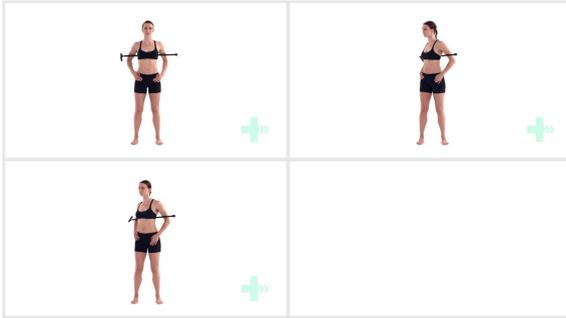


1 Set / 10 Reps / 1 s hold

**1. Trunk/thoracic rotation (upper) stretch right/left with stick behind, in standing; 01**

Stand with a stick across your upper back and both arms hooked over the top. Keeping your posture upright, rotate around from one side to the other, stretching your upper back.

1 Set / 10 Reps / 1 s hold

**2. Trunk extension AROM, hands on waist, standing; 02**

Stand with your legs at hip width apart and straight. Place your hands on your hips. Lean your body backwards, trying to arch in the lower back as much as you can, lifting your chest up towards the ceiling. Try to avoid allowing your hips to swing forwards too far. Hold this position before returning to the start position.

1 Set / 10 Reps / 0 s hold

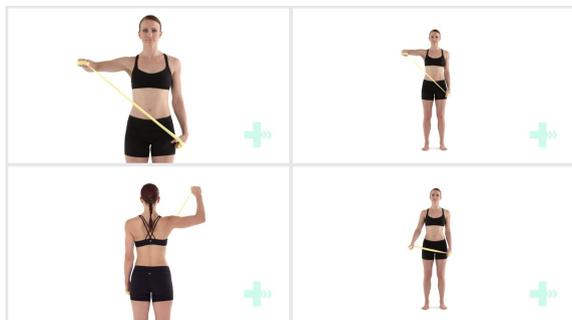
**3. Shoulder extensors latissimus dorsi stretch, with side bending, arms overhead in standing; 01**

Stand with your arms up over your head, keeping them close to your ears. Hold your hands together as you pull your shoulder blades down and back. Holding this position, lean to one side, feeling the stretch down the other side of your torso.

1 Set / 10 Reps / 2lbs weight

**4. Lunge, walking, with trunk rotation, toward rear leg - with weighted bar (back) - alternate leading leg**

Stand up straight with a weighted bar held across your shoulders. When ready, take a step forward and then drop your hips directly down between your two feet. Allow both of your knees to bend to 90 degrees. Your back heel will rise from the floor and the shin of your rear leg should remain vertical. Keeping your torso upright, turn your trunk toward your front leg then return to face forward. Next, push down through your front heel, straightening your legs. Step your rear leg forward and repeat, leading with your other leg. Continue to travel in a forward direction.



### 5. Shoulder external rotation strengthening, with band, arm out to side 90/90, standing;

Stand in an upright position holding a resistance band in both hands.

Lift your affected arm out to the side.

Your arm should be at approximately 90° to your body.

Bend your elbow to a right angle.

Maintaining good posture and shoulder blade control, rotate your arm upwards from horizontal to vertical.

Your elbow should remain at a right angle and your upper arm should not move up or down.

Your posture should stay straight and your shoulder blades remaining back and down.

Slowly return to start position and repeat.

2 Sets / 10 Reps / 3 s hold



### 6. Trunk extension strengthening, arms in Y position, prone

Lie face down with your arms reaching forwards in a "Y" position, so that they are stretched out to the sides at 45 degrees to your body.

Keep your head slightly elevated and aligned with your spine.

Your hands should be facing palms down with your fingers extended.

Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor.

Repeat for the desired number of repetitions.

Throughout the exercise, your arms should be fully extended and your trunk and legs aligned.

Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.

2 Sets / 10 Reps / 3 s hold



### 7. Trunk extension strengthening, arms in W position, prone

Lie face down on an exercise mat with your arms in a "W" position so that the upper arms are aligned alongside the trunk with your elbows bent and your hands facing forward at the same level as your shoulders.

Move your forearms outwards so they are close to a 45 degree angle to the upper arm.

Keep your head slightly elevated and aligned with your spine.

Your hands should be facing palms down with your fingers extended.

Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor.

Repeat for the desired number of repetitions.

Throughout the exercise, keep your arms at 45 degrees through your elbows in the "W" position and ensure your trunk and legs are aligned.

Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.



### 8. Trunk extension strengthening, arms in T position, prone

Lie face down with your arms reaching forwards in a "T" position, so that they are stretched out to the sides at 90 degrees to your body.

Keep your head slightly elevated and aligned with your spine.

Your hands should be facing palms down with your fingers extended.

Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor.

Repeat for the desired number of repetitions.

Throughout the exercise, your arms should be fully extended and your trunk and legs aligned.

Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.



### 9. "Alternating arm and leg raises" Core stabilization, prone; 03

Lie on a mat, flat on your front with your arms stretched out overhead.

Initiate the core stability muscles in your pelvic floor and tummy.

Lift the opposite arm and leg so that they are both off the floor.

Maintain the muscle contraction in your core.

Hold this position, then steadily lower your arm and leg.

Repeat the movement using the other arm and leg.