armpits. INHALE and fill the diaphragm to separate the space between fingers and EXHALE to draw fingers closer together.

3) Resting one arm to the mat at the side of your body place the other hand to the rise of the belly, resting over the naval. INHALE to expand the belly and EXHALE to expel ALL of the breath taken in.

GAZE:

• On the horizon - directly above - to the ceiling.

CUEING:

Diaphragmatic

• Expand ribcage like fish scales (I)

• Breathe in your favourite colour/smell (e.g. coffee, baking, freshly cut grass) (I)

• Compare a child’s beach bucket to your ribcage and focus on its handle that arcs up and over as its picked up (INHALE) and how it arches around and down when its discarded (EXHALE)

TACTILE CUEs:

• Hands to ribcage – expanding and expelling to the sides

• Shoulders if hunching – to relax back and down

• Soft touch to chin or at sides of head behind to align head

• Feet/leg positioning to hip distance apart

• Raised ribcage – soft stroke down towards hips to melt and hide

• Sternum to stress to be quiet

PROGRESSIONS:

REGRESSIONS/VARIATIONS:

• Can cross arms at front taking fingers to back of ribcage – smaller framed clients

• Can be experienced in sitting/standing or in quadruped position

• Also in child’s pose

• In sitting a theraband can be incorporated to focus on basal expansion

COMMON MOVEMENT FAULTS/WATCH FOR:

• Hunching in shoulders. Poor HNSO.
• Tension
• Shortening of spine
• Flow of breath – forced breathing/breath holding

EXERCISE BENEFITS/REHAB APPLICATIONS:
• Exercises diaphragm
• General health and relaxation
• Increases circulation of blood supply

PRECAUTIONS:
• Reflux
• Pregnancy – later stages (discomfort)
• Can use pillow behind head if kyphotic

SAFETY CONCERNS

Seated Pelvic Floor

EXERCISE EMPHASIS:
• Intense internal pelvic lift and deep core contraction with axial elongation

MAIN PRINCIPLE: 2. Axial elongation and core control

SET UP BODY POSITION:
• Either in long sit or legs softly bent out in front feet to floor
• Draw spine long and extend up through crown
• Ribs stacked over sacrum
• Lengthen up and out of pelvis

MOVEMENT:
• Draw pubic symphysis points together
• Spiral around vertebral column
• Narrow waist
• ‘Zip up’ from pubic bone to naval

SUGGESTED BREATHING:
INHALE to prepare
EXHALE to draw ‘diamond’ points together and spiral energy around spine up towards sternum
INHALE to unwrap back and down. Spread sit bones and relax without slumping into lumbar
REPEAT
GAZE: on the horizon

CUEING:
• Walk into an elevator and move up through the levels – right up to ten. Control on way back down each floor (I)
• Energy is a tornado circling up and around the spine (I)
• Control stop of urine – mid flow (I)
• For boys – sensation of walking into icy water (I)
• Sit bones on hands – ischium resting on each palm to feel pulling and rising sensation

TACTILE CUES:
• Hands to waist to encourage narrowing of waistline
• Shoulders to relax
• Gaze
• Mimic tornado, fountain, diamond shape, spiralling

PROGRESSIONS: None
REGRESSIONS/VARIATIONS:

- On ball/box
- Hands under ischium
- Heel into perineum
- Gripping small ball

COMMON MOVEMENT FAULTS/WATCH FOR:

- Gripping at waist
- Ribcage pulling down
- Sinking in spine

EXERCISE BENEFITS/REHAB APPLICATIONS:

- Axial elongation
- Strengthens, stabilises pelvic floor

PRECAUTIONS/SAFETY CONCERNS:

- Pre/post natal
- Recent prolapsed
Pelvic Clock

EXERCISE EMPHASIS:

- Pelvic mobilisation – pelvis is the handle to all movement
- Isolation of pelvis from torso and lower extremities
- Sense of clock face underneath the pelvis. Tailbone at point 6, naval at 12

MAIN PRINCIPLE: AE/CC, Spine Articulation

SET UP BODY POSITION:

- Supine bent knees lying position
- Knees hip distance apart
- Arms resting to side of body, palms resting up or down
- Soft double chin
- Shoulders reaching away from the ears
- Ribcage underneath to feel heavy into the mat
- Melt upper ribcage towards the hips

MOVEMENT:

- Curl tailbone up towards ceiling and back towards naval, sense of flattening out of lower lumbar spine (soft neutral spine). Think of as the number 12 on your clock
- Extend coccyx towards the heels, arching lower lumbar spine. Think of the number 6 on your clock.
- Rock pelvis gently from side to side (points 3 and 9).
- Progress into feeling all of those points around the clock underneath.
- Circle around each time focusing on hitting all of the numbers on the clock in one smooth movement
- The legs should be quiet, as should the rest of the body. The emphasis is on the isolation and smooth controlled rotation of the pelvis.
- Take circles both clockwise and anticlockwise.

SUGGESTED BREATHING:

- INHALE to prepare.
• EXHALE to gently rock pelvis back to naval and tip forward to feet etc

GAZE:
• On the horizon, up at the ceiling

CUEING:
• Curl tailbone up towards the ceiling and towards the naval, flattening out lower back
• Arch tailbone towards the heels, kissing the mat underneath at your imaginary point 6
• Feel increasing oiled sensation as you move
• Imagine you have a bowl ½ full of liquid – tip it towards you, away from you and then gently and with control from side to side
• Knees should be quiet. Hip distance apart – almost sleeping. Minimise moment and isolate the pelvis
• Gently rock pelvis from side to side to find points 3 and 9
• Work around the points of the clock by gently rotating the pelvis, first clockwise then anticlockwise

TACTILE CUEs:
• Cup the hip bones and gently rock from side to side
• Touch the knee caps to emphasise the knees hip distance apart, and quiet
• Shoulders – draw away from ears and reach long and wide
• Chin – tuck not jutting up and out

PROGRESSIONS:
• Move can be experienced on swiss ball or chi ball (under pelvis, in between knees or ankles) or even on a rotator disc

REGRESSIONS:

COMMON MOVEMENT FAULTS/WATCH FOR:
• Knees swaying from side to side
• Body jerking
• Stiff movement in pelvis
• Chin jutting out
• Shoulders creeping to ears
• Poor abdominal control

EXERCISE BENEFITS/REHAB APPLICATIONS:
• Mobilisation of spine

PRECAUTIONS/ SAFETY CONCERNS:
- Flexion sensitive
- Osteo
- Pregnancy
- Spinal fusion
- Scoliosis

Chest Lift

EXERCISE EMPHASIS:
- Breath supports movement
- Cradling and supporting head with hands
- Moving thoracic to curl up

MAIN PRINCIPLE: Head neck and shoulder org (#4)

SET UP BODY POSITION:
- Crook lying position
- Fingers interlaced to cradle occipital area to support weight of head
- Elbows out to the side

MOVEMENT:
SUGGESTED BREATHING:
INHALE to prepare
EXHALE with control on lift.
INHALE at top.
OR In breath to ceiling
EXHALE to release back down with control
GAZE: On horizon, reaching over and through gap in thighs to end of mat at height of move

VERBAL CUEs:
- Relax throat, tuck chin, soften breastbone
- Lengthen spine – axially elongate - as you peel up from floor
- Curl head neck and shoulders
- Turn ribcage towards bent knees
- Arc over - guide sternum down to ribs
- Keep c-curve scoop throughout
- Wing bones are free

TACTILE CUEs:
- Ribs – down to sternum
- Head position – tucked chin
- Elbows – out to side and chest wide
- Gaze
- Knees – in line with hips

IMAGERY CUEs:
- Conveyor belt from sacrum out of head

PROGRESSIONS:
- Can increase the lever by lengthening the arms overhead – holding your height
- Legs in table top
- Pelvis on rotator disc
- Lying along length foam roller

