



**Tools RG**  
Know how to show how

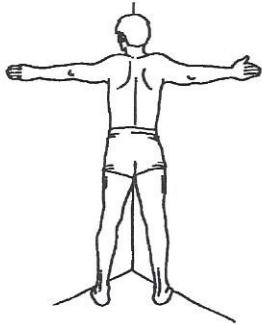
# Personal Exercise Program

Provided for : Swimmers 2013

Mixed

Provided by : Paula Clark

Date : 16/10/2013

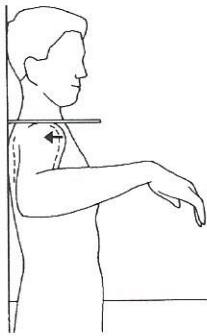


Stand in a corner of a room, facing the corner. Lift both arms to horizontal position against the walls.

Let your upper trunk lean into the corner until you feel the stretching of your chest muscles. Stretch approx. 20 secs.

Repeat 10 times. Daily

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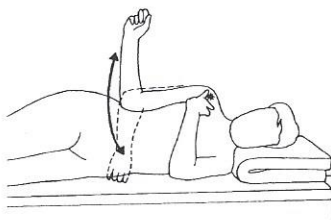


**START POSITION:** Stand tall with the back of the head and shoulder blades supported on the wall (the pelvis 2-4 centimetres off the wall) and with the elbows lifted out to the side about 60°. The shoulder blade is positioned mid way between hitched up and dropped down.

**ACTION:** Move the shoulders back towards the wall. Then actively move it forwards away from the wall and return back towards the wall. Make sure that the shoulder does not push up or pull down as it moves. It must move in a precise forward and back direction. The elbow should not move at all.

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Hold this position 10 seconds. Repeat 10 times. DAILY



**START POSITION:** Lie on your side with the head supported with the arm by the side and elbow bent. The forearm should be resting across the abdomen. Bring the shoulder blade up 2 centimetres and back 1 centimetre and hold this position.

Be aware of the position of the shoulder blade

**ACTION:** Slowly rotate the arm so that the hand swings out to the side. Only move as far as the shoulder blade and the front of the shoulder stay controlled. Then return to the start position. Do NOT let the shoulder blade move at all. Move slowly

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Repeat 10 times each side DAILY

**CONTROL OF THE SHOULDER BLADE IS REALLY IMPORTANT, DON'T ALLOW THE FRONT OF THE SHOULDER TO ROLL FORWARD OR BACK**

Lying face down with your forehead on the floor, arms outstretched with your elbows at right angles.

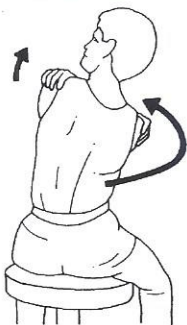


Lift your elbows and forearms off the floor squeezing your shoulder blades together, SLOWLY AND HOLD FOR 5 SECONDS

Repeat 10 times DAILY

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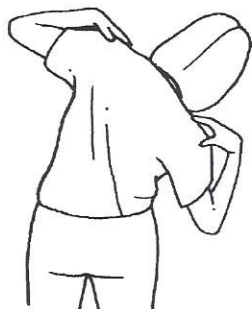
Sit astride a chair and clasp your arms on your chest.



Push your shoulder down while rotating the upper trunk in the opposite direction. During the exercise straighten your upper trunk fully and let your eyes follow the movement. Breathe in during the exercise.

Repeat 10 times, each side DAILY. Aim to get the same distance left and right

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Sitting as in the previous exercise

Keep shoulders facing forwards and elbows back

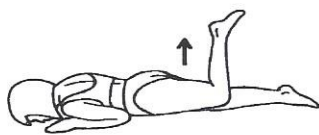
SLOWLY LIFT ONE ELBOW UP WHILE PUSHING OTHER ELBOW DOWN

5 second hold. 10 times each side DAILY

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Lying face down.

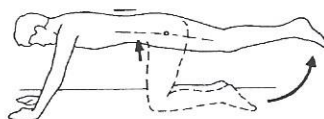
Bend your knee to a right angle and lift your foot towards the ceiling. Hold in that position 10 seconds. DON'T LET PELVIS TWIST



Repeat 10 times.

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START POSITION: On hands and knees with the knees under the hips and the back relaxed in a neutral position.

