

RAISE

MOBILISE

Advanced  
Mobility

ACTIVATE

PRIME



## Upper Traps Stretches

1. Sit on one hand while cross-legged.
2. Upright posture.
3. Take the head to one side and gently assist using the hand.
4. Do not hold and should not be painful.



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## Assisted Neck Rotation

1. Sitting cross legged with upright posture.
2. Turn the head to look over the shoulder and use the hand to apply slight pressure.
3. Do not hold the stretch.
4. Should not feel pain.



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## Posterior Shoulder Mobility

1. Keep the body still.
2. Take one arm at shoulder height across the body.
3. Other hand over the elbow to assist.
4. Mobilise the shoulder with pressure on and off.



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## Supine Internal To External Rotation

1. Arms at shoulder height with elbows 90 degrees.
2. Keep the shoulders on the floor and rotate the forearms forward and back.
3. Don't let the shoulders lift forwards.



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## W Floor Slides

1. Lying with the lower back flat on the floor.
2. Slide the arms above the head keeping the back flat.
3. Return back to 90 90 position.



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## Band Assist Thoracic Rotation

1. Band under one and, over the back and held in the opposite hand.
2. Rotate upper body towards the band side.
3. Keep a neutral spine.



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1. Band under one and, over the back and held in the opposite hand.
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## Dynamic Figure 4 Stretch

1. Cross the ankle over the flexed knee and hold around the ankle and knee of the upper leg.
2. Pull the leg towards you.
3. Gently rotate the leg in and out.



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## Suicide Stretch With Side Flexion

1. Hip flexor stretch position with band around the back ankle.
2. Flex the knee using the band.
3. Stretch upwards with the arm and bend to one side.



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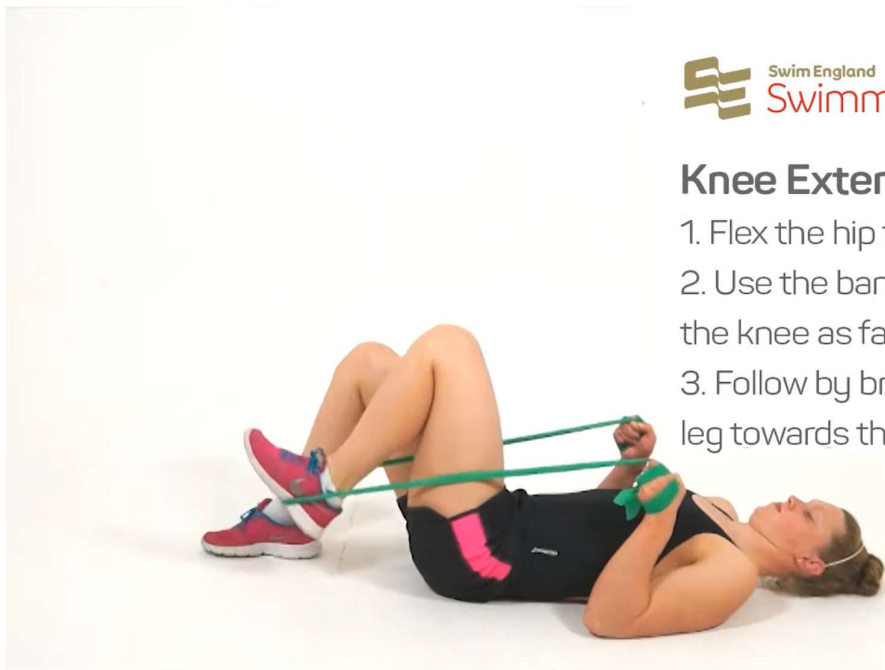
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## Knee Extension With SLR

1. Flex the hip to 90 degrees.
2. Use the band to straighten the knee as far as possible.
3. Follow by bringing the straight leg towards the head.



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## Downward Dog

1. Hands and feet on floor in a V-shape.
2. Thoracic spine flat and core contracted.
3. March through the feet by flexing one knee and then the other.
4. Make sure the supporting foot is flat to the floor.