REGRESSIONS:
Towel behind head to encourage ‘letting go’ of weight of head
REPETITION GUIDELINES: 6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:

- Raising pelvis to perform move
- Rectal bulge
- Not fitting head to hand (as want suction cupping shape of hands to head)
- Pushing sternum to pelvis
- Straining scalene, neck muscles generally

EXERCISE BENEFITS/REHAB APPLICATIONS:

- Abdominal strength
- Mobilise thoracic spine

PRECAUTIONS/SAFETY CONCERNS:

- Rectus abdominal separation
- Pregnancy
- Supine precautions
- Osteo

RELATED EXERCISES:

All supine – likes of single & double leg stretch, hundred, cross cross, roll up, neck pull

JEN FAVOURITES:

Pre-Swimming

EXERCISE EMPHASIS: Quiet pelvis, long limbs and oppositional stretch.
MUSCLE FOCUS: Anterior chest muscles, hip flexors, back extensors

MAIN PRINCIPLE: AE/CC and H/NS organisation

SET UP BODY POSITION:

- Lying prone. Top of forehead to mat.
- Arms reaching overhead palms resting on floor.
- Feet hip distance apart
- Lifted in waist
- Heavy in pubic bone to encourage neutral

MOVEMENT:

- Lengthen head and sacrum
- Heavy in pubic bone to root you into floor
- Long in neutral spine for oppositional lengthening
- Float arm and lengthen away, keeping space between arm and ears
- Shoulder blade draws arm back as arm floats and extends 2-4” off floor
- Lengthen and float opposite leg off mat, no higher than hip height

SUGGESTED BREATHING:

INHALE to prepare

EXHALE to lengthen and float opposite limbs away

GAZE: Directly at floor underneath

VERBAL CUEs:

- Heavy in pubic triangle to anchor into mat.
- Float and lengthen one arm off floor, keeping space between ear and arm – arms at shoulder width apart – then rest to floor and repeat on other side
- Rest arms and take focus to legs: lengthening and floating one leg off the floor, pointing toe to opposite wall. Repeat on other side
- Progress to opp arm opp leg to feel length through abdominal slings

TACTILE CUEs:

- Sensation of someone pulling your arm away from you (gentle pull on wrist) or leg (gentle pull on ankle)
- Waist – ensure lifted – tweak to lift at each side
- Shoulders – draw down and wide
- Head positioning – lengthen back of neck and direct head at sides to take gaze to floor
IMAGERY CUES:

- Tack/grape/butterfly under abdomen – create a small neutral space
- Prep for swim – organising limbs to then cut across the surface of the water – no splashing!

PROGRESSIONS:

- Swimming

REGRESSIONS:

- Arms only or legs only
- *No real regression for this move*

REPETITION GUIDELINES:

- 6-8 times each side

COMMON MOVEMENT FAULTS/WATCH FOR:

- Pinching in lower back
- Losing focus on lengthening from fingertips to toes
- Allowing abdominals to drop into mat

EXERCISE BENEFITS/REHAB APPLICATIONS:

- Strengthen back extensors
- Enhance trunk stability
- Improve movement coordination
- Control shoulder flexor and hip extensor control

PRECAUTIONS/SAFETY CONCERNS:

RELATED EXERCISES: Swimming, superman, dart, quadruped

JEN FAVOURITES:
**Prone Heel Beats**

**EXERCISE EMPHASIS:**
- Hip extension
- Quiet upper body
- Narrow legs – lower extremity parallel alignment
- Tracking of knee

**MUSCLE FOCUS:** Psoas lengthening, glutes, hamstrings, calves, abdominals, obliques

**MAIN PRINCIPLE:** AE/CC

**SET UP BODY POSITION:**
- Lying in prone
- Elbows wide, top of forehead resting on back of palms (palms: one on top of other)
- Shoulders back and down
- Narrow legs streaming behind – hip distance apart
- Active in waist yet lumbar spine in neutral position

**MOVEMENT:**
- Extend hips to float thighs off the mat
- Reach legs away
- Click heels together fast/slow tempo

**SUGGESTED BREATHING:**
- INHALE to prepare
- EXHALE to extend legs away
- Small pulsing breaths as beating heels together (abducting and adducting the heels)

**GAZE:** Fixed at floor – on horizon
VERBAL CUEs:
- Extend hip flexors
- Lengthen and float off mat
- Adduct and abduct the heels in clicking pulse action
- Using pulse breath to take through sequence

TACTILE CUEs:
- Head, neck & shoulder organisation
- Lumbar spine in neutral
- Bringing heels together

IMAGERY CUEs:
- Legs are like tram tracks
- Scissor action legs as beat heels together

PROGRESSIONS:
- Use of magic circle between ankles (just above)

REGRESSIONS:
- Single leg extension (prep for heel beats)

REPETITION GUIDELINES: 20-30 beats

COMMON MOVEMENT FAULTS/WATCH FOR:

EXERCISE BENEFITS/REHAB APPLICATIONS:
- Adopting better gait patterns
- Hip extension

PRECAUTIONS/SAFETY CONCERNS:

RELATED EXERCISES: Swimming, dart

JEN FAVOURITES:
Dart

EXERCISE EMPHASIS: AE/CC

MUSCLE FOCUS:

MAIN PRINCIPLE: Spine Articulation, H/NS Organisation

SET UP BODY POSITION:

- Lying in prone position
- Arms lengthened to thighs, kept narrow, palms facing ceiling
- Big toes together, heels relaxed out to sides
- Medial leg wrap
- Connectivity between knees and ankles
- Pubic bones pressed into mat
- Pelvic floor connection
- Corset wrapped
- Lengthened spine – top of forehead resting on mat
- Shoulders reaching down back, away from ears
MOVEMENT:

- Roll marble from under nose out in front
- Peel head neck and shoulders off floor, whilst gaze remains on horizon on floor
- Work through range before...
- Reaching spine long, articulating up into height of thoracic extension
- Curl deltoids back and float arms up to side of body
- Without gripping glutes - press arms to ceiling 8-10 times

SUGGESTED BREATHING:

INHALE to prepare
EXHALE to reach arms back and up
INHALE at top
EXHALE with arm pumps

GAZE:

- Directly ahead - to floor – use gaze to keep creeping into thoracic extension

VERBAL CUEs:

- Find length through spine
- Press pubic bone into mat
- Weight in hips
- Scapular back and wide
- Curl H/N/S back off floor and into thoracic extension
- *Roll humeral head into external rotation – make biggest arc possible*
- Lengthen fingers to toes
- Allow arms to float up to ceiling
- Externally rotate floated hands next to sides and ‘paddle’ pulse arms up in sequence.
- Keep a feeling of openness across chest
- Feet remain on floor – press big toes together
- Legs active and lengthened out behind, yet no gripping in gluteals
- When pumping arms – not fast ‘one and two’

TACTILE CUEs:

- Shoulders – draw back and down
• Gaze – directly ahead (lengthened neck)
• Feet – re-set to bring together
• Waist – draw up at sides

IMAGERY CUEs:
• Grow taller
• spiral collarbone
• Shine chest back
• Pin tuck at naval
• Pick up arms from back of shoulder
• Like a...human dart

PROGRESSIONS:
• Take arms above head
• Hold chi ball in between ankles
• Hold pilates ball with raised arms overhead

REGRESSIONS:
• Only with thoracic extension, no arms
• Chi ball under chest if kyphotic
• Pillow under hips to help pelvic stability, take pressure off lumbar

REPETITION GUIDELINES:
• 10-12 times for thoracic extension
• 8-10 times when beating arms to ceiling

