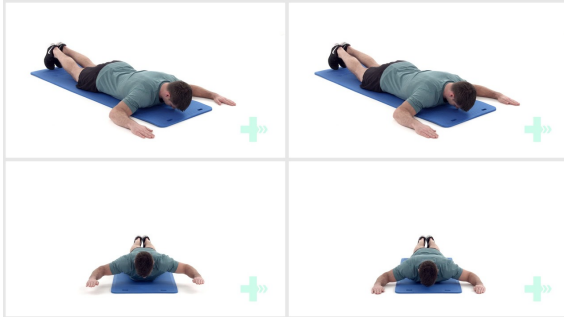


ACT

3 Sets / 10 Reps / 5 s hold



### 1. "L" raise

Lie face down with your arms in an "L" position so that the upper arms are in line with your shoulders and your elbows are bent at 90 degrees and facing forwards. Keep your head slightly elevated and aligned with your spine. Your hands should be facing palms down with your fingers extended.

Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor.

Repeat for the desired number of repetitions.

Throughout the exercise, keep your arms at 90 degrees through your elbows in the "L" position and ensure your trunk and legs are aligned.

Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.

3 Sets / 10 Reps



### 2. Prone alternate arm-leg lift

Lie on your front with your head in a neutral position.

Extend your arms straight out in front of you.

Simultaneously lift one arm and the opposite leg, clenching your buttock muscles and your abdominal muscles to maintain stability in your body.

Keep a neutral alignment with your head throughout the movement.

Lower the arm and leg together, then repeat with the other pair.

3 Sets / 6 Reps / 15 s hold



### 3. Thoracic mobilisation, side-lying position

Lie on your side with your head supported on a pillow and your knees bent at 90 degrees.

Reach your arms out in front of you, with your hands together.

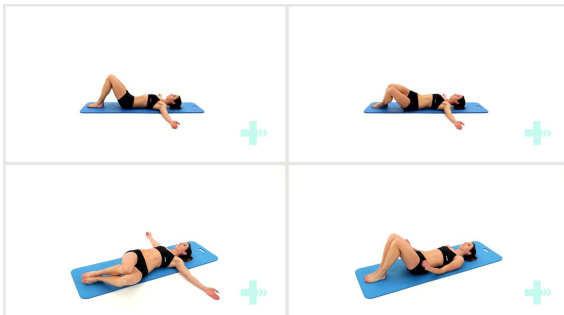
Rotate the upper arm upwards and outwards from your trunk.

Try to rotate as far as you can, without forcing the shoulder.

Hold in the maximum position.

Note: You can adjust the level at which you rotate by adjusting the angle of your knees.

3 Sets / 6 Reps / 15 s hold



### 4. Lower trunk rotation

Lie on your back with your knees bent and your feet flat on the floor.

Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.