

## ADDITIONAL EXERCISES

EXERCISE	GOAL PURPOSE	DESCRIPTION	EXAMPLES OF PROGRESSIONS, REGRESSIONS ETC
Breaststroke	Scapular and pelvic stability  Spine mobility Back strength	Prone lying W arms Raise upper body and arms and perform a breaststroke swimming action  Variation Prone lying Hands by side of body — lift and lower upper body Or Hands under forehead and raise and lower body with support  Prep for swimming exercise	Prone lying — ‘w’ arms, with head supported on block, arm isolation to strengthen muscles around shoulder girdle Single arm lift Double arm lift Double arm lift, extend and circle/swim back to dart  Prone lying — with head lifted — arm isolation to strengthen muscles around shoulder girdle  Single arm lift  Double arm lift  Double arm lift, extend and circle/swim back to dart  Perform above with gluteal bracing Perform above with knees flexed, hip extended and fitness circle between feet
Gluteal Bracing	Scapular, pelvic and spine stability Abdominal engagement Gluteal and hip strengthening	Prone lying, diamond press or ‘w’ arms (head supported on block) Sequentially — engage abdominals & buttocks and rotate thighs together then ankles together Reverses sequence back to the start position  Prep for swimming exercise	Prone lying — abdominal brace as prep  Increase hold at top of movement  Extend hips at top of movement, maintaining pelvic stability  Perform with breaststroke or dart

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Dart	Scapular stability Thoracic mobility  Abdominal engagement  Cervical alignment  Strengthening of muscles around shoulder girdle	Prone lying hands by side Extend fingers and arms towards toes Sliding scapula down towards buttocks and raise thoracic spine  Controlled release to return to start position  Prep for swimming exercise	Prone lying — diamond press arms (arms support weight)  Prone lying hands by side (head supported on block), extend fingers and arms towards toes without lifting  Gluteal bracing as prep
Childs pose	Relaxation Rest Lengthen back and buttock muscles	Prone kneeling with buttocks on heels	Head rests on block or hands (or double fist) Seated and curled in ball Side lying — foetal Lift buttocks and place towel between buttocks and heels
Cat stretch	Spine mobility Lengthen back muscles Abdominal engagement Scapula stability	All fours Round spine, focusing on lumbar area Return to neutral	Adapt ROM Standing variation with hands supported on thighs
Hamstring Stretch	Lengthen hamstrings and glutes	Supine crook lying Raise one leg to ceiling and support leg by holding back of thigh	Many variations Lying Single leg Double leg Use of strap Seated Single leg Double leg Use of strap  Seated on block Single leg Double leg Use of strap
Quad stretch	Lengthen quadriceps Scapular and pelvic stability	Prone lying bend one knee, heel to buttocks to length front thigh	Double leg + Use of strap Side lying + Use of strap Standing With or without balance aid (wall or stick/pole)

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Monkey Squat	Strengthen thighs and buttocks Stability for scapulae, spine and pelvis Abdominal engagement	Standing Flex hips then knees Lower bodyweight down Extend upright	Practice hip flexion action first Smaller ROM and progress Add arm floats Combine with heel raise at top of movement
Dumb Waiter	Strengthen muscles around shoulder girdle Abdominal engagement Scapular and pelvic stability	From standing or kneeling Elbows bent and into side of body Forearm parallel to floor, palms up Thumbs lead and both arms squeeze back	From keeling or standing Use bands to add resistance
Side Leg Series	Strengthen muscles around hip and pelvis Abdominal engagement Scapular, spine and pelvic stability Balance and coordination	Side lying Top leg abduct and adduct Top leg small circles Top leg lift and lower leg lifts to join Double leg lift Add lateral flexion of spine at top of movement (when lying)	Lower leg bent or straight Hand position varies for comfort and to change balance/stability
Clam <a href="https://www.youtube.com/watch?v=lvJCM1RYnA">https://www.youtube.com/watch?v=lvJCM1RYnA</a> <a href="https://www.youtube.com/watch?v=t39LRNWUQYs">https://www.youtube.com/watch?v=t39LRNWUQYs</a>	strengthen muscles around hip and pelvis Abdominal engagement Scapular, spine and pelvic stability Balance and coordination	Side lying — crook position (knees bent and slightly forward) Heels together Rotate top leg outwards Return	Smaller ROM and progress Arm can press against leg to add resistance Heels apart – knees together Bottom leg hovers Add a resistance band

EXERCISE	GOAL PURPOSE	DESCRIPTION	EXAMPLES OF PROGRESSIONS, REGRESSIONS ETC
Arm floats and circles	Shoulder mobility Pelvic, spine and scapular stability Lengthen chest and shoulder muscles Abdominal engagement	Supine crook lying with arms by side Float arms up to chest level and lower Or float arms over head And return to start position or combine the above Change start position	Single arm. Double arm Add circling action (when overhead — along floor) to return arms to side of body and repeat  Arm actions can be added to heel slides and other leg variations (knee lift and toe dips)
Supine Lying open door  <a href="https://www.youtube.com/watch?v=_OdAwvdN25E">https://www.youtube.com/watch?v=_OdAwvdN25E</a>	Abdominal engagement Scapular, spine and pelvic stability Shoulder mobility Chest and shoulder flexibility	Supine crook lying with arms in tabletop position over chest  Lower arms to 'w' position (open door), maintaining rib cage placement, forearms level  Raise to start position	Place blocks on floor for back of hand to meet (decrease ROM) Add sequence: Open to 'w' Raise arms along floor overhead Lift arms over chest Bend elbows to table-top  Reverse the above
Side lying Open door <a href="https://www.youtube.com/watch?v=EHzJns1bXPM">https://www.youtube.com/watch?v=EHzJns1bXPM</a>  <a href="https://www.youtube.com/watch?v=ObK1gFIDmhI">https://www.youtube.com/watch?v=ObK1gFIDmhI</a>	Shoulder Mobility Spinal mobility through trunk rotation	Side lying foetal – hips and knees stacked Top arm extends out of the shoulder and arcs across the body	Return phase of arm is in an arc overhead contacting the ground

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Heel slides	Hip mobility Abdominal engagement Scapular, spine and pelvic stability Trunk loading	Supine crook lying Slide one foot along floor (maintaining pelvic stability) Return to start position Repeat other leg	Start with heel raises (balls of feet on floor) Progress to knee raise and lifting foot from floor Full Heel slide — progress ROM Can hover the heel slide
Scapular isolations	Scapular stability Shoulder mobility Abdominal engagement	Supine crook lying Arms raised to chest level and extended Reach one arm up to the ceiling and lower Repeat with the other arm	Progress and combine with arm floats  Can be done standing – both arms – open lift doors