COMMON MOVEMENT FAULTS/WATCH FOR:
• Dropping head
• Poor abdominal control
• Gripping in glutes
• Feet rising up off floor
• Hunching through shoulders
• Overactive lats
• Arms out to sides

EXERCISE BENEFITS/REHAB APPLICATIONS:
• Great for posture – spine mobiliser and strengthener
Endurance
Works extensor muscles

PRECAUTIONS/SAFETY CONCERNS:
Not for extension sensitive

RELATED EXERCISES: Scarecrow, prone extension, Swan series, hundred (pulses)

Scarecrow

EXERCISE EMPHASIS:
Thoracic extension
Head Neck Shoulder Org

MUSCLE FOCUS:
Shoulders, pecs. lats

MAIN PRINCIPLE: AE/CC, Spine Articulation

SET UP BODY POSITION:
Lying prone, top forehead pressed into floor
Arms in Capital E position – elbows wide shoulder height
Forearms parallel with head
Legs streaming behind, medial leg wrap legs hip distance apart
Lifted in waist

MOVEMENT:
Anchoring elbows, float fingertips up
Float hands up, forearms naturally follow
Elbows rise to shoulder height in Capital E shape
Extend through thoracic and curl head neck off floor taking gaze long
Extend arms away
Draw arms back to Capital E
Take elbows to floor
Rest head back to floor as hands meet floor simultaneously

SUGGESTED BREATHING:
INHALE lift arms – elbows anchored
EXHALE elbows float off floor in line with shoulders
INHALE lift sternum up
EXHALE reach arms up
INHALE bend arms
EXHALE relax head to floor
INHALE bring elbows to floor
EXHALE hands relax back and down
GAZE: Directly ahead

VERBAL CUEs:
- Externally rotate arms
- Middle finger in line with arms
- Pivot at elbow
- Float forearms off floor
- Float arms up – hands to be higher than elbows
- Extend thoracic spine and bring arms up higher

PROGRESSION for advanced only
- Extend arms forward at angle
- Bring arms back to elevated Capital E
- Roll back onto mat
- Lower elbows to mat (hands higher than elbows)
- Lower forearms and hands

TACTILE CUEs:
- Angle of arms
- Position of head
- Relaxed shoulders
- Wrists to be straight
- Gripping in glutes

IMAGERY CUEs:
- Plaster cast from wrist to elbow
- Long chopstick attached to middle finger up to elbow
- Kite on back of body lifting at front, sailing away
- Shine light out of top of head
- Take arms up and down drawing board
PROGRESSIONS:

- With arms extending overhead
- As above with wrist weights/magic circle held in hands
- Try reverse scarecrow (snow angels)

REGRESSIONS:

- Just arms without thoracic extension
- Spine Extension
- Chi Ball under chest
- Try on box

REPETITION GUIDELINES: 6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:

- Not rotation from wrist but shoulder
- Dipping into lumbar lordosis – lack of anterior connection
- Breath holding
- Forward head posture
- Chin poking

EXERCISE BENEFITS/REHAB APPLICATIONS:

- Great postural move
- Thoracic mobility
- Integrating shoulder blades onto ribcage
- Stretch pecs
- Shoulder stability

PRECAUTIONS/SAFETY CONCERNS:

- If can’t lie in prone
- Extension sensitivity
- Pregnancy

RELATED EXERCISES: Dart, anything into extension; swimming, arm arcs, Hundred

JEN FAVOURITES:
Sidelying

EXERCISE EMPHASIS:

- Pelvic Stability
- Anterior connection
- Scapular stability
- Movement in coronal plane
- Rotation from hip
• Long and aligned, open & strong core

MUSCLE FOCUS:
• Hips
• Waist
• Hip flexor lengthener
• Overall balance developer

MAIN PRINCIPLE: AE/CC

SET UP BODY POSITION:
• Place shoulder – hip – legs in line across back of mat
• Find wide shoulder positioning and keep active
• Pelvis parallel to opposite wall
• Lifted in waist
• Torso in neutral
• Cheek resting on bicep
• Legs bent, and stacked, feet in line with bottom
• Upper arm in front of chest - hand pressed into mat for support

MOVEMENT:
• Float top leg until parallel to floor/hip height
• Flex hip and extend away on hip axis
• Move backwards and forwards whilst maintaining pelvic stability

SUGGESTED BREATHING:
INHALE to flex hip
EXHALE to extend hip
Send breath through trunk to power leg back
GAZE: On horizon

VERBAL CUEs:
• Integration of ribs with pelvis
• Axially elongate
• Strong head neck shoulder organisation
• Float top leg until hip height
• Lift out of stabilising shoulder
• With bent leg flex forward
• Extend back between 10-15 degrees only
• Maintain hip stability on side of body
• Keep distance between rib and hip at top

TACTILE CUEs:
• Head
• Shoulder
• Hip
• Knees
• Ankle
• Waist

IMAGERY CUEs:
• Draw pubic bone to belly button
• Imagine body and feet are resting back against a wall – arm is in line with body
• ASIS lights shine forward
• Turn oiled wheel in hip
• Crease/fold behind thigh
• Cycling in lying
• Leg in plaster fixed at 90degrees
• Create mouse house in waist/gentle breeze blowing through gap in waist
• Lying in between two planes of glass

PROGRESSIONS:
• Straight legs – check in with toes. To be 5 degrees in front of mid line. Draw sit bones together, activate glutes.
• Progress further and rest hand along thigh to reduce stability
• Or even extend arm to ceiling

REGRESSIONS:
• Head resting on pillow
• Reduced movement
- Hand can also rest under waist as a reminder to keep waist lifted
- Or hand on hip to feel rotation in hip

REPETITION GUIDELINES: 10-12 times each side

COMMON MOVEMENT FAULTS/WATCH FOR:
- Hip swaying
- Hunching shoulders
- Head positioning
- Dipping in waist
- Poor alignment
- Inability to let hip go – lordosis in lumbar
- Using global QL
- Erector spinae rather than obliques

EXERCISE BENEFITS/REHAB APPLICATIONS:
- Pelvic Stability
- Challenging body across all planes movement
- Improve scapular stability

PRECAUTIONS/SAFETY CONCERNS:
- Inflammation in hips / hip replacement
- Bursitis (place folded towel under hip)

RELATED EXERCISES:
Sidekick series, Clam Openings, Standing Leg Balance

JEN FAVOURITES:
Side Lift

EXERCISE EMPHASIS:

- Elevate hips
- Feed trunk into ribs
  Scapular positioned on top of ribcage

MUSCLE FOCUS:

Obliques, shoulders, abdominals, hip stability, thighs, waist, shoulders, wrists

MAIN PRINCIPLE: AE/CC – also HNS/O and Upper Extremity Weight Bearing

SET UP BODY POSITION:

- In sidelying pose
- Propped up on forearm – shoulder directly over elbow
- Brain heavy into back of head
- Spine in neutral
- Legs outstretched
- One foot stacked on top of other
- Stand on floor from sides of feet (have image of surface under)
- Press floor away as hips rise

**MOVEMENT:**
- Find stability
- Sink foot and forearm into floor and allow waist to rise
- Squeeze knees together and push into feet

**SUGGESTED BREATHING:**

INHALE to prepare

EXHALE press through arm and lift hips up from floor

INHALE at top

EXHALE to float top arm towards ceiling and/or top leg into Star pose

INHALE to lower arm and leg – lower hip to floor

GAZE: ON horizon

**VERBAL CUES:**

**TACTILE CUES:**
- Hips – square to opposite wall
- Gaze
- HNS/O

**IMAGERY CUES:**
- Ice skates on feet
- Arm and foot are the power the middle is light

**PROGRESSIONS:**
- Supported on hand, feet stacked (star)
- Supported up on hand – one foot in front of other

**REGRESSIONS:**
- Bent bottom leg – knee in contact with floor
- Both knees bent

*Prop: place towel under shin to show what it feels like to stand into side of foot – to help create stability in ankle*

