

Sports Medicine

Core Strengthening

Inchworms x10 meters

Start standing and reach for the toes. Keeping the knees straight, place the hands on the ground. Walk hands forward until you are in the push up position, with the body parallel to the ground. Next, walk the feet forward until you are back in a standing toe touch position. Continue this pattern for 10 meters.

Single Leg Bridge x20 on each leg

Lay flat on the ground with one leg extended and the opposite knee bent, foot flat on the ground. With the bent leg, press the foot down to raise the hips keeping the extended leg, hips and spine aligned. Lower slowly and complete 20 repetitions. Switch legs for an additional 20 repetitions.

Single Leg Romanian Dead Lift (RDL) with high knee x20 on each leg

Stand on a single leg and bend forward reaching for the toes. Keep the back straight and the opposite leg fully extended to the rear. Slowly return to a standing position and raise the unsupported leg and knee up, toward the chest. Continue slowly and under control, emphasizing balance. Switch legs for an additional 20 repetitions.

Side Plank x1 minute on each side

Lie on your side with your elbow supporting you and feet in a heel to toe position. Raise the body so that only the elbow and the feet are in contact with the ground. Hold this position with the legs, hips and spine aligned for 1 minute. Move to the opposite side and repeat for 1 minute.

Side lying Hip Abduction with extension x20 on each side

Lie on your side and extend the top leg behind the plane of the body. From this position raise the leg up slowly and lower under control. Complete 20 repetitions on each side.

Quadruped Fire hydrants x20 on each side

Start down in a hands and knees position, hips over knees and shoulders over wrists. Raise a leg straight out to the side maintaining a bent knee. Lower slowly and complete 20 repetitions. Switch legs for an additional 20 repetitions.

Quadruped Bird dog x20 alternating sides

Start down in a hands and knees position, hips over knees and shoulders over wrists. Extend one arm and the opposite leg slowly, maintaining balance and a stable core. Alternate sides with each repetition, with a total of 20 repetitions.