

CPCCO BALANCE & STABILITY

THE WHY: FALL STATS



- 3 million adults are treated in emergency departments for fall injuries each year
- Falls are the most common cause of accidental death in older adults
- Risk of developing osteoporosis increases after the age of 35.
- With weakened bones, the mortality rate of a fall increases from 12% to 20%.
- Once one fracture has occurred, the chance of another fracture increases significantly.

THE WHY: BASIC INFO



- Our balance is affected by numerous systems in the body
- The systems work together to keep us upright
- All the key components of our body's complex balance system start to decline as we age.



THE WHY: OUR EYES & EARS

- Eyes provide visual feedback about your position and movement in relation to the environment.
- Vestibular system in your inner ear senses the orientation of our body relative to gravity and in relation to motion and equilibrium.
- 35% of adults *over the age of 40* show evidence of vestibular dysfunction and/or symptoms of dizziness.





THE WHY: OUR MUSCLES



- **Muscles make** automatic adjustments to your posture to keep your body upright and stable.
- Local Muscles-smaller, deeper muscles that are involved in joint support and stabilization
 - Glutes (3)
 - Calf muscles (10)
 - Hip complex muscles (10)
 - Spinal stabilizers (20)
 - Core stabilizers (2)
- Global Muscles-superficial muscles responsible for movement
 - Quadriceps (4)
 - Hamstrings (3)
 - Adductors (5)
 - Core Front (3)
 - Core Back (5)

THE WHY: THE BIGGER PICTURE



- As we age, we are more prone to diseases that can leave us with balance-related issues due to the natural degeneration of components of our balance system.
- About 80% of adults ≥ 60 years of age have at least one chronic condition, and 77% of those have at least two.
- Low levels of daily physical activity often co-exist with chronic disease, thereby accelerating the risk of functional decline, disability, and mortality.
- Evidence now indicates that physical inactivity is among the strongest predictors of physical disability in older people. When you stop participating in regular physical activities, you can become weaker, thereby increasing your chance of falling.
- Hanford Cycle

THE WHY: GOOD NEWS



- 46% of age-related balance impairment in adults *above age 40*, have been shown to be **modifiable** with rehabilitation in an age-related decline of balance.
- The 2018 Physical Activity Guidelines Advisory Committee (PAGAC) Scientific Report states physical activity reduces the risk of fall-related injuries in older adults by 32-40%.
- Specific exercises designed to enhance your balance can improve your stability and decrease the severity of a fall should one occur.
- Brain- Muscle connection

BALANCE POSTER



STRETCH, FLEX, STABILITY & BALANCE Balance Exercises

START
HERE

JOINT WARM UPS:

- Neck half circles
- Shoulder circles
- Goal Post Arms
- Wrist circles
- Trunk rotations
- Ankle circles
- Miniature squats

GUIDELINES:

- Start with joint warm ups to ensure body is ready for exercises.
- Hold each position as long as you can maintain good form or repeat movement for up to 30 seconds.
- As balance improves, add challenges to continue improving balance.
- Push chair against table or wall so it cannot move if it is needed for support.
- Have wall or chair within reach for stability if balance is a challenge.
- Keep movements slow and controlled.
- Remember to breathe.



1 | STAGGERED STANCE

Start with feet shoulder-width apart; step forward with one foot with equally distributed; As balance improves, move feet closer together as if walking on a line. Repeat with other leg.

Challenges:

- Look up & down
- Look side to side
- Shut eyes
- Swing arms side to side



2 | SINGLE LEG STAND

Start with feet hip-width apart, weight equally distributed on both legs, hands on hips. Lift left leg off the floor and bend it back at the knee. Repeat with other leg.

Challenges:

- Look up & down
- Look side to side
- Shut eyes
- Swing arms side to side
- Swing leg forward and back



3 | SIT TO STAND

Push sturdy chair against wall, so it won't roll; sit on the front of chair. With hands reaching forward, shift body weight forward; slowly rise to a standing position. Slowly return to starting position; repeat as many times as possible in 30 seconds. If necessary, place hands on arms or seat of chair and use arms to help stand and sit.

