



Dorset Physiotherapy Centre
 48 High West Street
 Dorchester, DT1 1UT

Do this 3-4 times per week to keep your shoulders ready to go back to training when the restrictions are lifted.

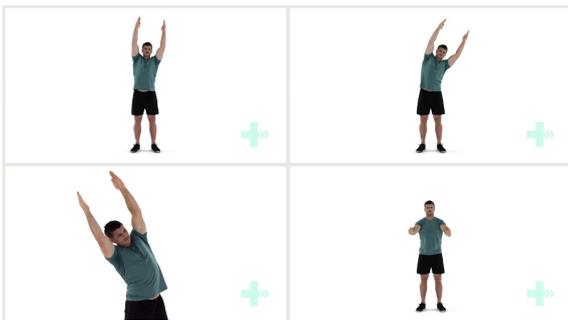
1 Set / 20 Reps / 1 s hold



1. Dynamic hip flexor and trunk rotation stretch "deep lunge"

Start in a plank position with your hands under your shoulders and your legs and body straight back behind you.
 Step one leg forwards outside of your hands.
 Sink your hips down towards the floor between both feet.
 Lift your hand closest to your front foot up.
 Reach it up towards the ceiling, turning your upper body and head with the movement.
 Allow your head to follow the movement so that your gaze looks out to the side.
 Return your hand to the floor, then step this leg back.
 Repeat on the other side.

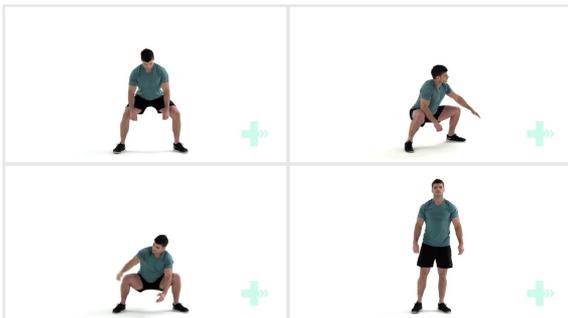
1 Set / 20 Reps / 1 s hold



2. Overhead reach - with side bend

Stand tall with your arms straight overhead.
 Bend laterally to one side at the hip.
 Return to the starting position.
 Repeat the movement in the opposite direction.
 Continue alternating sides to complete the set.

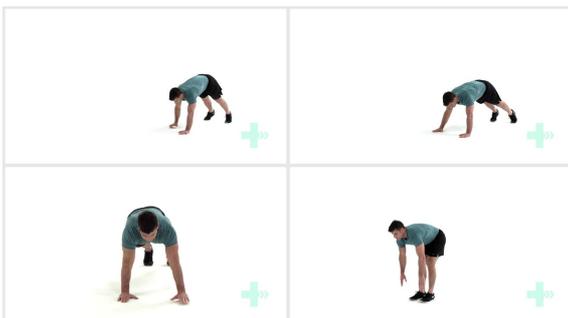
1 Set / 20 Reps



3. Squat to rotation

From a standing position drop down into a deep squat while keeping your back flat, and chest up.
 Rotate your thoracic spine, draw one arm to the ceiling focusing your gaze upon your thumb throughout the movement.
 Return to the starting position and repeat on the opposite side.

3 Sets / 20 Reps



4. Handwalks

Stand with your legs straight and your body bent over with your hands on the ground in front of you.
 Keeping your legs straight and stomach tight, walk your hands forward to a push up position.
 Still keeping your legs straight, walk your feet back up to your hands.
 When a stretch is felt, walk your hands back out to a push-up position.
 Continue to complete the set.



5. Standing, walkout to kneeling push up

Start in a standing position and keep your back straight.

Place your hands on the floor and walk them away from you until you reach a press-up position.

Lower yourself on to your knees, maintaining a straight line from your head to your knees, and perform a press-up.

Push yourself back on to your toes, and walk your hands back towards your feet.

3 Sets / 20 Reps / 1 s hold



6. Side plank with dip

Lie on your side and lift yourself in to a plank on your elbow, with a straight line from your head to your feet.