*N.B ankle NOT to be in contact with floor*

**REPETITION GUIDELINES:** 3-5 times each side
COMMON MOVEMENT FAULTS/WATCH FOR:

- Sinking in waist
- Poor alignment
- Tight across collar and neck muscles
- Head/gaze dropping
- Shin sagged to floor

EXERCISE BENEFITS/REHAB APPLICATIONS:

- Helps develop pelvic stability
- HNS/O
- Strengthening arm and shoulder
- Abductors
- Scapular stability under load

PRECAUTIONS/SAFETY CONCERNS:

If hip replacement abduction only

RELATED EXERCISES:

Sidelying series, quadruped, femur circles, bent knee fall out

JEN FAVOURITES:

**Roll Up**

EXERCISE EMPHASIS:

- Length of body
- Fluid movement
• Segmental movement of spine
• Core control
• Concentric abdominals curling up
• Eccentric abdominals curling down
• Movement is about controlled breath
• Posterior rotation of pelvis with slow lumbar flexion

MUSCLE FOCUS:
• Strengthening abdominals
• Restoring normal timing in lumbar spine
• Lengthening hamstrings
• Developing spinal mobility and stability
• Stretch for back muscles – fascia

MAIN PRINCIPLE: Spine Articulation – also HNS/O

SET UP BODY POSITION:
• Lying in supine
• Legs extended away
• Arms reaching away overhead, hands towards floor
• Chin tucked

MOVEMENT:
• Intensify pelvic floor and wrap corset tightly
• Medial leg wrap
• Float arms to ceiling, palms facing each other – width across chest and muscles of back
• Lengthen back of neck
• Curl HNS off floor to gaze over feet
• Use abdominals to curl torso up into long sit pose
• Arms extending over legs parallel to each other
• Can then spine stretch over legs

SUGGESTED BREATHING:
INHALE extend arms overhead reaching them long in line with body, palms facing each other
EXHALE float arms to ceiling – 90/90
INHALE curls HNS off floor to gaze over feet

Use controlled EXHALE to reach torso up and over legs into seated position

GAZE: Following horizon, arching up and over with move

Gaze travels across floor and up to horizon

VERBAL CUEs:

- Glue feet to mat, connectivity between ankles
- Feed legs through body
- Medial leg wrap and overall adduction through lengthened legs
- As curl up start from the tailbone and work up the spine to come forward
- Find length in ribcage from front and length in trapezius from back
- Rise up and over ribcage rotating the pelvis forward
- Integrate rib to hips
- Focus on a smooth jerk free move
- Reach arms over legs – parallel to ceiling and extend fingers to opposite wall
- Firstly to stacked spine seated position
- Shoulders reaching into back pockets
- Progressing to spine stretch reaching arms and extending over legs, head in line with neck – gaze down to knees

TACTILE CUEs:

- Base of back is a wall and you are stacking bricks back against my hand (rolling back up to seated posture)
- Fold up and over legs – keeping torso lengthened

IMAGERY CUEs:

- Barbie arms – soft at elbow
- Sleeping bag zip through centre of body
- Rebuild and restack spine back
- Arms sleepwalking out in front/zombie arms
- Like a wave rolling over

PROGRESSIONS:

- Take into spine stretch

REGRESSIONS:

- Assisted Roll Up
• Chi Ball in between ankles/backs of knees
• Partner to anchor legs to floor
• Legs resting at 90/90 on swiss ball
• Bent knees

REPETITION GUIDELINES: 6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:
• Legs leaving floor
• Hunching through shoulders
• Chin poking
• Jerkiness – poor segmental movement
• Poor abdominal control
• Rectus bulge - lower abdominals
• Protruding ribcage
• Overuse of hip flexors

EXERCISE BENEFITS/REHAB APPLICATIONS:
• Spine mobility

PRECAUTIONS/SAFETY CONCERNS:

RELATED EXERCISES: Neck Pull, Assisted Roll Up, Chest Lift – all supine abdominals

FITNESS TEST: Long sit

JEN FAVOURITES:
Roll Over

EXERCISE EMPHASIS:

- Articulation into flexion but other way around – spinal flexibility
- Deep control/contraction of abdominals and back muscles
- Concentric/eccentric insertion
- TA
- Obliques
- Rectus
- Hamstring stretch

MUSCLE FOCUS:

- Iliopsoas
- Rectus Abdominis
- Obliques
- Shoulder flexors
Shoulder extensors

MAIN PRINCIPLE: Spine Articulation

SET UP BODY POSITION:
- Lying in supine
- Arms out at 45 degrees – palms toward floor (palms up if tight in shoulders)
- Legs in table top / 90/90
- Spine in neutral/slight imprint

MOVEMENT:
- Extend lengthened legs to ceiling – legs together and parallel
- Press arms and hands to floor as pike hips up
- Taking legs over head
- Backs of legs parallel to ceiling
- Lift up through torso
- Open legs to shoulder width
- Roll spine back down to mat
- Circle legs at 45 degrees – back up and over head

SUGGESTED BREATHING:
INHALE extend legs towards ceiling
EXHALE aim toes to wall behind, taking backs of legs so parallel to ceiling
GAZE: On horizon – up at ceiling at all times

VERBAL CUEs:
- Extend legs to ceiling, legs together parallel
- Exhale to extend toes to where wall meets ceiling behind you
- Take legs over torso further travelling legs along wall behind to where backs of legs become parallel to ceiling
- Find length/height through torso so not compressing onto throat
- Gaze at kneecaps
- With legs apart at hip distance roll back down through spine
- When tailbone touches mat extend legs away to 45 degrees
- Circle legs back towards you and take back up and over head – legs become parallel again
- With legs together curl spine back to floor with control
- Circle legs away at 45 degrees and repeat sequence 3-5 times
- Legs on horizon at all times
- Clean and sharp fluid movement

**TACTILE CUES:**
- At foot end of client take hold of ankles and guide legs up and over torso, circle around
- Emphasise lift through torso, engaging abdominals
- HNS/O – especially shoulders

**IMAGERY CUES:**
- When legs together think of a zip from big toes to pubic bone to adduct
- Imagine you are resting your back up against a wall when extending legs overhead
- As take legs up and over bloom bottom to back wall

**PROGRESSIONS:**
- Arms reaching up over head – backs of hands to floor
- Dorsi flex foot as roll back down for neural stretch

**REGRESSIONS:**
- Hip Ups, Bridge, Shoulder Bridge, Rest bottom against wall
- If popping/clicking in hip – reduce lever by soft bend in leg and smaller circles

**REPETITION GUIDELINES:** 3-5 times

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Head lifting up and off floor
- Shoulder hunching
- Collapsing into sternum and throat
- Leg positioning – below 45 degrees or more than
- Rectus Pouffus
- Weight bearing on to head

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Eccentric and concentric abdominal work
- Neural stretch
- Hamstring stretch
- HNS/O discipline
- Core control
PRECAUTIONS/SAFETY CONCERNS:

- Inversion
- Osteo
- Disc pathology
- Thoracic issues
- Supine precautions

RELATED EXERCISES: Control Balance, Bridging, Shoulder Bridge

**Single Leg Stretch**

EXERCISE EMPHASIS:

- Chest to knee
- Tracking of legs in sagittal plane
- Opening through hip flexor
- HNS/O

MUSCLE FOCUS:

- Abdominals – oblique sling focus
- Back extensors
- Hip flexors

MAIN PRINCIPLE: AE/CC, HNS/O

SET UP BODY POSITION:

- In supine
- Legs bent in air in head neck shoulders curled up off the mat
- Right knee pulled up to chest
- Right hand on ankle, left hand on knee
- Maintain shins parallel to floor

