



## **INTRODUCTION**

Thank you for visiting Still Point Therapy. I am here to help you to reach your potential. This booklet is written to assist you for your daily routine. If you got it, it means I asked you to download it and I gave you some exercises or stretches to practice. I pointed the ones you need to do. If you want to do others exercises or stretches, please ask about it. All these exercises are all very valuable and aim to make you stronger, more flexible, prevent injuries and pain or reduce it, also as improving your posture. They need to be done correctly and do not suit everyone.

Still Point Therapy has a holistic vision of the body and person. Your health is important to me.

## **ABOUT THE EXERCISES AND STRETCHES**

If you are concerned about any exercises, please seek guidance from your GP or other health professional. You may proceed to undertake those exercises and stretches in a light-moderate intensity.

- **Repetition and set for rehabilitation**

2 time per day, 5 repetitions, one set.

- **Repetition and set for beginners**

2/3 time per day, 5/10 repetitions, one set.

- **Repetition and set for people with moderate activity**

3 time per day, 10/15 repetitions, one set.

- **Repetition and set for fitter people**

3 time per day, 15/20 repetitions, one set.

## **POSTURE**

Think about your posture wherever you are. Remember to have a balloon on the top of your head that is pulling you up. Relax your shoulders. Bring your chest up and breath from your stomach.

- **Standing**

Think about your balloon and keep your feet apart. Lift and spread your toes. Try to stand out the outside arch of your foot.

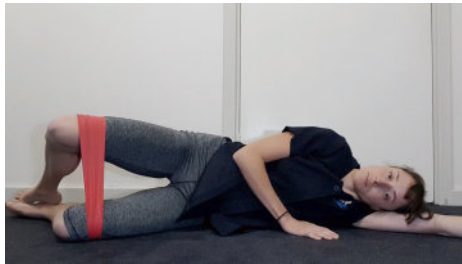
- **Sitting**

Think about your balloon. Sit on your sit bones. To stay stable, have a foot at the front and one under your chair.

Now let's start with the exercises and stretches per sections!

## HIP EXERCISES

### 1) Clam



Lie on your side, back straight, knees bent, feet in alignment of your back. Tilt your pelvis forward at 45 degrees. Rest your head on your arm. Lift your top knee and keep the foot in contact. You can put a band around your knees to increase the difficulty.

### 2) Resisted ABD with band



Same position as above. Lift the top leg making sure the knees are aligned. Control the movement from your hip and return to original position. 10 to 15 times

### 3) Bridges



Lie on your back, hands on the floor, knees bent, feet on the floor, hip width apart. Press your feet into the floor, contract your pelvic floor, engage your buttock and lift it up in a controlled manner.

**CAUTION:** do not hyperextend your back and use your gluts, not your hamstrings to lift.

To increase the difficulty, if you master step 1, cross your arms on your chest.

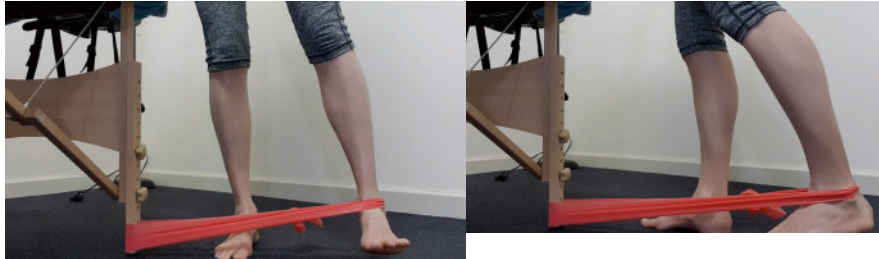
You can also lift one heel at the time for few seconds. Next step, you can raise the entire leg. Finally, place a resistance band around your knees and move them apart on the bridge position.

### 4) Resisted squat with band



Contact your entire back on the wall, feet hip width apart. Have the band around your knees and move them apart with the resistance of the band.

### 5) Resisted abduction



Attach an elastic band on the leg of a sturdy furniture. Stand, open and spread your toes on the floor. The leg you want to exercise is in front of the other one with the band around the ankle. Move the leg sideways, away from your body. You can also do a leg rotation. Finally, face the band and bring your leg backward for a leg extension.

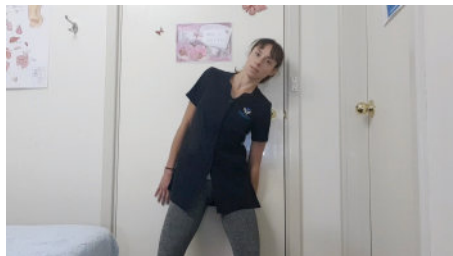
## PSOAS STRETCHES

### 6) Drop leg



On the edge of a table, grab one leg, lie down. One leg is on your chest and the other is hanging out which is stretching the psoas and other hips flexors. Swap with the other leg. Increase the stretch by bending the knee of the leg hanging.

### 7) Wall stretch



Contact your back on the wall in a  $\frac{3}{4}$  squat, feet hip width apart. Open your knees outward. Slightly bring your right hand down sliding on the wall, then swap with the other hand.

## 8) Lunges stretch



Like on the picture. Bring your pelvis forward. To increase the stretch, bring the knee of the back leg further back.

## PIRIFORMIS STRETCHES

### 9) Single leg



Lie on the back with both feet flat on the floor and both knees bent. Pull the right knee up to the chest, grasp the knee with the left hand and pull it towards the left shoulder and hold the stretch. Repeat for each side.

### 10) Crossed leg



Lie on the back with both feet flat on the floor and both knees bent. Rest the ankle of the right leg over the knee of the left leg. Pull the left thigh toward the chest and hold the stretch. Repeat for each side.

### 11) On a table



Not to do if knees issues. Bring one foot on the table and drop your knee on the table. Lean forward until you feel the stretch.



#### 1) Sumo squat

Spread your feet wide apart and squat making sure your knees point outward aligned with your second toes. Bring your forearms on your thighs and push against your arms, hold 10sec and release and push your knees out even more. This will open your hips. 7times.



#### 2) Flamingo

Balance one one leg and bring one foot on opposite thigh. Push that knee outward as much as possible. Bend the knee on the leg you are balancing on to increase the stretch on the other leg. This is a challenging exercise to stabilise the gluts and stretch the opposite one.

Hold 20sec 7times



### 3) Hop and quad stretch

Jump in front of you and balance on the leg of reception. Grab your opposite foot to stretch your quads. It is a core and balance exercise. Hold 10sec 7times