Challenge:

- Lift one foot off the ground while standing or sitting.



4 | CALF STRETCH

Place hands on table or chair, step back with one foot. Point toes straight ahead, not out to the side. Push heel into back corner of the shoe, then lean hips forward, keeping back straight. Repeat with other leg.

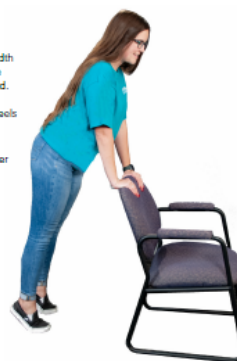


5 | FORWARD LEAN

Start with feet shoulder-width apart; spread toes and use each toe to grip the ground. Using a chair for balance, slowly lean forward until heels are off the floor.

Challenge:

- Move feet closer together



6 | SINGLE LEG DEAD LIFT

Holding onto a stable surface, stand on one leg, keep a slight bend in knee of standing leg. Hinge forward at the hip, extending the other leg back for balance. Keep body in a straight line from the top of the head to the heel of the foot off the ground. Keeping both hips squared to the floor, lean forward until body is close to parallel to the floor. Return to the starting position; repeat 10-15 times. Repeat with other leg. Hold on to stable surface.

Challenge:

- Perform exercise without holding on



7 | STAGGERED TORSO TWIST

Start with feet shoulder-width apart; step forward with one foot and hold. While keeping hips still, clasp hands in front of body and slowly rotate ribcage from side to side. Repeat 10-15 times. Repeat with other leg.

Challenges:

- Bend knees into a slight lunge position
- Stretch arms straight
- Allow eyes to follow arm movement



