

INJURY PREVENTION AND PERFORMANCE ENHANCEMENT

BASIC STRENGTH AND ENDURANCE EXERCISES.

CLAM EXERCISES

1. Starting position.



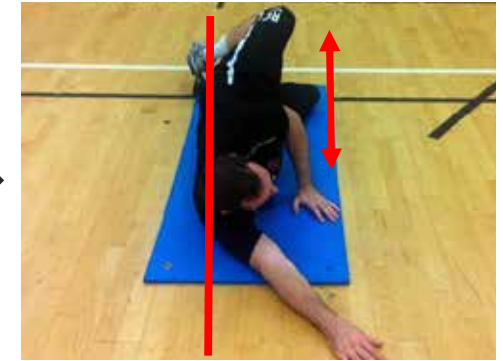
2. Lifting up top knee.



1. Correct body alignment.



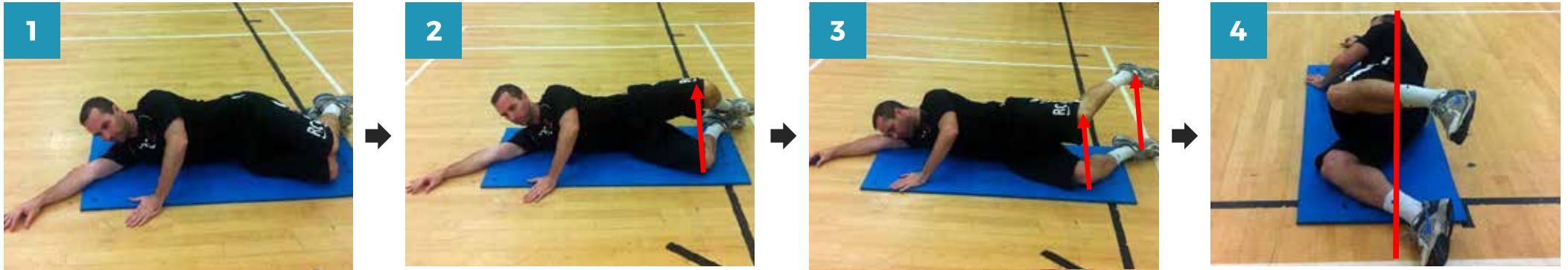
2. Whilst keeping rest of body still.



Starting position: Lying on your side, with knees bent and shoulder, hip and ankle in straight line (use a wall or straight edge to assist alignment).

- Switch on your abdominals by drawing them in slightly (keep on throughout exercise).
- Keeping your ankles together, slowly raise the top knee, hold for 5 seconds then slowly lower.
- Make sure that the trunk/hip does not rotate backwards when performing the exercise.
- You should feel gluteus working.
- Perform the exercise for 2 minutes.
- Progress the exercise by adding a resistance band around the knees to increase strength.

BASIC STRENGTH AND ENDURANCE EXERCISES.



Starting position: Lying on your side, with knees bent and shoulder, hip and ankle in straight line (use a wall or straight edge to assist alignment).

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

- Step 1: Slowly raise your top knee.
- Step 2: Lower your knee.
- Step 3: Lower your foot.
- Step 4: Lower your knee.

- Make sure that the trunk/hip does not rotate backwards when performing the exercise.
- You should feel gluteus working.
- Perform the exercise for 2 minutes.
- Progress the exercise by adding a resistance band around the knees to increase strength.

Progress the basic clam exercise and the clam exercise with foot lift and internal hip rotation by adding more resistance using a resistance band.



SIDE LYING HIP ABDUCTION.

1. Starting position.



2. Extend top leg.



3. Lift then lower in extended position



Starting position: Lying on your side, with knees bent and shoulder, hip and ankle in straight line (use a wall or straight edge to assist alignment).

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

Step 1: Keep your top leg straight and extend it backwards slightly.

Step 2: Slowly lift then lower your top leg maintaining it in the extended position throughout.

- Make sure that the trunk/hip does not rotate backwards when performing the exercise.
- You should feel gluteus working.
- Perform the exercise for 2 minutes.

