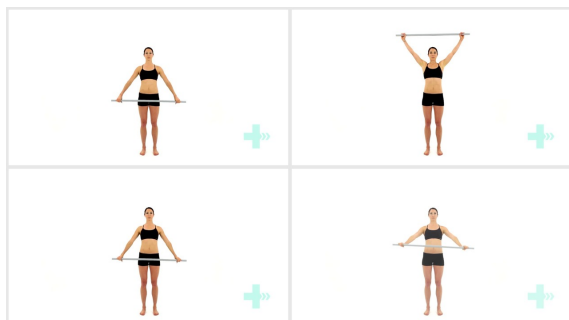


The White House Clinic
3 Sandygate Park
Sheffield, S10 5TZ

3 Sets / 10 Reps / 2 s hold



1. Shoulder flexion with stick in scaption (wide grip)

Hold a stick in both hands in front of you.
Lift your arms forwards and up, using the stick to help this movement.
Make sure you do not hunch your shoulders up.

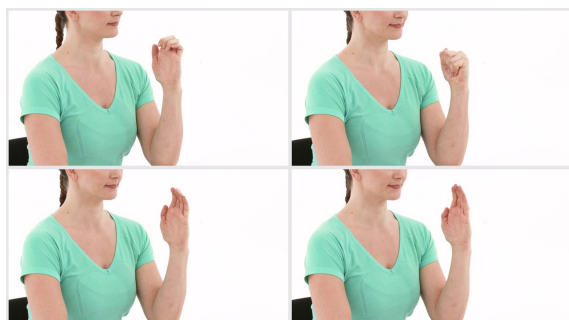
3 Sets / 10 Reps / 2 s hold



2. Active to AAROM hip flexion standing

Stand with your feet shoulder width apart and bring one knee slowly up towards your chest.
Alternate your legs.
After a few repetitions, pull your knee in further by gently pulling with your hands.

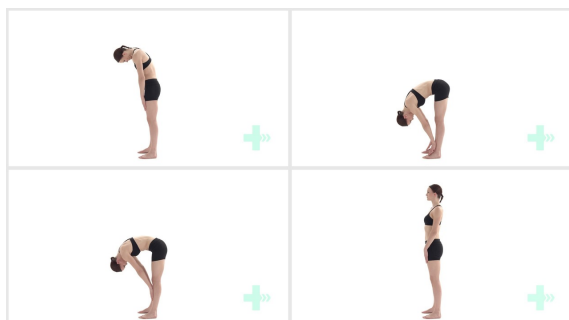
3 Sets / 10 Reps



3. AROM finger intrinsic through all ranges

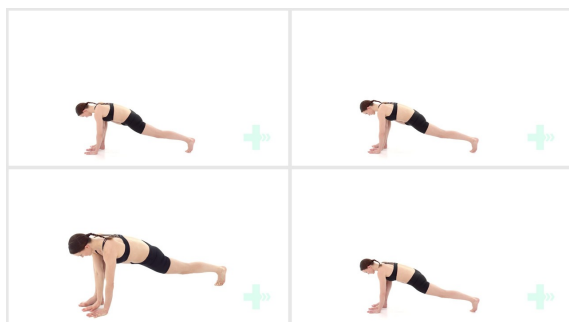
Sit or stand up straight with your hand up, fingers together and straight.
Bend the top two joints of your fingers so that the tips touch the inside of your knuckles.
Your knuckle joint should still be in line with your palm.
Next, bend your knuckles, keeping your fingers all tightly curled in.
Finally, straighten the end joint of your fingers reaching the tips of your fingers towards the heel of your hand.
Reverse the movement to return to the starting position.