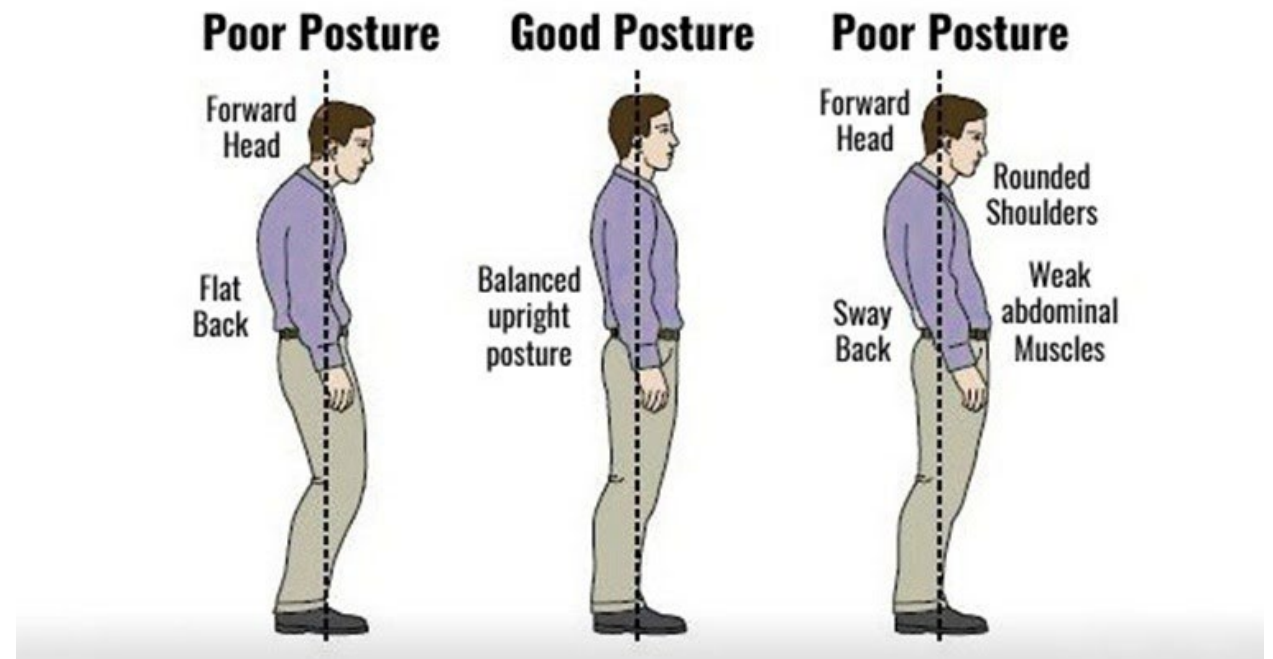


GUIDELINES

1. ALWAYS start with joint warmups to ensure body is ready for exercises.
2. Hold each position as long as you can maintain good form or repeat movement for up to 30 seconds.
3. As balance improves, add challenges to continue improving balance.
4. Push chair against table or wall so it cannot move if it is needed for support.
5. Have wall or chair within reach for stability if balance is a challenge.
6. Keep movements slow and controlled.
7. Remember to breathe.

TIPS FOR LEADING

- Start with the easy options before adding challenges
- Participate at the same level as your participants
- Focus on posture
- Open vs Closed chain





JOINT WARM-UPS

- Before beginning balance exercises, warm up/ lubricate joints by circling each 10 times.
 - Neck- half circle in front
 - Shoulders
 - Goal post arms
 - Wrists
 - Trunk Rotations
 - Ankles
 - Squats or standing marches



NECK HALF CIRCLES

Setup: Begin in a standing upright position.

Movement: Tilt your head sideways toward one shoulder, then gently roll your head forward and over to your other side. Continue to roll your head slowly back and forth.

Tip: Make sure to keep your back straight during the exercise. Use breath to facilitate movement.

SHOULDER CIRCLES

Setup: Begin in a standing upright position with your arms resting at your sides.

Movement: Slowly move your shoulder blades up, backward (squeezing your shoulder blades together), and down. Continue the movements in a smooth, circular pattern.

Tip: Make sure to keep your back and neck relaxed, and your head still during the exercise. No need to roll shoulders forward.





GOAL POST ARMS

Setup: Begin in a standing upright position with your arms at 90° angles at the elbow and armpit.

Movement: Keeping elbows stationary, rotate hands upward until palms are facing forward.

Tip: Make sure to keep your back and neck relaxed, and your head still during the exercise.



TRUNK ROTATIONS

Setup: Begin in a standing position with your arms bent in front of body

Movement: Keeping your hips still, slowly rotate ribs from side to side.

Tip: Make sure to keep your shoulders and neck relaxed, and your head in line with your sternum throughout the movement. Use breath to facilitate movement.





WRIST CIRCLES

Setup: Begin standing with your elbows bent and your hands and finger relaxed.

Movement: Slowly rotate your wrist in a circle, first clockwise, then counterclockwise.

Modification: If wrist mobility is limited, brace your wrist with the opposite hand to isolate wrist motion.

Tip: Keep your wrist and hand relaxed during the exercise.

ANKLE CIRCLES

Setup: Begin in a standing position.

Movement: Lift one leg off the ground with your knee straight. Circle your foot in one direction, then in the other direction. Then switch to the opposite leg.

Modification: Keep toes of one foot on the ground and rotate heel in circles

Tip: Make sure to maintain your balance during the exercise.



MINI SQUATS

Setup: Begin in a standing position with a chair behind you and your calf muscles touching the chair.

Movement: Keeping your legs touching the chair, bend at your hips and knees as if you were going to sit down. Return to standing position before touching the chair.

Tip: Make sure to keep your back straight and do not let your knees bend forward past your toes.

Setup: Begin standing with your feet slightly wider than shoulder width apart.

Movement: Bending at your knees and hips, squat down until your knees are as close to a 90 degree angle as you can safely achieve, then straighten your legs and repeat. Keep your chest up and try not to lean forward.

Tip: Make sure to keep your back straight and do not let your knees bend forward past your toes (you should be able to wiggle your toes).





MARCHES

Setup: Begin in a standing position with your feet shoulder width apart and hands resting on your hips.

Movement: Lift your leg with your knee bent and then lower it to the starting position and repeat.

Tip: Make sure to keep your back straight and do not let it arch as you lift your leg.

STAGGERED STANCE

Start with feet shoulder-width apart and facing forward; step forward with one foot; hold. As balance improves, move feet closer together as if walking on a line. Repeat with other leg.

