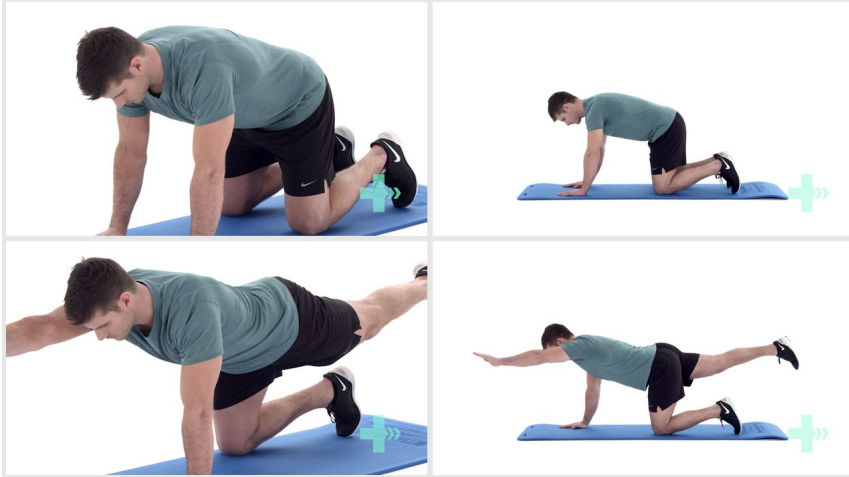


The White House Physiotherapy + BUPA  
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## 1. Supermen

2 Sets / 10 Reps



Kneel down on the floor on your hands and knees in the all-fours position.

Keep your back straight throughout this exercise and perform at a slow controlled pace.

Contract the abdominal muscles by pulling your naval in towards your spine and stretch one leg out to the rear, at the same time extend the arm on the opposite side of your body out towards the front.

Do not rotate the trunk and keep your back straight as you extend your arm and leg.

Hold and then return to the starting position.

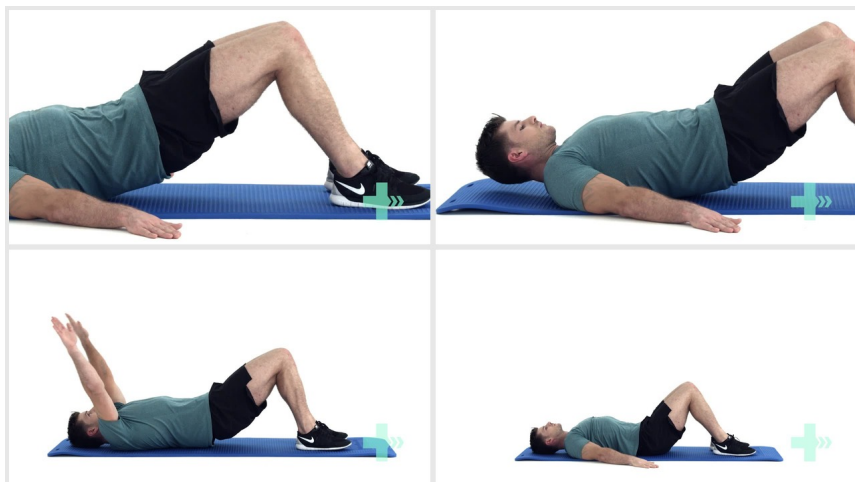
Then switch to the other arm and leg.

Do two to three repetitions on each side.

Perform this exercise at a slow controlled pace.

## 2. Bridge hold single leg extension

2 Sets / 10 Reps / 3 s hold



Start position is lying on the back with the hips raised off the floor and body supported by the upper back and feet, keep the head off the floor with the chin tucked in.

Lift one leg and straighten at the knee.

Keep the leg aligned with the trunk.

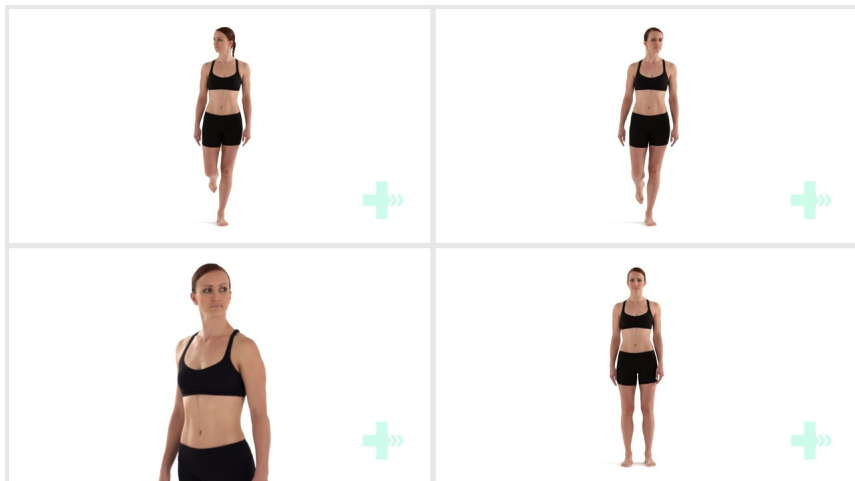
Do not let the pelvis sag down to the side.

Hold this position, then switch legs without lowering the hips, as long as your form remains perfect, continue on switching over between legs.

Advanced techniques include placing the arms overhead and the heels further from the body when commencing the exercise.

## 3. SLS head turns

1 Set / 5 Reps / 20 s hold



Stand on your affected leg.

Turn your head to one side then the other, trying to balance on one leg for as long as you can.

## 4. Alternate knee extensions on stability ball

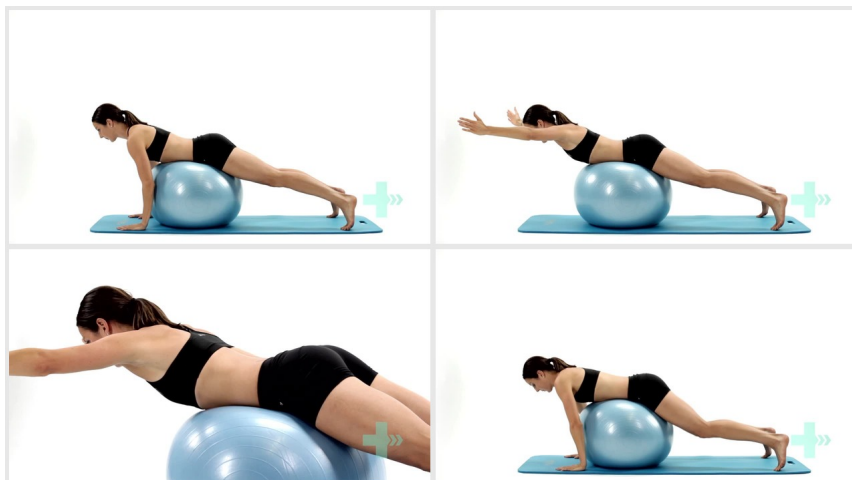
3 Sets / 10 Reps / 2 s hold



Sit on a stability ball with both feet firmly on the floor.  
Find your neutral sitting posture and hold this position.  
Straighten one knee, lifting your foot out in front of you.  
The back of your thigh should still be resting on the ball.  
Bring your foot back down to the floor before repeating the same movement with your other leg.  
Ensure you do not allow your body to slump during this movement.

## 5. Prone scapular stabilization on ball

3 Sets / 10 Reps



Place the ball underneath the abdomen and get into a balanced position.  
Place your arms in a "Y" position out in front of you.  
Squeeze the shoulder blades together and down, using the middle muscles of your back.