

STRENGTHENING PROGRAM

UPPER BODY

Shoulder Blade Muscle Strengthening: Exercise I

Starting Position:

- Sit or stand erect
- Elbows bent near sides
- Tighten abdominal muscles as if zipping up a tight pair of pants

Exercise:

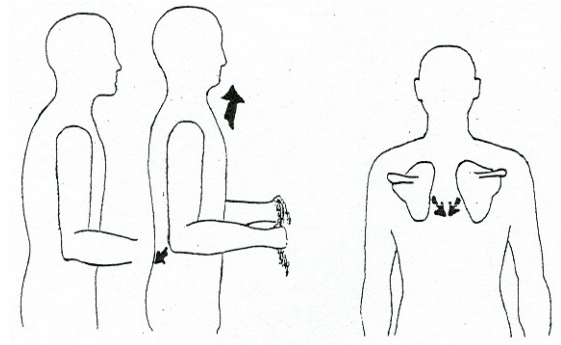
- Lift breast bone
- Gently squeeze shoulder blades down & back

For more resistance:

- Hands close together, thumbs up
- Grasp band with both hands
- Pull band apart slightly, moving elbows towards back pants pocket
- Return slowly

Repeat 10 times

Do several times a day



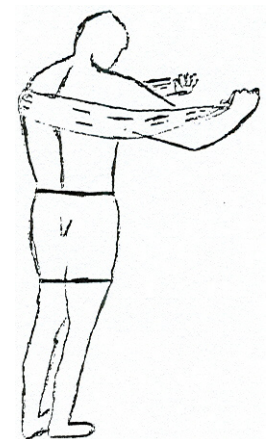
Shoulder Blade Muscle Strengthening: Exercise II

Starting Position:

- Drape exercise band around both shoulder blades like a shawl
- Hold each end of exercise band slightly lower than shoulder height

Exercise:

- Punch both hands forward in a rounded motion (as if hugging a big tree trunk)



STRENGTHENING PROGRAM

LOWER BODY

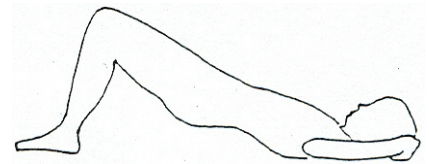
Hip Strengthening: Exercise I

Starting Position:

- On your back
- Knees bent, close together but not touching
- Feet flat on surface, hip width apart

Exercise:

- Flatten back against surface (12 o'clock pelvis)
- Keep 12 o'clock position while lifting buttocks off surface as far as you can
- Make sure movement occurs through hips, not back
- Move hips evenly by squeezing buttocks together
- Hold
- Lower one spinal segment at a time from top of back to bottom
- Keep 12 o'clock pelvis until hips are down on table



Hip Strengthening: Exercise II

Right Hip

Starting Position

- On left side
- Hips and knees bent

Exercise:

- Keep feet together
- Slowly lift top knee toward ceiling
- Do not allow hips to roll backward
- Lower knees slowly

Left Hip

- Switch sides