Challenges:

- Look up & down
- Look side to side
- Eyes shut
- Arms side to side





SINGLE LEG STAND

Start with feet hip-width apart, weight equally distributed on both legs. Lift left leg off the floor and bend it back at the knee. Repeat with other leg.

Challenges:

- Look up & down
- Look side to side
- Eyes shut
- Swing leg forward & back
- Arms side to side

SIT TO STAND

Push sturdy chair against wall, so it won't roll; sit on the front of chair. With hands reaching forward, shift body weight forward; slowly rise to a standing position. Slowly return to starting position; repeat as many times as possible in 30 seconds. If necessary, place hands on arms or seat of chair and use arms to help stand and sit.

Challenge:

- Lift one foot off the ground while standing or sitting.





CALF STRETCH

Place hands on stable surface, step back with one foot. Point toes straight ahead, not out to the side. Push heel into back corner of the shoe, then lean hips forward, keeping back straight. Repeat with other leg.

FORWARD LEAN

Start with feet shoulder-width apart; spread toes and use each toe to grip the ground. Using a chair for balance, slowly lean forward until heels are off the floor.

Challenge:

- Move feet closer together





SINGLE LEG DEADLIFT

Holding onto a stable surface, stand on one leg, keep a slight bend in knee of standing leg. Hinge forward at the hip, extending the other leg back for balance. Keep body in a straight line from the top of the head to the heel of the foot off the ground. Keeping both hips squared to the floor, lean forward until body is close to parallel to the floor. Return to the starting position; repeat 10-15 times. Repeat with other leg.

Challenge:

- Perform without holding on

STAGGERED TORSO TWIST

Start with feet shoulder-width apart; step forward with one foot and hold. While keeping hips still, clasp hands in front of body and slowly rotate ribcage from side to side. Repeat 10-15 times. Repeat with other leg.

Challenges:

- Bend knees into a slight lunge position
- Stretch arms straight
- Move head with body





BRAIN BREAK!

STABILITY POSTER



STRETCH, FLEX, STABILITY & BALANCE Stability Exercises

START
HERE

JOINT WARM UPS:

- Neck half circles
- Shoulder circles
- Goal post arms
- Wrist circles
- Trunk rotations
- Ankle circles
- Miniature squats

GUIDELINES:

- Start with joint warm ups to ensure body is ready for exercises.
- Pick either Option A or Option B for each of the 6 exercises.
- Ensure proper form is being maintained throughout exercise. Stop if this is not possible.
- Push chair against table or wall so it cannot move if it is needed for support.
- Have wall or chair within reach for stability if balance is a challenge.
- Keep movements slow and controlled.
- Remember to breathe.



1 FRONT PLANK (2 OPTIONS)

A | WALL PLANK

Place forearms on the wall with elbows slightly lower than shoulders to protect the shoulder joint. Without changing the position of shoulders, slowly step back until body is in a straight line, keeping spine and neck straight. Hold for up to 30 seconds keeping hips still; walk feet toward starting position.

Challenge:

- Alternating leg lifts without allowing hips to shift



B | TABLE PLANK

Find a stable table for exercise. Place forearms on table with shoulders directly above elbows to protect the shoulder joint. Without changing the position of shoulders, slowly step back until body is in a straight line. Keep spine and neck straight. Hold for up to 30 seconds; walk feet toward starting position.

Challenge:

- Alternating leg lifts without allowing hips to shift



4 SIDE CRUNCHES (2 OPTIONS)

A | STANDING SIDE CRUNCH

Place feet slightly wider than shoulder-width apart with hands on sides of thighs. Tighten core muscles, bend torso from side to side. Keep hips still. Repeat 10-15 times on each side.



B | SQUATTING SIDE CRUNCH

Place feet slightly wider than shoulder-width apart and lower body into squat position. Place hands behind head with elbows wide. Tighten core muscles, bend torso from side to side. Repeat 10-15 times on each side.



