STRENGTHENING AND CONDITIONING

Myofascial Release
1. Foam Roll IT Band roll out: for tight IT band, outside hip and knee pain
   Lay on your side with the foam roller at the top of your hip, leg extended and top knee bent. Push yourself over the foam roll down to your knee and return to initial position. Alterations: You can use this method to roll out your quadriceps, hamstrings by laying on top of the foam roll on your stomach or back and rolling from the top of your hip down towards your knees.

2. Plantar fascia discomfort- roll a golf ball or tennis ball under your arches for 2-3 minutes.

3. Piriformis discomfort/gluteal pain: sit on a tennis ball and roll tennis ball up and down the outside of your hip focusing on the “sore” spots.

Stabilization: Core strengthening
1. Lay down on the foam roll with the roll along the length of your spine. Engage lower abdominals and slowly lift one knee towards the ceiling. Return foot to ground and repeat on other side.
   Progressions: May alternate arms with legs, may place arms in first position, bring both feet up one at a time without touching the ground (one up, second up, one down, second down)

2. Seated on Swiss ball engage lower abdominals and begin with pelvis tilts in all directions.

3. Seated on Swiss ball, engage lower abdominals and march one leg up at a time.
   Progressions: Perform port de bras during marching, extend knee while marching

4. Prone Swiss ball gluteal and back strengthening- Lay on your stomach over the Swiss ball. Slowly engage your gluteals and lift one leg at a time.
   Progressions: Alternate arms and legs, bend knee and lift heel up toward ceiling

5. Standing Pilates 100 series: Stand in coupé or passé facing a door. Anchor a Thera-band in the middle or high door hinge and shut the door. Engage abdominals while balancing as you pulse your arms in an extended position. Perform for 30 seconds.
   Progressions: Move from coupé to passé, face away from the door, stand on a piece of foam, increase resistance of the Thera-band.
STRENGTHENING AND CONDITIONING (CONT)

Strengthening:
Upper extremities
1. Seated Swiss ball rows- Attach a Thera-band in directly in front of you when seated on a Swiss ball. Squeeze shoulder blades together, drawing elbows back toward your sides.
   Progressions: Increase Thera-band resistance, lift one leg for every 5-10 repetitions.

2. Prone on Swiss ball reverse flys- Lay face down on the Swiss ball with the T-band anchored underneath the ball. Squeeze shoulder blades together and lift arms out to side.
   Progression: Can bring arms up in a “V” overhead for lower parascapular muscles, straight at the sides into shoulder extension

Lower extremities
1. Sidelying Clams. Lie on your side with knees and hips bent to 90 degrees. Loop band around both knees. Roll top leg up and back keeping feet together. Return to resting position.
2. 4-Way Ankle Strengthening
   a. Lean to outside of leg and hold onto theraband around your foot, sweep foot inward away from your pull
   b. Lean to outside of foot and loop band under the leg that has no loop attached. Sweep foot outward away from your pull.
   c. Pull band directly toward you and point your foot away from you.
   d. Bend the knee of the foot you have been exercising, looping the band around the top of your foot and sling the remaining segment around your back and secure with your hand. Flex and extend the top of your foot against the resistance.

3. Balanced Passé
   a. Attach a theraband right above the knee, level with hip with leg in passé position, with end of band attached parallel to thigh. Adduct leg into passé retiré position.
   b. Begin in passé retiré position, attach theraband perpendicular from across the body. Move into turned out passé retiré, and return to start position.

4. Standing Heel Raise (Perform in neutral, turn out and turn in):
   Stand with stomach against ball in turn out position and slowly rise onto toes, slowly lower to ground.
   Repeat exercise in turn in position. Perform 2 sets of 15 repetitions.
   Progression: Unilateral Heel Raise: Perform same exercise as above on one lower extremity.

5. Supine Bridge:
   With heels on Swiss ball, tighten abdominal and gluteal muscles and slowly lift hips off of floor keeping knees straight.
   Hold 5 seconds and slowly return to start position. Perform 2-3 sets of 10 repetitions.
   Progression: Bridge with leg lift: Perform bridge as stated above, slowly lift one leg off of ball, then return leg to ball and return to start position.
   Single leg bridge: Perform bridge with only one heel on ball.