MOVEMENT:

- Extend left leg long to 45 degrees/to hover off floor
- Pelvis in soft imprint
- Inhale as legs pass through centre to switch hands to left leg and extend right leg away
- Inside hand to knee, opposite hand to ankle
- Hands remain with bent leg as switch from left to right
- Shins remain parallel to floor
- Maintain height through torso
- Percussive breath

**SUGGESTED BREATHING:**

**INHALE** to prepare

As **EXHALE** extend left leg to hover off floor

**INHALE** to pass through centre

**EXHALE** as right leg reaches away

**GAZE:** Travels across pubic bone and out to end of mat OR at patella

**VERBAL CUEs:**

- Base of pelvis quiet
- Bring knee in towards body
- Outside hand inside ankle emphasis
- Adopt percussive breath - activate as pass through centre of body
- Push hand to inside of knee, and press ankle to create oppositional stretch/dynamically align leg
- Toe points to midline to encourage correct gait
- Maintain lift in thoracic spine
- Tips of shoulder blades kissing the mat
- Gaze along centre and out to floor

**TACTILE CUEs:**

- HNS/O – find lift – stroke up trapezius

**IMAGERY CUEs:**

- Press legs through sticky toffee

**PROGRESSIONS:**

- Single straight leg stretch – reach up to ankle extend both legs and scissor

**REGRESSIONS:**

- Chi ball in thoracic to support in HNS/O lift
- Can place hands behind head to cradle as long as good HNS/O
- Bend in knees
- Leg towards ceiling to reduce load

**REPETITION GUIDELINES:** 10-12 times each side

**COMMON MOVEMENT FAULTS/WATCH FOR:**
• Anterior pelvic tilt
• Poor leg placement/angle
• Chin poking
• Chest to knee not knee to chest

EXERCISE BENEFITS/REHAB APPLICATIONS:
• Deep abdominal strengthening
• Myofascial stretch across back muscles
• Postural/gait discipline
• Hip flexor lengthening
• Deep cervical spine lengthening
• Hamstring stretch

PRECAUTIONS/SAFETY CONCERNS:
• Neck pathologies – unstable neck
• Osteo


Supine Abdominals

JEN FAVOURITES: This after hundred – layering and progression. Legs would extend to ceiling to reduce load

**Assisted Roll Up**

EXERCISE EMPHASIS:
• Developing lower abdominal strength and control
• Gaze
• Alignment of HNS/O

MUSCLE FOCUS:

MAIN PRINCIPLE: AE/CC - Spine Articulation and HNS/O

SET UP BODY POSITION:
• Supine
• Knees bent at 90/90
• Knees hip distance apart
• Hands clasping backs of knees
• HNS resting on floor
• Width across mat
• Chin tucked, back of neck extended long
• Neutral spine

MOVEMENT:
• Curl HNS off the floor
• Gaze between gap in legs
• Press soles of feet away into backs of hands
• Activate biceps to return feet flat to floor
• Reverse to return to floor – smoothly and with control

SUGGESTED BREATHING:
GAZE: Travels with the move

VERBAL CUES:
• With legs raised, shins parallel to floor hands clasped behind crease of knee
• Extend and curl head neck and shoulders off floor
• Press backs of legs into hands
• Smoothly come up into seated position, engaging biceps to take feet flat to floor
• Find height through the spine
• Curl gaze in between legs
• Curl tailbone between legs and round to naval
• Scoop through lower abdominals to release lumbar spine to floor
• Softly and smoothly take legs with you
• Articulate through spine as rest back onto mat

TACTILE CUES:
• Stroke up trapezius behind client to encourage thoracic curl
• HNS/O – head positioning – gaze
• Knees hip distance apart
IMAGERY CUES:

- Create C-Curve in back
- Imagine you are bringing your lower back to rest in a bubble

PROGRESSIONS:

- Roll Up

REGRESSIONS:

- Feet flat to floor – encouraging flexion forward and abdominal engagement
- Legs on swiss ball

REPETITION GUIDELINES:

None given

COMMON MOVEMENT FAULTS/WATCH FOR:

- Use of momentum
- Poor HNS/O – hunching
- Rectus Pouffus
- Slipping into anterior pelvis

EXERCISE BENEFITS/REHAB APPLICATIONS:

- Building lower abdominal strength
- Postural

PRECAUTIONS/SAFETY CONCERNS:

- Osteo, Spinal flexion issues

RELATED EXERCISES:

Roll Up, Single leg stretch

JEN FAVOURITES:
**Prone Press Up/Extension**

**EXERCISE EMPHASIS:**
- Distribution of spine extension between cervical, thoracic and lumbar spinal segments
- Mobilise thoracic through extension - progressively
- Disassociation of muscle use in lower body as work upper body

**MUSCLE FOCUS:**
- Upper arm strength – biceps, shoulders - and general HNS/O
- Strong core
- Hip stability
- Spinal mobiliser exercise

**MAIN PRINCIPLE:**
- Spine Articulation

**SET UP BODY POSITION:**
- Lying in prone position
- Hands to sides of chest
- Elbows close to sides of torso, pointing towards ceiling
- Forehead to mat/in hover just off mat
- Gaze to floor
- Lengthen collarbone
- Thighs, knees and feet firm into floor
- Wide across pelvis
- Feel heavy in hip bones
- Press pubic bone into mat – like a triangular support
- Pelvic floor lifted
- Wrap corset to activate TA

**MOVEMENT:**
- Reach elbows to back of mat
• Draw abdominals in
• Sternum lifts as shine chest to wall opposite
• Curl gaze off floor and arc to horizon point
• Maintain lower ribs in contact with the mat
• Extend forwards
• Curl back to floor, resting forehead to floor/just of mat in hover

SUGGESTED BREATHING:

INHALE to prepare

EXHALE to initiate press up, reaching elbows towards heels, scapular depresses to floor

INHALE at top

EXHALE lengthen and lower back to mat

GAZE: to floor and then travels with move to horizon and then back on return

VERBAL CUEs:

• Bring head to a hover in line with neck as it aligns with the spine
• Press weight into the hands
• Direct elbows to the floor behind
• Sternum lifts as you shine chest to opposite wall
• Gaze ahead
• Keep lower ribs connected to mat
• Relax to floor as elbows pivot you forward, close into the sides of the body

TACTILE CUEs:

• Head alignment/gaze – stroke up from side of head/ears
• Shoulders if hunching
• Gaze
• Waist – if not activated
• Leg positioning
• Glutes (hips) if gripping

IMAGERY CUEs:

• Grasshopper arms
• Floating up sensation

PROGRESSIONS:
Prone press Up

REGRESSIONS:

Rest arms to sides of body

Rest arms underneath head – one palm placed on top of the other elbows wide. Forehead resting on top

VARIATIONS:

• With palms one on top of other can progress to take arms with torso – imagine backs of hands are glued to forehead

• Capital E arms (as in Scarecrow)

REPETITION GUIDELINES: None suggested

COMMON MOVEMENT FAULTS/WATCH FOR:

• Slumping/tightness in lumbar

• Hunching in shoulders

• Elbows abducting out to sides

• Hyperextension of cervical spine or lumbar spine

• Feet rising from floor

• Unable to maintain abdominals

• Flaring of ribcage

EXERCISE BENEFITS/REHAB APPLICATIONS:

• Spine mobility

• Upper body strength

• Abdominal control – maintain anterior connection

PRECAUTIONS/SAFETY CONCERNS:

• Pregnancy, spine/shoulder issues

CONTRAINDICATIONS:

RELATED EXERCISES: Prone Shoulder Flexion (Fitness Screening) Superman (Screening), Scarecrow, Swan Series, Push Up, Prone Knee Bend (Screening)