2 WALL SIDE PLANK (2 OPTIONS)

A | WALL SIDE PLANK

Stand with side toward wall, place one forearm on wall with elbow slightly lower than shoulder to protect the shoulder joint. Step away from wall until body is in a straight line. Keep body straight from head to heels. Hold for up to 30 seconds. (Trunk hips)



B | WALL SIDE PLANK WITH KICK

Stand with side toward wall, place one forearm on wall with elbow slightly lower than shoulder to protect the shoulder joint. Step away from wall until body is in a straight line. Keep body straight from head to heels. Once stable, lift top leg and swing leg slowly forward and backward without moving torso. Hold for up to 30 seconds.



5 HIP STRENGTH (2 OPTIONS)

A | LATERAL LEG LIFTS

Stand with feet shoulder-width apart. Shift weight onto one leg. With toes of the other foot turned slightly toward the ground, lift and lower leg 10-15 times on each leg.



B | MONSTER WALKS

Place feet slightly wider than shoulder-width apart with hands on hips and lower body into squat position. Maintain squat position while stepping from side to side. Repeat 10-15 times on each leg.



3 WALL LEG LIFTS (2 OPTIONS)

A | MARCHES

Stand with back to the wall. Press heels, hips, upper back, and back of head against wall as much as possible. Without moving body away from wall, bend one knee and lift the knee in front of the body to simulate marching. Repeat 10-15 times on each leg. Repeat with other leg.



B | LEG LIFTS

Stand with back to the wall. Press heels, hips, upper back, and back of head against wall as much as possible. Without moving body away from wall, keep both legs as straight as possible; lift one leg in front of the body 10-15 times. Repeat with other leg.



6 POSTERIOR CHAIN (2 OPTIONS)

A | MINI BOWS

Start with feet shoulder-width apart, hands on hips. Slightly bend knees and keep entire spine straight from head to tailbone. Hinge forward at the hips and lower shoulders towards the floor. Keep motion in a pain-free range of movement. Repeat 10-15 times.



B | GOOD MORNINGS

Start with feet shoulder-width apart, hands behind head, elbows wide. Slightly bend knees and keep entire spine straight from head to tailbone. Hinge forward at the hips and lower shoulders toward the floor. Return to starting position; repeat 10-15 times.