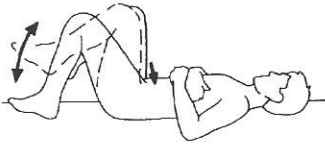


ACTION: Keeping the back controlled, slowly straighten the hip and knee to lift the leg out behind you. DO NOT ALLOW BACK TO TWIST OR HOLLOW Contract the buttocks slightly during the leg lift. ONLY lift as far as the stable back allows. Hold for 5 seconds then lower slowly.

Repeat 10 times DAILY

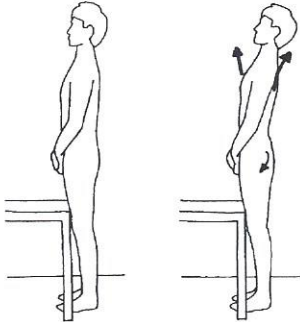
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START POSITION: Lie on back with feet lifted and hips flexed to 90.



ACTION: Gently draw belly button to flatten back. SUSTAIN this contraction. Do not roll the tail bone off the floor. Maintaining this hollowing contraction, slowly lower one heel to touch the floor and return to the start position. Do not lose control by allowing the back to arch. **THE BACK MUST STAY FLAT.**  
Hold for 5 secs. Repeat 10 times each leg DAILY

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START POSITION: Stand tall with thighs against a table to prevent forward pelvic sway and with the pelvis directly over the mid foot.

ACTION: Squeeze the buttocks to prevent excessive back arch, then extend the upper back by lifting the chest forward and up. Do not let the low back arch. **ONLY** move as far as the low back control allows. **YOU SHOULD FEEL THIS IN LOWER ABDOMEN.**

Repeat 10 times. DAILY

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START POSITION: Stand against a wall with the back of the head and the shoulder blades on the wall. The shoulders should be relaxed mid position and the plane of the face should be vertical. The pelvis can be 3-5 cm from the wall.

Be aware of the position of the chin and the back of the head. The neck and jaw muscles should feel relaxed.

ACTION: Slowly slide the back of the head up the wall. Move minimally, only as far as there is no obvious increase in tension of the neck muscles.

Hold this position 10 seconds. Repeat 10 times. DAILY

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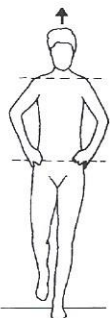
IMAGINE YOU HAVE A BIG BALLOON FASTENED TO THE BACK OF YOUR HEAD, IT IS PULLING YOU UP

You should be aware that your chest has lifted a bit and lower abdominal muscles contracted gently

Don't allow hips to move forwards or sway your back

Hold this position 10 seconds. Repeat 10 times. DAILY

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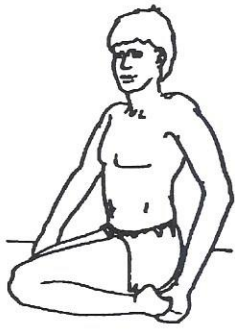
Stand tall with the back relaxed in a neutral position ( as in previous exercise ) and the shoulders over the pelvis.

ACTION: Hollow the low abdominals and shift the full weight slowly onto one leg. Keep the shoulders and pelvis level and directly over each other. Do not allow the pelvis sway forward or twist. **DO NOT ALLOW PELVIS TO DIP AT ONE SIDE**

Repeat 10 times each leg DAILY

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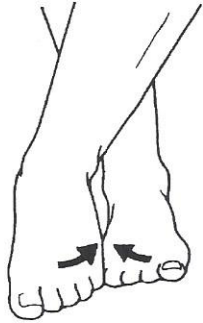


Kneeling, try sitting on your calves with toes pointed away

. Hold approx. 15 secs. relax.

Repeat 10 times.

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Sit on a chair or on the floor. Cross your feet and put the outer edges of your little toes together.

Press the outer edges of your little toes together. Hold approx. 10 secs.

Repeat 10 times.DAILY

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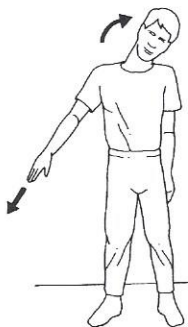


Lying on your back with knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.

Bring your thigh towards your stomach. Feel the stretch in your buttock.  
15 second hold

Repeat 10 times.

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Stand.

Put one arm out to the side away from your body with the elbow straight as shown. Stretch the fingers toward the floor and drop the shoulder. Gradually stretch your head sideways away from your outstretched arm. Hold 10 sec.

Repeat 10 times.DAILY

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