|  |  |  |
| --- | --- | --- |
| **Exercise Name** | **Modification** | **Key Points in Form** |
| Foam rolling/SMR Tennis ball | No modifications | Place tennis ball or foam roller under muscle and support other parts of body with arms or feet and roll back and forth |
| Abdominal Bracing on Wall | No modification expected | Feet one to two foot lengths from wall, place back, shoulders, and head on wall with no space between and core engaged, lift hands above head while keeping full back on wall |
| Cat/Cow | No modifications | Hands and knees with neutral spine, arch back downwards moving head and neck up and then switch to arch back upwards which tucking head and chin to chest |
| Hip Abducted Rockback | Keep foot flat on floor, no higher extension of leg, might need to test with foot laying on floor first | Down on all fours, neutral spine, hips aligned, extend one leg out to side with foot flat on floor and lean back on bent leg |
| Bird Dog | Start with only arms and then legs to practice and then progress to opposite arm and leg | Keep spine in neutral position and hips square and parallel while gliding opposite arm and leg outwards |
| Tall Plank | No regression or progression, regular tall plank | Tuck pelvis, squeeze thighs and glutes together, whole body should be aligned, lift one leg if possible while keeping hips squared and spine neutral |
| Dead Bug | Do arm and leg separately to ensure good form and movement | Legs in 90-90 position (upside down all fours), extend opposite arm and leg outward to parallel with floor without pushing other arm and leg together |
| Brettzel | Might need band in order to facilitate grabbing foot | Lay on side with knees towards chest, bring top leg in front of body and hold with bottom arm, hold other leg with top arm, rotate torso leading with shoulder |
| Leg Lowering  supported or unsupported | Must be supported with stacked plyo boxes or something to help maintain good form | Use upright support to put straight leg against while laying down, lift other leg straight up and down without touching floor, keep feet flexed |
| ½ kneeling hip flexor | No modification | Get in half kneeling stance with both legs at 90 degree angles, tuck pelvis under and shift weight forward |
| Band Walk | Start at normal level and step distance and then gradually increase step distance and lower body to progress | Maintain upright posture and lead with heel, place band around sides of feet and hold top of bands near pelvis to make a triangle, step side to side or front and back |
| Band pull apart/up and over | No modifications but increase resistance by shortening length between hands if possible | Extend arms straight out in front, without moving elbows pull bands and arms apart using back shoulders, grab bands and pull arms up and over head all the way around and then bring back in front of body |
| Squat to Stand with Reach | No modifications anticipated | Begin with feet shoulder width or a little wider, grab toes and squat all the way down, place knees outside of arms, with one hand at a time reach back to touch wall and stand up while holding feet |
| Wall Squat (Facing wall) | Use Plyo box to help with balance while squatting | Stand with toes and hands against wall, feet a little wider than shoulder width apart and angled slightly outward, squat down as far as possible without losing contact with the wall |