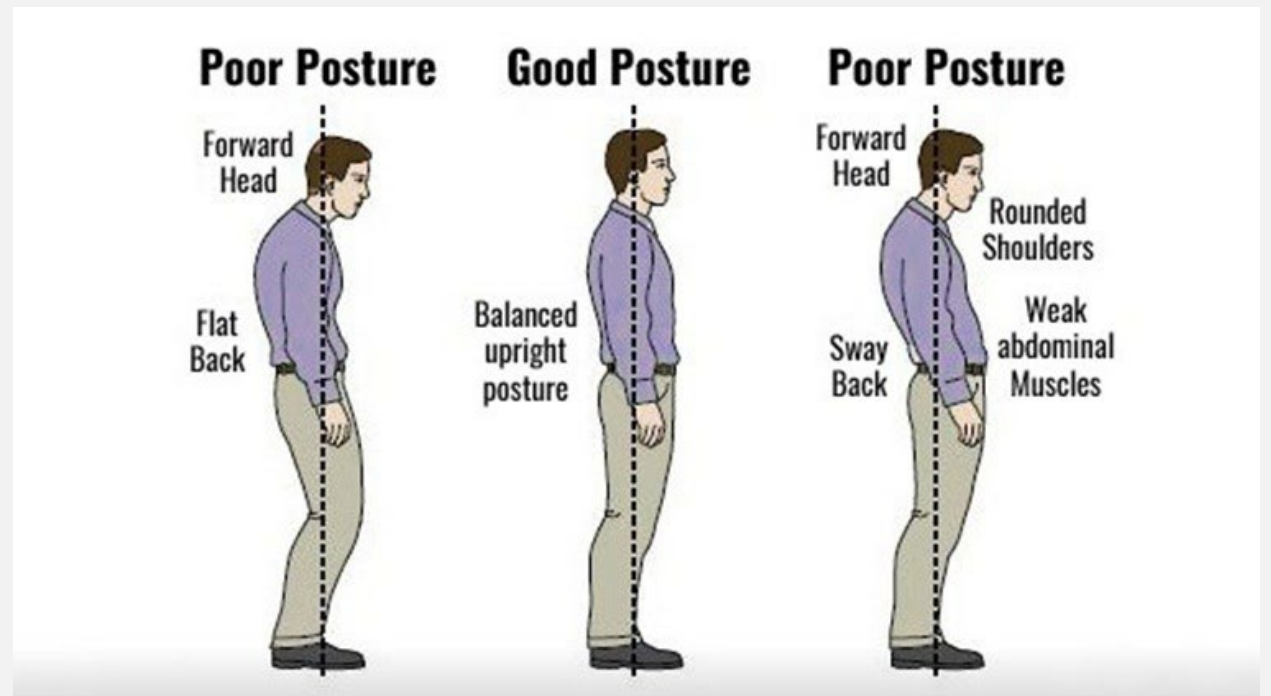


GUIDELINES

1. ALWAYS start with joint warm ups to ensure body is ready for exercises.
2. Pick either Option A or Option B for each of the 6 exercises.
3. Ensure proper form is being maintained throughout exercise. Stop if this is not possible.
4. Push chair against table or wall so it cannot move if it is needed for support.
5. Have wall or chair within reach for stability if balance is a challenge.
6. Keep movements slow and controlled.
7. Remember to breathe.

TIPS FOR LEADING

- Start with the easy option before moving to harder option
- Participate at the same level as your participants
- Focus on posture
- Counterbalance seated posture





JOINT WARM-UPS

- Before beginning stability exercises, warm up/ lubricate joints by circling each 10 times.
 - Neck- half circle in front
 - Shoulders
 - Goal post arms
 - Wrists
 - Trunk Rotations
 - Ankles
 - Squats or standing marches

FRONT PLANK

Option 1: Wall Plank

Place forearms on the wall with elbows slightly lower than shoulders to protect the shoulder joint. Without changing the position of shoulders, slowly step back until body is in a straight line, keeping spine and neck straight. Hold for up to 30 seconds; walk feet toward starting position.

Challenge:

- Alternating leg lifts with hips still



FRONT PLANK

Option 2: Table Plank

Find a stable table for exercise. Place forearms on table with shoulders directly above elbows to protect the shoulder joint. Without changing the position of shoulders, slowly step back until body is in a straight line. Keep spine and neck straight. Hold for up to 30 seconds; walk feet toward starting position.

Challenge:

- Alternating leg lifts with hips still





WALL SIDE PLANK

Option 1: Wall Side Plank

Stand with side toward wall, place one forearm on wall with elbow slightly lower than shoulder to protect the shoulder joint. Step away from wall until body is in a straight line. Keep body straight from head to heels. Hold for up to 30 seconds.



WALL SIDE PLANK

Option 2: Wall Side Plank with Kick

Stand with side toward wall, place one forearm on wall with elbow slightly lower than shoulder to protect the shoulder joint. Step away from wall until body is in a straight line. Keep body straight from head to heels. Once stable, lift top leg and swing leg slowly forward and backward without moving torso. Hold for up to 30 seconds.

WALL LEG LIFT

Option 1: Marches

Stand with back to the wall. Press heels, hips, upper back, and back of head against wall as much as possible. Without moving body away from wall, bend one knee and lift the knee in front of the body to simulate marching. Repeat 10-15 times on each leg. Repeat with other leg.



WALL LEG LIFT

Option 2: Leg Lifts

Stand with back to the wall. Press heels, hips, upper back, and back of head against wall as much as possible. Without moving body away from wall, keep both legs as straight as possible; lift one leg in front of the body 10-15 times. Repeat with other leg.





SIDE CRUNCHES

Option 1: Standing Side Crunch

Place feet slightly wider than shoulder-width apart with hands on sides of thighs. Tighten core muscles, bend torso from side to side. Keep hips still. Repeat 10-15 times on each side.



SIDE CRUNCHES

Option 2: Squatting side crunch

Place feet slightly wider than shoulder-width apart and lower body into squat position. Place hands behind head with elbows wide. Tighten core muscles, bend torso from side to side. Repeat 10-15 times on each side.