3 Sets / 10 Reps / 2 s hold



4. AROM standing trunk flexion

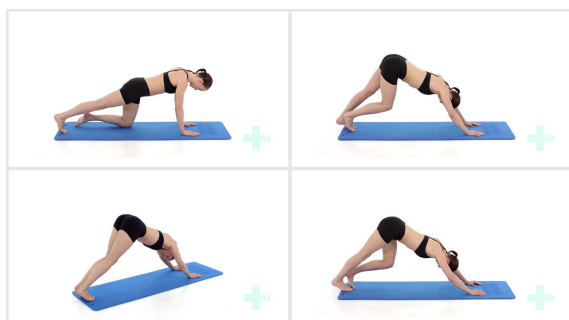
Stand with your legs hip width apart and straight.
Slowly slide your hands down the front of your thighs towards your feet.
Only go as far as you can manage comfortably whilst keeping your legs straight.
Hold this position, and then slowly return to the start position.



5. Deep lunge with trunk rotation

Stand up straight and take a large step forwards onto one leg.
Bend this front leg and sink your hips down.
Place your hands on the floor on the inside of your front foot.
Your back leg should remain straight, balanced on the ball of your foot.
Your front knee should not travel further forwards than your toes.
You may need to shuffle your foot forward to achieve this.
Keeping your hips pushed towards your front foot, lift the your arm on the same side as your front foot up towards the ceiling.
Allow your head and body to turn and follow this movement.
Hold this position before returning your hand to the floor.

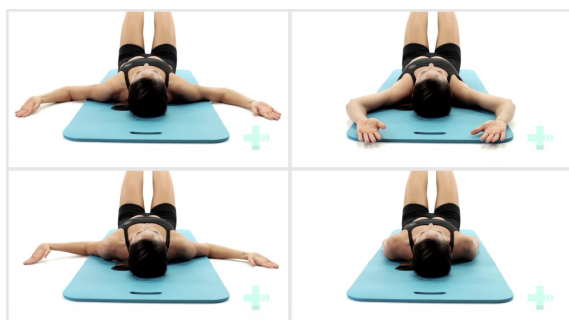
3 Sets / 10 Reps / 2 s hold



6. Dynamic calf stretching in prone

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
Stretch both of your legs behind you onto your tip toes as if assuming a press up position.
Push your hips up to the ceiling.
Straighten one knee and push your heel in towards the floor behind you as you bend your opposite knee.
Repeat with your other leg and continue this exercise by alternating between legs.

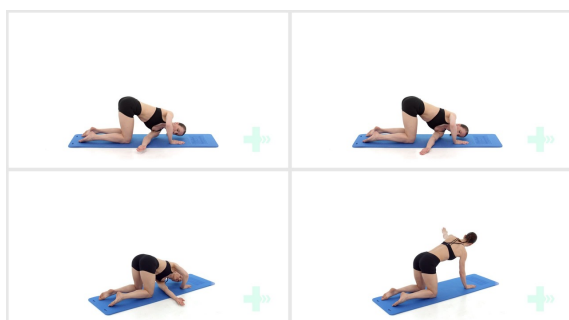
3 Sets / 10 Reps / 2 s hold



7. Arm floor slides shoulder in ER

Lay down on your back, with your knees bent and feet flat on the floor.
Take your arms out to the side and bend your elbows to 90 degrees.
Try to lie your forearms on the mat, or as close to it as you can.
Bring your elbows down toward your side, then slide your arms up as high as you can over your head, keeping in contact with the floor at all times.
Your elbows should stay at 90 degrees throughout the movement.

3 Sets / 10 Reps / 2 s hold



8. "Thread the needle" full rotation

Start on your hands and knees, with your hands under your shoulders and knees under your hips.
Take one hand off the floor and reach in and through between your other arm and your legs.
Allow your body and head to follow, moving your shoulder down towards the floor as your hand reaches through.
You should feel a stretch down your side, your shoulder blade and neck.
Hold this position, and then return to the starting position.
Reach your arm out to the other side, and then up towards the ceiling.
Follow the movement of your hand with your head, twisting in the other direction to look up towards the ceiling.
Hold this position, and then repeat the sequence.