PROFESSIONAL AND AFFORDABLE

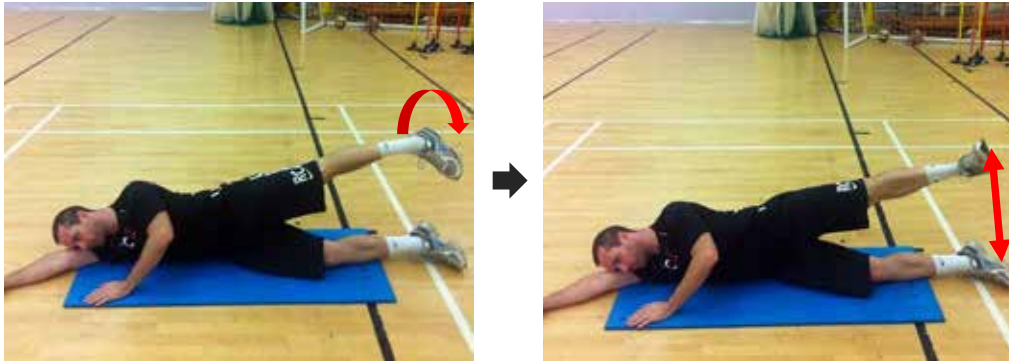
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SIDE LYING HIP ABDUCTION WITH INTERNAL ROTATION.

1. Extend and internally rotate leg.

2. Then lift and lower.



- Step 1: Keep your top leg straight and extend it backwards slightly.
Step 2: internally rotate your leg.
Step 3: Slowly lift then lower your top leg maintaining it in the extended/internally rotated position throughout.

- Make sure that the trunk/hip does not rotate backwards when performing the exercise.
- Perform the exercise for 2 minutes.

SIDE LYING HIP ABDUCTION WITH EXTERNAL ROTATION.

1. Extend and externally rotate leg.

2. Then lift and lower.



- Step 1: Keep your top leg straight and extend it backwards slightly.
Step 2: Externally rotate your leg.
Step 3: Slowly lift then lower your top leg maintaining it in the extended/internally rotated position throughout.

- Make sure that the trunk/hip does not rotate backwards when performing the exercise.
- Perform the exercise for 2 minutes.

SIDE LYING BRIDGE EMPHASIS ON GLUTEUS MEDIUS.

1. Good neutral position.



2. Trunk kept straight.



Starting position: Lying on your side with shoulder, hip and ankle in a straight line.

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

- With your lower ankle and elbow on the mat lift the rest of your body off the mat.
- Ensure that you maintain a straight line between your trunk, hip and ankle. Do not rotate the trunk or let the pelvis drop or hitch too high.
- Perform this exercise for 1 minute.

PROGRESSION OF SIDE LYING BRIDGE (EMPHASIS ON GLUTEUS MEDIUS) WITH TOP LEG LI.FT



- Top leg raised and keep body in a nice straight line.

We provide for and are registered by:



BRIDGE WITH RESISTANCE BAND.

1. Heels towards bum.



2. Raise to straight line.



Starting position: Lying on your back with your knees bent, feet as close to your bum as possible and resistance band around your knee.

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

- Step 1: Push your knees outwards against the band.
Step 2: Contract your gluteus muscles.
Step 3: Push your bum off the floor until your knee, hip and trunk are in a straight diagonal line.
Step 4: Lower your knee.

- Hold each contraction for 10 seconds and repeat 10 repetitions x 3 sets.
- Do not let your hips rotate during the exercise.
- Do not arch your back.
- Keep pelvis and trunk level at all times.

ALTERNATE LEG BRIDGE.

Pelvis level: No rotation / tilting.



Starting position: Lying on your back with your knees bent, feet as close to your bum as possible and resistance band around your knee.

- Step 1: Push your knees outwards against the band.
Step 2: Contract your gluteus muscles.
Step 3: Push your bum off the floor until your knee, hip and trunk are in a straight diagonal line.
Step 4: Raise one foot off the floor by fully extending the knee, hold for 10 seconds then change legs.

- Repeat 10 repetitions x 3 sets.
- Do not let your hips rotate during the exercise.
- Do not arch your back.
- Keep pelvis and trunk level at all times.

SINGLE LEG BRIDGE.



Starting position: Lying on your back, resistance band around your knees with one knee bent, and the other extended with foot in the air.

- Step 1: Push your knees outwards against the band.
Step 2: Contract your gluteus muscles.
Step 3: Push your bum off the floor until your knee, hip and trunk are in a straight diagonal line.
Step 4: Raise one foot off the floor by fully extending the knee, hold for 10 seconds then change legs..

- Repeat 10 repetitions x 3 sets.
- Do not let your hips rotate during the exercise.
- Do not arch your back.
- Keep pelvis and trunk level at all times.

BRIDGE ON STEP.



- Using the step to make the bridging exercise harder.
- Progress to alternate leg bridge and single leg bridge.