JEN FAVOURITES:
Shoulder Bridge

EXERCISE EMPHASIS:

- Lift pelvis up and out of hands
- Tail to back of knees
- Keep hips elevated
- Hand positioning – fingers and thumbs together hands on sides of glutes
- Elbows narrow to sides of torso

MAIN PRINCIPLE:

Alignment & Weight bearing of the Extremities, AE/CC
SET UP BODY POSITION:

- Lying supine position to start
- Knees bent
- Feet flat to floor
- Feet in line with sit bones/ischium
- Up into bridge
- Reach tailbones to backs of knees
- Place hands under hips/sides of glutes so fingers and thumb curl around sides
- Elbows to sit under hands
- Gaze up to ceiling
- Reach sternum away from chest
- Lengthen collar bones
- Tuck chin

MOVEMENT:

- Tweak sternum to spine
- Distribute weight slightly to one side and float opp leg up into coffee table position
- Bringing knee to chest
- Point toe and lengthen leg to ceiling
- Dorsi flex heel and lower leg to hover 2/3” off floor
- Extend lengthened leg to ceiling
- Flex heel and lower to hover off floor
- Extend leg to vertical, bend knee and take foot flat to floor
- Repeat on other side
- All the while rising up and out of pelvis
- Maintaining rib to hip connection
- Sternum away from throat

SUGGESTED BREATHING:

INHALE to prepare
EXHALE come up in to bridge
INHALE bring knee up to chest and extend to ceiling
EXHALE to lower leg into hover
INHALE to lengthen leg to ceiling
EXHALE to lower
etc

GAZE: On horizon to ceiling

VERBAL CUEs:

- Lower leg as far as you can control
- Subtle posterior pelvic tilt
- Lift weight out of upper limbs
- Middle toe in line with leg
- Core and tail lengthening to back of knees
- Toes and foot to be grounded into floor
- Elbows close into body
- Articulate smoothly back out of bridge to complete exercise
- Reach out of toe
- Rib to hip connection
- Wing bones flat to floor and wide
- Shoulders feeding down body – collar bones wide at front

TACTILE CUEs:

- Hip positioning
- Shoulders
- Hand positioning
- General HNS/O
- Leg alignment

IMAGERY CUEs:

- Paintbrush toes: wall to ceiling, ceiling to wall
- Tulip/wine glass arm and hand positioning

PROGRESSIONS:

REGRESSIONS:

VARIATIONS:
• Hands clasped under body – Bond hand gun style – forefingers pointed away and backs arms anchoring to floor

REPETITION GUIDELINES: 4-6 times each side

COMMON MOVEMENT FAULTS/WATCH FOR:

• Losing anterior connection as lower leg
• Alignment of legs – need to be parallel
• Rib popping
• Pelvis slumping
• Poor HNS/O

EXERCISE BENEFITS/REHAB APPLICATIONS:

• Articulation through spine
• Elongation from tail
• Pelvic control
• Eccentric length
• Patella tracking to glutes
• Hip flexor stretch and disassociation

PRECAUTIONS/SAFETY CONCERNS:

• Elbow, wrist pathologies
• Unstable core
• Inversion precautions
• Tracking of shoulder and wrists

RELATED EXERCISES: Bridging, Sidekick Series, Dead Bugs, Femur Arcs, Sidelift, Star

JEN FAVOURITES: Leg alignment – knees in line with sit bones. Knees creep out/externally rotate in this move – as with Bridging

CONTRAINDICATIONS:
**Scissors/Bicycle**

**EXERCISE EMPHASIS:**
- Lift up and out of hands
- Pivot point over pelvis
- Taking out of flexion comfort zone to uncomfortable position
- Lengthening and lowering bottom leg

**MUSCLE FOCUS:**
- Upper back
- Hip Extensors
- Hip flexors

**MAIN PRINCIPLE:** AE/CC, Alignment & Weight Bearing of the extremities

**SET UP BODY POSITION:**
- In supine
- Legs at 90/90
- Arms by sides

**MOVEMENT:**
• Extend hips up towards ceiling
• Support PSIS with hands, elbows narrow to sides, in line with shoulders
• Pivot point over pelvis
• Scissor legs away from each other
• Reach legs long without moving torso; equal motion at hip joints
• To come out of move release hands and roll back down with control

SUGGESTED BREATHING:

INHALE to prepare by extending bent legs to ceiling
EXHALE roll over on to shoulders, using hands to support hips (fingers and thumbs together)
INHALE to pass through the centre
EXHALE to extend legs, taking them away from each other
EXHALE to roll back into start position

GAZE: on horizon (ceiling)

VERBAL CUEs:
• Stretch neck long and press base of skull into mat
• Slide sternum away from chin
• From 90/90 position extend toes to ceiling
• Support trunk with hands to back of hips, elbows in line with hands
• Maintain good control through trunk
• Reach past your bottom with your toes on one leg, maintaining straight leg
• The other toes on other leg move towards your head to maintain balance
• Swap legs and begin scissor action, smoothly with control and length through each leg

TACTILE CUEs:
• Stand behind client and lift up from ankles (set up)
• Ribs to emphasise anterior connection
• Sides of head to guide head into lengthened position
• Shoulders to encourage ‘back and wide’ - length across collarbones

IMAGERY CUEs:
• Imagine you are glued to your hands
• Spear your tailbone to ceiling
• Your toes are a paintbrush
PROGRESSIONS:

- Helicopter legs- circling
- Other moves to progress into Jack Knife, Control Balance

REGRESSIONS:

- Roll Over
- Bending knees to shorten lever

REPETITION GUIDELINES:

10-12 each side

COMMON MOVEMENT FAULTS/WATCH FOR:

- Hunching in shoulders – general poor HNS/O
- Chin poking
- Slumping into pelvis
- Rib popping
- Unstable through hips
- Jerky movement

EXERCISE BENEFITS/REHAB APPLICATIONS:

- Enhance abdominal control
- Develop hip extensor and flexor control and flexibility
- Stabilize through shoulder and trunk

PRECAUTIONS/SAFETY CONCERNS:

- Inversion
- Flexion
- Extension
- Unstable pelvis
- Wrists
- Elbows

RELATED EXERCISES:

- Rollover
- Corkscrew
• Jack Knife
• Shoulder bridge

JEN FAVOURITES:

CONTRAINDICATIONS:
Corkscrew

EXERCISE EMPHASIS:

- Keep open arc of spine
- NEVER compressing into joints
- Core maintains in activated state throughout
- Lengthen through spine
- Pure rotation
- No lateral flexion
- Don’t let pelvis go off centre – focus on movement in waist

MUSCLE FOCUS:

- Iliopsoas
- Rectus Abdominis
- Obliques
- QuadratusLumborum
- Hip Rotators
- TFL (tensor fascia latae)
- Gluteals
- Piriformis

MAIN PRINCIPLE: Full Body Integration

SET UP BODY POSITION:

- In supine
- Legs in 90/90
- Arms by sides

MOVEMENT:

- Anchor spine – neck to base onto mat
- Press palms into mat to stabilise
- Connect shoulder blades down, strong through trunk
- Raise legs to ceiling, lengthening legs from hips
- Knees and ankles together throughout movement
• Circle legs leading with toes
• Hips raise off mat slightly
• Complete circle with toes overhead
• DO NOT CROSS TOES OVERHEAD – only at bottom therefore full U-shape

SUGGESTED BREATHING:
INHALE circle legs down
EXHALE as circle legs up
GAZE: Fixed above on horizon

VERBAL CUEs:
• Relax through neck
• Hide thyroid
• Lengthen crown to wall behind
• Orientate legs to RIGHT side of thoracic facet joints
• Articulate straight down (just off centre)
• Pelvis slight posterior tilt
• With legs out long roll up left side
• Roll back down and up to right side
• When at top with legs overhead (backs of legs parallel to floor) slightly open legs, flex heels and roll back down

TACTILE CUEs:
• Stand at foot of client taking hold of their ankles and circle down and round and back up
• Shoulders back and down
• Stroke from sides of ears to encourage HNS/O
• Stroke across clavicles from kneeling position for softening of chest

IMAGERY CUEs:
• Orange under chin
• Horseshoe shape

PROGRESSIONS:
• No progression!

