

Back Rehabilitation – Repeat each exercise for 3 minutes – Daily, keep core muscles activated throughout.



Shoulder Press

Stand on the band
Take your arms above your head and back down
Keep back straight



Sit to Stand

Cross your arms
Sit to stand and repeat



Bent Knee Fall Out

Tighten core muscles
Slowly drop knee out to side and back up
Repeat on other side



Shuttle Walk

Walk up and down, fast pace

Balance

Stand on one leg hold for 30 secs, repeat on other side, progress eyes closed
Stand on wobble cushion 2 legs then 1 leg



Step Ups

Step up and down repeat on both sides
Gradually increase speed



Core + Leg Drop

Tighten core
Slowly lower leg and then repeat on other side





Bridging

Start with your back and arms flat on the mat, knees bent and feet planted on the floor. Proceed to slowly raise your hips until your trunk and thighs are aligned. Hold for 10 seconds



Lunges

One foot in front of the other, up on back heel
Lower down and up, keep knee in line with second toe



Bicep Curls

Stand on the band
Bend elbows and pull band up towards shoulders
Keep back straight



Shuttle Walk

Walk up and down, fast pace



Superman

Tighten core muscles
Reach out opposite arm and leg
Hold 10 seconds repeat on each side