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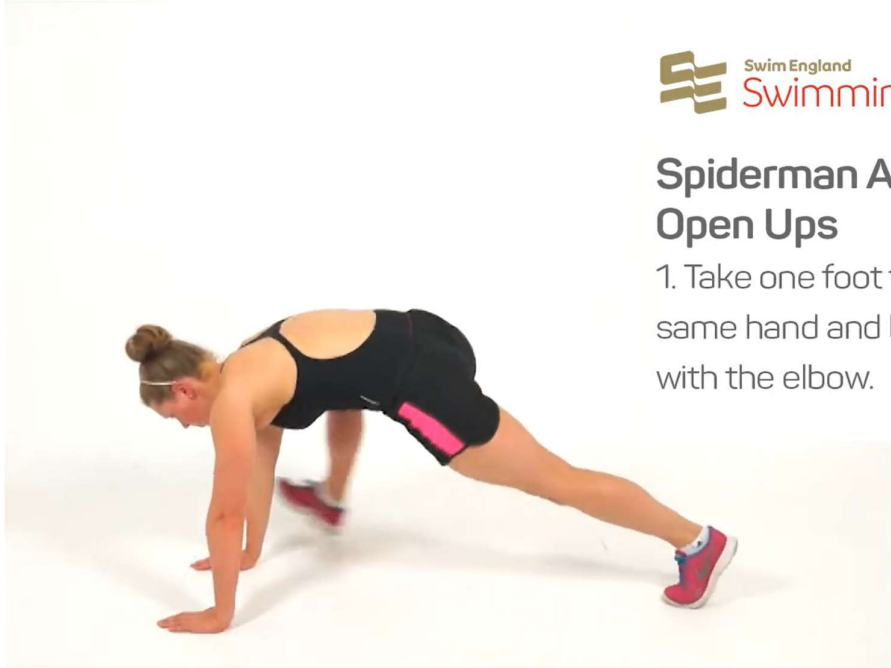
ACTIVATE

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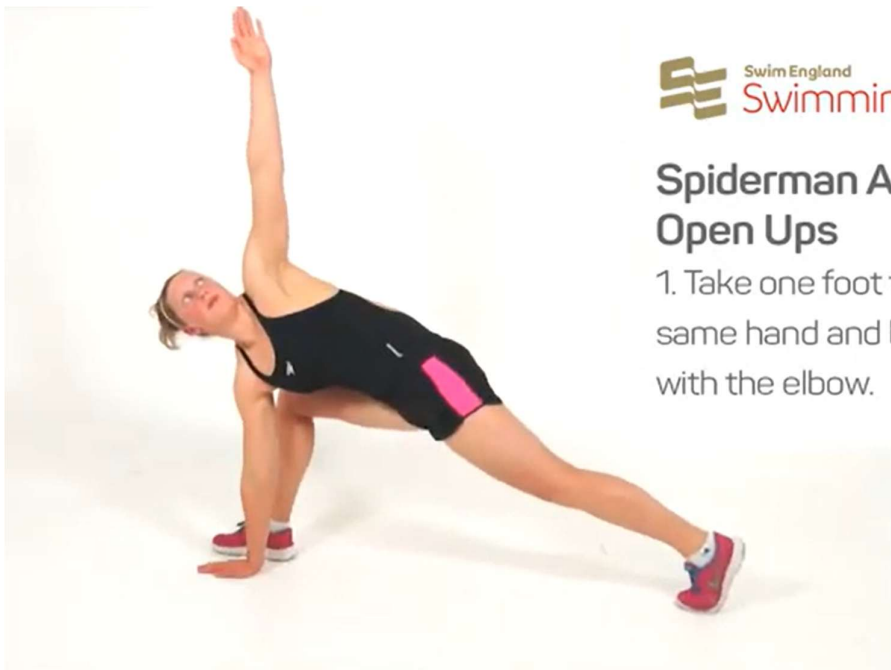
## Spiderman Alternating Open Ups

1. Take one foot to outside of the same hand and block the knee with the elbow.



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## Streamline Squat

1. Arms in streamline.
2. Standard squat pattern.
3. Ensure knees stay in line with toes and chest in upright.
4. Weight through the heels.



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