REGRESSIONS:
• Roll Over
• Bend knees to reduce strain on hip flexors and lower back

REPETITION GUIDELINES:
• 4-6 times each direction

COMMON MOVEMENT FAULTS/WATCH FOR:
• Hunching shoulders, compressing neck
• Hyperflexion in cervical spine
• Loss axial length
• Chin poking
• Rib popping
• Losing anterior connection
• Arching lower back
• Sheering SIJ
• Rectus pouffus
• Lateral shift in pelvis

EXERCISE BENEFITS/REHAB APPLICATIONS:
• Strengthen abdominals
• Challenge trunk stability
• Stretch spine
• Stretch hamstrings
• Eccentric stretch
• Dorsi stretch
• QL stretch
• Mobilising spine into segmental rotation

PRECAUTIONS/SAFETY CONCERNS:
• Pathology free exercise (PFA)

RELATED EXERCISES:
• Roll Over
• Jack Knife
• Book Openings
• Twist
• Mermaid with rotation

JEN FAVOURITES:

CONTRAINDICATIONS:

• Scoliosis
• Osteoperosis

The Twist

EXERCISE EMPHASIS:

• Stretch side of body (QL and obliques)
• Strengthen latissimusdorsi
• Strengthen shoulder stabilisers
• Glutes
• Abdominals
• Pelvis controls movement
• Strong for rotator cuff muscles

MAIN PRINCIPLE: Full Body Integration also Alignment & Weight Bearing of Extremeties

SET UP BODY POSITION:
• Side sitting
• One hand to floor, lengthened away in line with hip yet spine vertical
• Legs stacked to side
• Top leg staggered over bottom leg

MOVEMENT:
• Begin to lift pelvis
• Raise arm and arch overhead and simultaneously straighten legs
• Rotate ribcage taking chest to face floor
• Reach through with arm under body
• Curve back around into frontal position and reach arm overhead

SUGGESTED BREATHING:
EXHALE to come up into lifted position extending arm overhead
INHALE to ‘thread arm through’ under body
EXHALE to curve back around extending arm overhead

GAZE: Rotates

VERBAL CUEs:
• Lift in the pelvis, wrap corset and lengthen crown of head to wall opposite
• Lift up and out of supporting arm to retain strong HNS/O – head on diagonal
• Take upper arm overhead and extend
• Brain into back of head and extend to ceiling
• Rotate ribcage to face mat and thread arm underneath body extending fingers away – gaze follows
• Rotate back around and extend arm overhead and repeat

TACTILE CUEs:
• Lift waist
• Accentuate curve and curl and rotate ribcage
• Sides of head to lengthen and also rotation part
• Ribs melt back and down
• Encourage length
• Guide pelvis from PSIS
• Scapular control

IMAGERY CUEs:
• Shoulder blades like starfish sliding the side of an aquarium
• Set up variation – elephant
• Spiral through ribs
• Fold at hips and turn in neutral pelvis ONLY – thoracic rotation back
• Working between two paper walls

PROGRESSIONS:
• Rotator disc under hand/feet
• Stack feet

REGRESSIONS:
• Lower leg bent and knee connected to floor
• Prep only – elephant – both hands on mat. Just rotation part
• Omit extension and prep star with feet ajar

REPETITION GUIDELINES: 3-5 times

COMMON MOVEMENT FAULTS/WATCH FOR:
• HNS/O
• Too much movement in feet
• Loss of lift in hips
• Hip twisting
• Rib popping
• Head dropping
• Lack of smooth rib rotation
• Sinking into stabilising arm
• Hyperextension of stabilising arm
- Lack of core control
- Wobble

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Stretch side of the body (QL and obliques)
- Strengthen lattismusdorsi
- Shoulder stabilisers
- Glutes
- Abdominals

**PRECAUTIONS/SAFETY CONCERNS:**
- Neck & Shoulder issues
- Wrists
- Elbows
- Core Control
- Flexion, extension issues

**CONTRAINICATIONS:**
- Facet joint syndrome
- Osteoperosis

**RELATED EXERCISES:** Side lift, Sidebend, Star, Saw, Mermaid, Book Openings, Side to Side

**Sidebend**

**EXERCISE EMPHASIS:**
- Lateral flexion over shoulder
- Lower hip as close to floor without touching
- When up in position – straight lengthened legs
- Stacked feet
- Strong HNS/O
- Arm extends overhead
- Lateral malleolus clear of the floor

**MAIN PRINCIPLE:**
Upper Extremity Weight Bearing, also Full Body Integration

**SET UP BODY POSITION:**
• Side sitting with knees bent to side
• Staggered feet - top in front of lower
• Lengthened straight collar bones
• Lifted in waist
• Extra emphasis to pelvic floor
• Corset tightly fastened
• Anticipate lengthening crown of head to opposite wall as come up into side lift
• Press brain into back of skull
• Pelvis parallel to opposite wall
  N.B. Same set up as The Twist

MOVEMENT:
• Lift more intensely into pelvic floor (50% rather than usual 30% as guide)
• Wrap corset
• Lift hips and extend crown to back wall
• Lift inferior ribs to ceiling
• Press brain back in line with inferior ribcage
• Lateral malleolus clear of floor
• Extend arm up and over head
• Gaze down to stabilising hand
• Reach arm – arcing over towards feet – hand rests to thigh
• Gaze rotates at same time to come in line with shoulder – on horizon
• Hips dip to floor - just to a hover
• Reach arm up and overhead
• Gaze rotates to stabilising hand
• Pelvis held square throughout move

SUGGESTED BREATHING:
INHALE prepare – come up into side lift and reach arm overhead
EXHALE dip hips to floor, rotate gaze and place hand to thigh
INHALE extend up into side lift and rotate gaze to stabilising hand
GAZE: Firstly to hand as arm reaches overhead
  • Gaze rotates to look over shoulder. Where wall meets ceiling/parallel to shoulder
N.B. Gaze follows hand

Repeat as work through movement

VERBAL CUEs:

- Stack knees, hips and ankles
- Connect pelvic floor and adductors
- Wrap corset
- Press crown of head to wall behind as come up into side plank position
- Hold side plank position and breath
- Keep hips elevated to ceiling
- Reach arm overhead
- Rotate gaze to hand underneath
- Use core control to lift body up and out of supporting arm
- Connect superior and inferior serratus to encourage strong HNS/O throughout
- Lower the body slowly as take hips to hover and circle hand to thigh

TACTILE CUEs:

- To hips – aid elevation and orientation
- Shoulders – to encourage strong HNS/O
- Stoke from ears to crown of head – for head positioning (if drops/chin juts)
- Ribs if popping – glide across/light touch towards hips

IMAGERY CUEs:

- Imagine your hips are suspended to ceiling by a sling
- You are a puppet with strings – arm rising overhead and to side of body
- Jam sides of feet into mat like you have ice skates on
- Shoulder blades are star fish on an aquarium

PROGRESSIONS:

- Stabilising hand on rotator disc!

