

**Notes :**

Ensure you maintain proper spine alignment in all exercises.

**1 Bodyweight squat**

**Sets: 1 Reps: 5-10 Freq: 3X/week**

Stand tall and place your hands on your hips and your feet hip width.

Initiate the squat by pushing your hips back, as if you were sitting on a chair.



Continue the movement by bending the knees, keeping them directly over the feet.

Lower yourself to the point where you begin to lose the neutral spine by rounding your lower back.

Lift back up and repeat.

Make sure to keep the spine neutral and knees aligned with the feet at all times.

## 2 Sit to stand



**Sets: 1 Reps: 5-10 Freq: 3X/week**

Sit on a chair that has been placed against the wall to prevent slipping. Place your feet wide, keeping your heels in contact with the floor.



Lean forward from the hips while keeping your chest raised. As you continue to lean forward, press through your heels until you start to rise to a standing position.

Reach backwards with your hips and slowly lower yourself back to a sitting position on the chair. Your weight should remain over your heels for both feet.

Progressions:

Level 1 - help yourself get up using the arms of the chair

Level 2 - cross your arms over your chest

Level 3 - raise your arms out in front to shoulder height

Other ideas: don't sit in the chair, hover over it and then return to standing

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## 3 Glutes activation mini squat



**Sets: 1 Reps: 5- Freq: 3X/week**

Split squat lunge exercise

Stand in a functional walking stance: your front foot flat on the floor and your rear foot on the toes. Squeeze through the buttock and come into a short squat and rise to return.



Make sure you have a counter or railing close by, to hold onto for safety

#### 4 Plantar flexion on two legs



**Sets: 1 Reps: 5-10 Freq: 3X/week**

Stand on both feet with your hands on a chair or table for balance. Raise on your tiptoes without bending the knees. Lower under control to come back to the starting position and repeat.



Can also add a "heel drop" to stimulate bone response. DO NOT do a heel drop if you have a high risk of fracture.

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#### 5 Glute bridge



**Sets: 1 Reps: 5-10 Freq: 3X/week**

Lie on your back with your knees bent. Do head and shoulder press, lift the sternum slightly. Hold this position.



Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs. Push through your feet, lift your back as one unit.

Slowly return to the initial position and repeat. Do not curl your spine as you lower back to the floor. Try to maintain a long, neutral spine

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#### 6 Prone hip extension



**Sets: 1 Reps: 5 Freq: 3 X week**

Lie on your stomach on the floor and place your hands underneath your forehead.



Place a pillow under your abdomen to support your back. Press your pelvis into the pillow to stabilize your spine.

Keeping your knee straight, raise the leg off the floor and hold for the recommended time.

Slowly lower and repeat.

## 7 Contralateral extension

**Sets: 1 Reps: 5 Freq: 3 X week**



Lie on your stomach with your chin tucked in. Place a pillow under your abdomen to support your back. Press your pelvis into the pillow to stabilize your spine. Stretch out your arms and legs, making your body as long as possible.



Activate your lower abdominals (transversus abdominus) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction. Maintain a steady abdominal breathing while you lift one arm and opposite leg up towards the ceiling keeping your chin tucked in. Return and repeat with the other arm and opposite leg.