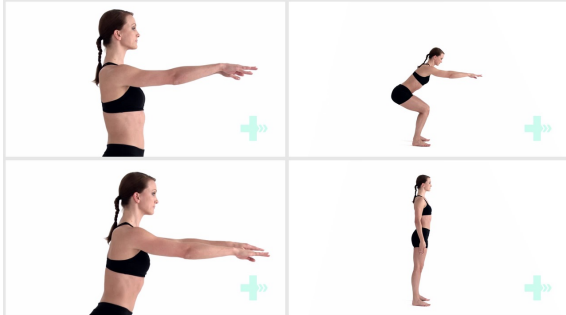




The White House Physiotherapy Group  
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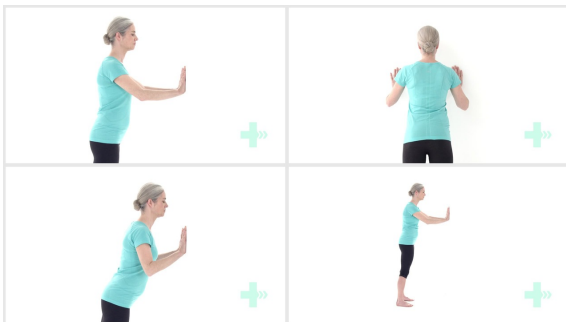
1 Set / 10 Reps



## 1. Squat

Stand with your feet shoulder-width apart.  
Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.  
Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.  
As you squat, bend from your hips and keep your back straight.

1 Set / 10 Reps



## 2. Scapular stabilisation standing - wall pushup

Stand up straight facing a wall.  
Place both hands onto the wall at chest height with your fingers pointing upward.  
Gently press the heels of your hands into the wall, flattening your shoulder blades down against your rib cage.  
Keeping your body straight, bend your elbows, bringing yourself closer to the wall.  
Ensure you keep your shoulder blades fixed against your rib cage throughout this movement.  
Straighten your elbows to push yourself back up.

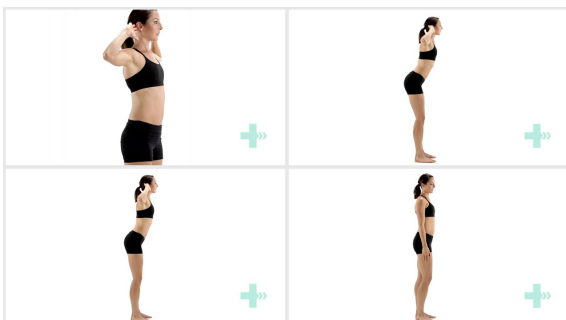
1 Set / 10 Reps



## 3. AROM GHjt scaption (bilat)

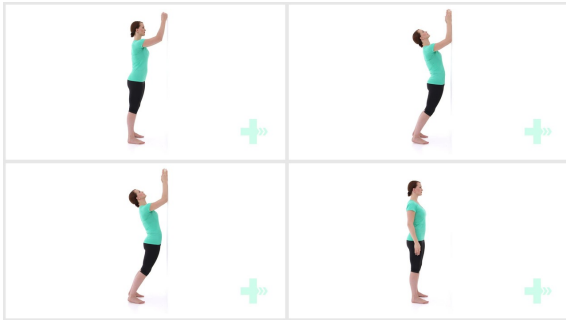
Stand up straight with your arms relaxed by your sides.  
Lengthen your neck and relax your shoulder blades back.  
With your thumbs leading, move both arms diagonally forwards and up.  
Ensure you do not hunch your shoulders as you raise your arms higher.  
Keep your neck long.  
Control the movement as you lower your arms back to the starting position.  
Repeat the movement.

1 Set / 10 Reps



## 4. Good mornings

Stand with your feet shoulder-width apart and place your arms behind your head.  
Tilt the pelvis so that you push your tail bone out, and tighten the abdominal muscles.  
Lean forward as you keep your weight in the heels, pushing your hips directly back behind you. It is vital you keep the weight in your heels keep your spine completely straight.



### 5. Lumbar extension stretch against wall

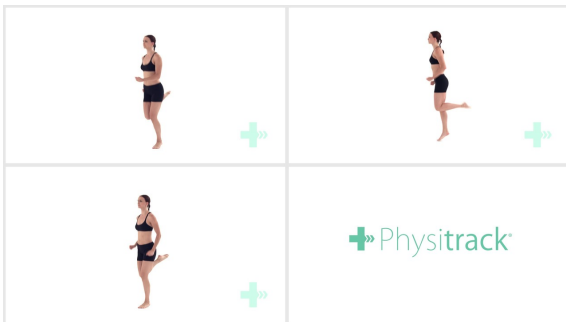
Stand up straight with a wall in front of you.

Rest your arms against the wall.

Push your hips forwards towards the wall whilst bending backwards.

Your heels may lift off the floor.

Hold this position.



### 6. Buttock kicks jog

Jog on the spot trying to kick your heels up behind you.

Make sure you land lightly on the balls of your feet, quickly springing the leg back up.