REGRESSIONS:

- Down onto forearm
- Lower leg bent and knee into mat
- Just side bend without arm
• Arm and head only
• Top foot forward

REPETITION GUIDELINES:

3-5 times each side

COMMON MOVEMENT FAULTS/WATCH FOR:

• Slumping
• Hunching into shoulders
• Wobbling
• Lack core control
• Flexing from hips
• Poor leg and ankle alignment
• Lower ankle on floor
• Rib popping
• Poor anterior connection
• Unstable hips/pelvis
• Hyperextended elbow

EXERCISE BENEFITS/REHAB APPLICATIONS:

• Shoulder and scapular stability
• Stretch in under side of body - QL, TFL paravertebral muscles
• Core strengthening
• Balance in coronal/frontal plane

N.B. Inversion even though pelvis not above head

PRECAUTIONS/SAFETY CONCERNS:

• Wrists, shoulder, knees ankle instability/weakness
• Unstable pelvis
• Vestibular

RELATED EXERCISES:

• Side Lift
• Star
• Sidelying
• Sidekick Series
• All upper limb weight bearing – Quadruped, Leg Pull Front, Leg Pull

JEN FAVOURITES:

CONTRAINDICATIONS:

Open Leg Rocker

EXERCISE EMPHASIS:

• Improve spinal mobility
• Improve balance
• Enhance trunk stability
• Stretch the hamstrings and spine

MAIN PRINCIPLE:

• Spine Articulation

SET UP BODY POSITION:

• In seated position, feet off floor hands clasped to ankles
• Legs to be no wider than mat working on
• Come back to sacrum – as if to roll back

MOVEMENT:

• Lengthen back of left knee, extending toe to ceiling
• Fold knee to start position
• Repeat on right leg
• Extend left leg and then right
• Roll back and forward
• Lead with pelvis

SUGGESTED BREATHING:

INHALE to prepare
EXHALE extend one leg, returning to start position
EXHALE extend other leg, returning to start position
EXHALE and extend both legs
Maintain hold of legs
INHALE to roll back – allow hips to roll up
EXHALE to return to starting point
GAZE: To naval when rocking

VERBAL CUEs:
• From starting balance point find c-curve in lumbar to come back
• Medial leg wrap
• Control roll back and lift sternum on return
• Lengthen across collarbones
• Press legs away into hands to pull back up
• Bring sit bones together

TACTILE CUEs:
• Shoulders to encourage good HNS/O

IMAGERY CUEs:
• Feel back massage

PROGRESSIONS:

REGRESSIONS:
• Hands to backs knees/thighs

REPETITION GUIDELINES:
6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:
• Slamming
• Forward head posture
• Anterior tilt

EXERCISE BENEFITS/REHAB APPLICATIONS:

PRECAUTIONS/SAFETY CONCERNS:

RELATED EXERCISES:
• Rolling like ball
• Seal

JEN FAVOURITES:

CONTRAINDICATIONS:

Teaser

EXERCISE EMPHASIS:
• Strengthen flexors of the body (abdominals, hip flexors and neck flexors) Enhance control of hip flexors. Develop static balance

MUSCLE FOCUS:
• Quads
• Adductors
• Glutes
• Hamstrings
• Back Extensors

MAIN PRINCIPLE:

SET UP BODY POSITION:

• Lying supine on mat
• Arms outstretched overhead

MOVEMENT:

• Arc arms forward
• Simultaneously curl head neck & shoulders off floor
• Continue to roll up as take legs up diagonally – into a ‘V’
• Extend hands so parallel to extended legs
• Smoothly articulate spine back to mat as lower legs back down
• Abdominal control and axial elongation throughout

SUGGESTED BREATHING:

INHALE to prepare

EXHALE to raise chest up into ‘V’ reach arms forward

INHALE at top

EXHALE curl back to mat & while lowering legs with control

GAZE: curls with move – look straight ahead

VERBAL CUES:

• Extend arms to ceiling and curl up HNS
• Continue rolling up as you lift the legs and come up into ‘V’ position
• Reach the hands to feet
• S-L-O-W-L-Y

TACTILE CUES:

• Supporting back from behind if in difficulty maintaining core control
• Arm positioning (parallel to legs in ‘V’)
• Lengthen head from ears to place in optimum head pose

IMAGERY CUES:

• Hold paint tins in your hands as you reach palms up towards ceiling
• Pelvic floor to control you
• Imagine a large elastic band between the ankles and wrists as you slowly lower to the floor
• Heavy pile of laundry in hands

PROGRESSIONS:
• Open leg rocker to teaser back and forth is good for an advanced class

REGRESSIONS:
• Circle arms around to come up into teaser
• One foot to floor and work one side
• Bent knees – come up and touch backs of hamstrings

REPETITION GUIDELINES: None given

COMMON MOVEMENT FAULTS/WATCH FOR:
• Shoulder hunching
• Rectus Pouffus
• Forward head posture

EXERCISE BENEFITS/REHAB APPLICATIONS:
• Develop static balance
• Lengthen flexors of the body (abs, hip flexors and neck flexors)
• Enhance control of hip flexors
• Strong core builder
• Back extensor builder

PRECAUTIONS/SAFETY CONCERNS:
• Flexion
• Shoulder
• Core control
• Overactive hip flexors

RELATED EXERCISES:
Boomerang, Supine Abs, Chest Lift, Criss Cross, Rolling like Ball, Seal, Open Leg Rocker

JEN FAVOURITES:

CONTRAINDICATIONS:
Kneeling Sidekick

EXERCISE EMPHASIS:

- FBI exercise
- Glute med and min

MAIN PRINCIPLE: Full Body Integration

MUSCLE FOCUS:

- Hip abductors
- Hip adductors
- Shoulder stabilisers
- Abdominals

SET UP BODY POSITION:

- High Kneeling position, knees under hips
- Hands behind head – arms reaching out wide
- Tip over to one side as raise leg and take hand to floor to support torso
- Leg raised to hip height
- Press brain into back of head
- Melt ribcage to hips
- Lengthen crown to wall behind
- Direct elbow towards ceiling, keeping good HNSO

MOVEMENT:

- With leg parallel/at least 60% hip abduction
- Flex heel and flex hip to take leg forward
- Extend hip as point toe and take behind as long as can maintain pelvic stability

SUGGESTED BREATHING:

INHALE prepare

EXHALE raise leg in line with torso
INHALE flex hip to point toe and take leg forward
EXHALE extend hip to reach leg back, toe pointed
GAZE: Horizontal at opposite wall

VERBAL CUEs:

TACTILE CUEs:
- Lengthen head away – hands stroking up sides of head from ears

IMAGERY CUEs:
- Tip over from high kneeling position – keep length of top leg like an anchor going over the side of a boat
- Imagine a sling around your waist holding your hips up
- Keep head in line with the spine – tailbone to tip cervical spine ‘pouring sand out of ear’
- Working between paper walls OR two panes of glass

PROGRESSIONS:
- Opposite arm opp leg variation. Arm/leg forward back motion
- Circles (within steering wheel)
- Figure of eights
- With ankle weights

REGRESSIONS:
- Working leg bent (shorter lever)

REPETITION GUIDELINES: 6-8 times each side

COMMON MOVEMENT FAULTS/WATCH FOR:
- Forward head posture
- Hunching in shoulder
- Twisting in hip
- Rib poking out
- Lack of lift in hip
- Alignment of head to spine
- Leg lower than 60% abduction

EXERCISE BENEFITS/REHAB APPLICATIONS:
- Develop trunk stability
- Enhance control of hip flexors and hip extensors

PRECAUTIONS/SAFETY CONCERNS:
• Hyper extended elbows

RELATED EXERCISES:
Sidekick Series, Sidebend, Star

JEN FAVOURITES:
• Don’t confuse with Sidebend
• Come into from Quadruped – good transition
• Concentric to eccentric load
• Use core control to stop from flopping ‘Xanadu’

CONTRAINDICATIONS:
• Shoulder impingement – i.e. Bursitis
• Weakness hips, knees