HIP STRENGTH

Option 1: Lateral Leg lifts

Stand with feet shoulder-width apart. Shift weight onto one leg. With toes of the other foot turned slightly toward the ground, lift and lower leg 10-15 times on each leg.



HIP STRENGTH

Option 2: Monster Walks

Place feet slightly wider than shoulder-width apart and lower body into squat position. Maintain squat position while stepping from side to side. Repeat 10-15 times on each leg.





POSTERIOR CHAIN

Option 1: Mini Bows

Start with feet shoulder-width apart, hands on hips. Slightly bend knees and keep entire spine straight from head to tailbone. Hinge forward at the hips and lower shoulders towards the floor. Keep motion in a pain-free range of movement. Repeat 10-15 times.



POSTERIOR CHAIN

Option 2: Good Mornings

Start with feet shoulder-width apart, hands behind head, elbows wide. Slightly bend knees and keep entire spine straight from head to tailbone. Hinge forward at the hips and lower shoulders toward the floor. Return to starting position; repeat 10-15 times.

PRACTICE!!



QUESTIONS?

Thank you!



STRETCH, FLEX, STABILITY & BALANCE

Balance Exercises

START
HERE

JOINT WARM UPS:

- Neck half circles
- Shoulder circles
- Goal Post Arms
- Wrist circles
- Trunk rotations
- Ankle circles
- Miniature squats

GUIDELINES:

- Start with joint warm ups to ensure body is ready for exercises.
- Hold each position as long as you can maintain good form or repeat movement for up to 30 seconds.
- As balance improves, add challenges to continue improving balance.
- Push chair against table or wall so it cannot move if it is needed for support.
- Have wall or chair within reach for stability if balance is a challenge.
- Keep movements slow and controlled.
- Remember to breathe.



1 | STAGGERED STANCE

Start with feet shoulder-width apart; step forward with one foot with equally distributed; As balance improves, move feet closer together as if walking on a line. Repeat with other leg.

Challenges:

- Look up & down
- Look side to side
- Shut eyes
- Swing arms side to side



2 | SINGLE LEG STAND

Start with feet hip-width apart, weight equally distributed on both legs, hands on hips. Lift left leg off the floor and bend it back at the knee. Repeat with other leg.

Challenges:

- Look up & down
- Look side to side
- Shut eyes
- Swing arms side to side
- Swing leg forward and back



3 | SIT TO STAND

Push sturdy chair against wall, so it won't roll; sit on the front of chair. With hands reaching forward, shift body weight forward; slowly rise to a standing position. Slowly return to starting position; repeat as many times as possible in 30 seconds. If necessary, place hands on arms or seat of chair and use arms to help stand and sit.

Challenge:

- Lift one foot off the ground while standing or sitting.



4 | CALF STRETCH

Place hands on table or chair, step back with one foot. Point toes straight ahead, not out to the side. Push heel into back corner of the shoe, then lean hips forward, keeping back straight. Repeat with other leg.



5 | FORWARD LEAN

Start with feet shoulder-width apart; spread toes and use each toe to grip the ground. Using a chair for balance, slowly lean forward until heels are off the floor.

Challenge:

- Move feet closer together



6 | SINGLE LEG DEAD LIFT

Holding onto a stable surface, stand on one leg, keep a slight bend in knee of standing leg. Hinge forward at the hip, extending the other leg back for balance. Keep body in a straight line from the top of the head to the heel of the foot off the ground. Keeping both hips squared to the floor, lean forward until body is close to parallel to the floor. Return to the starting position; repeat 10-15 times. Repeat with other leg. Hold on to stable surface.

Challenge:

- Perform exercise without holding on



7 | STAGGERED TORSO TWIST

Start with feet shoulder-width apart; step forward with one foot and hold. While keeping hips still, clasp hands in front of body and slowly rotate ribcage from side to side. Repeat 10-15 times. Repeat with other leg.