Drop your hips down until they are just off the floor, and then bring them back up.

3 Sets / 20 Reps



7. Plank - knee to chest

Lie on your front with your toes on the floor.

Place your hands on the floor by your shoulders and push yourself up, lifting your torso and knees.

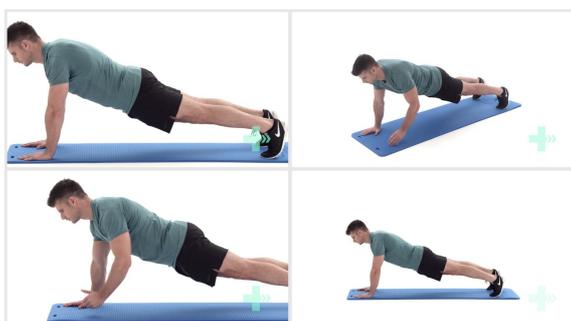
Hold a neutral line from the back of your head to your heels, driving your hands into the floor so that your shoulder blades flatten on your back.

Maintaining this control, bring one knee in towards your chest.

Move this leg back to the starting position and repeat.

Keep your buttocks squeezed and your hips level throughout this movement.

3 Sets / 20 Reps / 1 s hold / 0.1kg weight

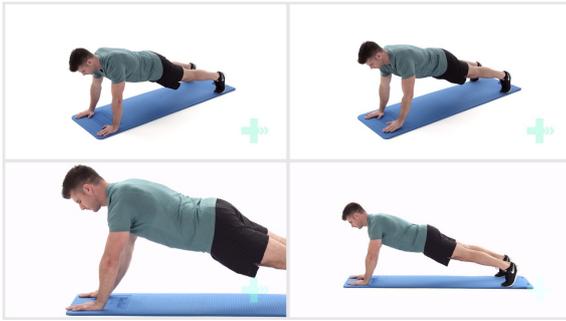


8. Plank one arm row

Get in to a press up position.

Keeping a straight line from your head to your feet, lift the arm up and down, moving your elbow towards the ceiling.

There will be a slight rotation in your torso.



9. Plank to push-up position

Start in a press up position with a straight line from your head to your feet. Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands.

Do not allow your back to sag at any point.

3 Sets / 20 Reps / 1 s hold



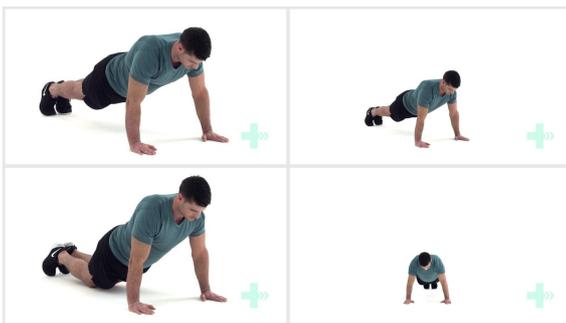
10. Side plank with UL and LL raises

Kneel down and place one hand on the floor beside you.

Lean onto this arm, and walk your feet away to the other side until you have a straight line from the tip of your head to your feet.

Holding this position, try to lift the top arm and the top leg upwards, maintaining balance and alignment in your body.

3 Sets / 20 Reps



11. Push up

Start position is in the press up position with the arms directly under the shoulders, fingers facing forwards and the back and trunk level and straight with the toes on the floor.

Lower the body using the arms and shoulders until the chest just touches the floor, keep the trunk straight and arms aligned with the shoulders.

Press up into the start position using the arms and shoulders only, keep the backside in line with the back and shoulders and do not arch the lower back.

This exercise can also be performed by starting with the knees on the floor and then commencing the press-up from this position.

3 Sets / 20 Reps



12. Commando crawling

Lie on your stomach propped up on your elbows.

Lift up one elbow and place it further forwards.

Lean through this elbow and bring the other elbow forwards.

Pull your body forwards driving through your elbows.

Continue in this fashion so that you drag your body forwards.