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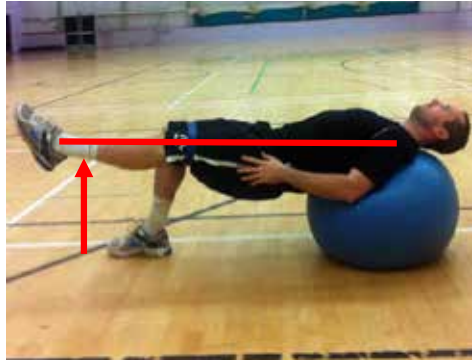
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BRIDGE WITH BACK ON BALL WITH LEG RAISE (WITH RESISTANCE BAND ROUND KNEES).

Start position.



Leg lift and body kept in straight line.



Starting position: Upper back resting on the ball, resistance band around knees, knees bent at 90 degrees.

- Step 1: Push your knees outwards against the band.
Step 2: Contract your gluteus muscles.
Step 3: Raise one foot off the floor by fully extending the knee, hold for 10 seconds then change legs.

- Repeat 10 repetitions x 3 sets.
- Do not let your hips rotate during the exercise.
- Do not arch your back.
- Keep pelvis and trunk level at all times.

BRIDGE WITH FOOT ON BALL.

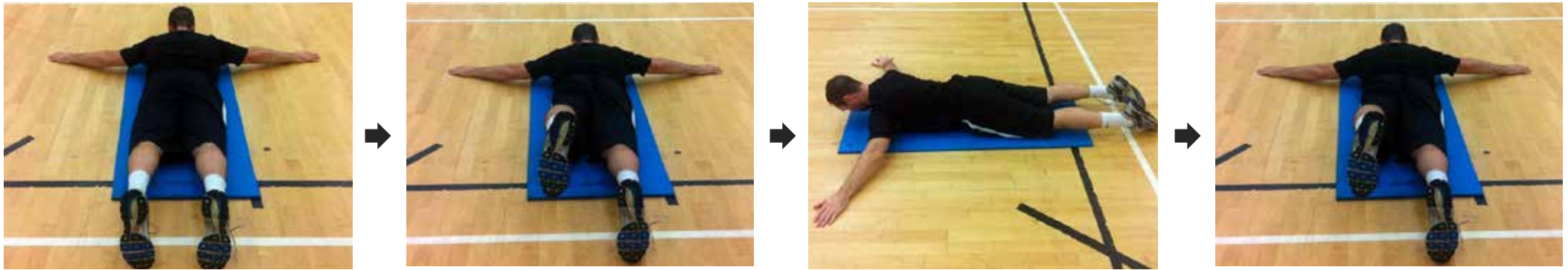


Starting position: Lying on your back with your knees bent, feet as close to your bum as possible and resistance band around your knee.

- Step 1: Push your knees outwards against the band.
Step 2: Contract your gluteus muscles.
Step 3: Push your bum off the floor until your knee, hip and trunk are in a straight diagonal line.

- Hold each contraction for 10 seconds and repeat 10 repetitions x 3 sets.
- Do not let your hips rotate during the exercise.
- Do not arch your back.
- Keep pelvis and trunk level at all times.

PRONE LEG EXTENSION.



Starting position: Lying face down.

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

- Step 1: Keeping your leg straight.
- Step 2: Contract your gluteus muscle.
- Step 3: Slowly extend your leg at the hip joint raising your leg off the floor.
- Step 4: Hold for 2 seconds then lower.

- Make sure your back does not hyper extend.
- Keep your lower back fixed throughout the movement.



PRONE HIP EXTENSION AND ABDUCTION WITH T-BAND ROUND KNEES (GLUT MED AND MAX).

1. Start Position.



2. Abduct the leg.



3. Then lift up and down.



Starting position: Lying face down.

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

- Step 1: Keeping your leg straight.
- Step 2: Abduct your leg to 30 degrees.
- Step 3: Slowly extend your leg at the hip joint raising your leg off the floor.
- Step 4: Hold for 2 seconds then lower.

- 15 repetitions each leg x 3 sets.
- Make sure your back does not hyper extend.
- Keep your lower back fixed throughout the movement.

4 POINT KNEELING HIP EXTENSION AND ABDUCTION WITH T-BAND ROUND KNEES.

1. Start position.



2. Diagonally backward.



3. Pelvis level: No rotation / tilting.



For progression, use T-Band.

Starting position: Kneeling on all fours. Hands directly below shoulders. Knees directly below hips. Back flat. Resistance band around knees.

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

- Step 1: Contract your gluteus muscles.
Step 2: Slowly abduct and extend your hip (diagonally backwards).
Step 3: Hold for 2 seconds then lower.

- 15 repetitions each leg x 3 sets.
- Make sure your back does not arch.
- Keep your lower back fixed throughout the movement.
- Do not let your hips rotate during the exercise.
- Keep pelvis and trunk level at all times.



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