Challenges:

- Bend knees into a slight lunge position
- Stretch arms straight
- Allow eyes to follow arm movement





STRETCH, FLEX, STABILITY & BALANCE

Stability Exercises

START
HERE

JOINT WARM UPS:

- Neck half circles
- Shoulder circles
- Goal post arms
- Wrist circles
- Trunk rotations
- Ankle circles
- Miniature squats

GUIDELINES:

- Start with joint warm ups to ensure body is ready for exercises.
- Pick either Option A or Option B for each of the 6 exercises.
- Ensure proper form is being maintained throughout exercise. Stop if this is not possible.
- Push chair against table or wall so it cannot move if it is needed for support.
- Have wall or chair within reach for stability if balance is a challenge.
- Keep movements slow and controlled.
- Remember to breathe.



1 FRONT PLANK (2 OPTIONS)

A | WALL PLANK

Place forearms on the wall with elbows slightly lower than shoulders to protect the shoulder joint. Without changing the position of shoulders, slowly step back until body is in a straight line, keeping spine and neck straight. Hold for up to 30 seconds keeping hips still; walk feet toward starting position.

Challenge:

- Alternating leg lifts without allowing hips to shift



B | TABLE PLANK

Find a stable table for exercise. Place forearms on table with shoulders directly above elbows to protect the shoulder joint. Without changing the position of shoulders, slowly step back until body is in a straight line. Keep spine and neck straight. Hold for up to 30 seconds; walk feet toward starting position.

Challenge:

- Alternating leg lifts without allowing hips to shift



4 SIDE CRUNCHES (2 OPTIONS)

A | STANDING SIDE CRUNCH

Place feet slightly wider than shoulder-width apart with hands on sides of thighs. Tighten core muscles, bend torso from side to side. Keep hips still. Repeat 10-15 times on each side.



B | SQUATTING SIDE CRUNCH

Place feet slightly wider than shoulder-width apart and lower body into squat position. Place hands behind head with elbows wide. Tighten core muscles, bend torso from side to side. Repeat 10-15 times on each side.



2 WALL SIDE PLANK (2 OPTIONS)

A | WALL SIDE PLANK

Stand with side toward wall, place one forearm on wall with elbow slightly lower than shoulder to protect the shoulder joint. Step away from wall until body is in a straight line. Keep body straight from head to heels. Hold for up to 30 seconds. (Trunk hips)



B | WALL SIDE PLANK WITH KICK

Stand with side toward wall, place one forearm on wall with elbow slightly lower than shoulder to protect the shoulder joint. Step away from wall until body is in a straight line. Keep body straight from head to heels. Once stable, lift top leg and swing leg slowly forward and backward without moving torso. Hold for up to 30 seconds.



5 HIP STRENGTH (2 OPTIONS)

A | LATERAL LEG LIFTS

Stand with feet shoulder-width apart. Shift weight onto one leg. With toes of the other foot turned slightly toward the ground, lift and lower leg 10-15 times on each leg.



B | MONSTER WALKS

Place feet slightly wider than shoulder-width apart with hands on hips and lower body into squat position. Maintain squat position while stepping from side to side. Repeat 10-15 times on each leg.



3 WALL LEG LIFTS (2 OPTIONS)

A | MARCHES

Stand with back to the wall. Press heels, hips, upper back, and back of head against wall as much as possible. Without moving body away from wall, bend one knee and lift the knee in front of the body to simulate marching. Repeat 10-15 times on each leg. Repeat with other leg.



B | LEG LIFTS

Stand with back to the wall. Press heels, hips, upper back, and back of head against wall as much as possible. Without moving body away from wall, keep both legs as straight as possible; lift one leg in front of the body 10-15 times. Repeat with other leg.



6 POSTERIOR CHAIN (2 OPTIONS)

A | MINI BOWS

Start with feet shoulder-width apart, hands on hips. Slightly bend knees and keep entire spine straight from head to tailbone. Hinge forward at the hips and lower shoulders towards the floor. Keep motion in a pain-free range of movement. Repeat 10-15 times.



B | GOOD MORNINGS

Start with feet shoulder-width apart, hands behind head, elbows wide. Slightly bend knees and keep entire spine straight from head to tailbone. Hinge forward at the hips and lower shoulders toward the floor. Return to starting position; repeat 10-15 times.

