

Capital Hydrotherapy  
8/2 King Street  
Deakin, ACT, 2600

3 Sets / 10 Reps



**1. Lunges walking**

Stand up straight.  
Take a large step forwards into a lunge.  
Both hips and knees should be at 90 degrees as you lunge down.  
Make sure your front knee is directly above your ankle and pointing forwards.  
Push up, stepping your back leg to the front leg.  
You may touch this foot to the ground, or bring it straight through to repeat the movement, leading with your other leg.  
Continue this sequence in a straight line.

3 Sets / 10 Reps / 1 s hold



**2. Thoracic rotations in side lying (open book) - Version 3**

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 / 10 Reps / 5 s hold



**3. Bridge on the floor**

Lie on your back with your knees bent and your feet flat on the floor.  
Tighten your buttock muscles and lift your hips up into the bridge position.  
Make sure you keep your hips up and level throughout the movement.

3 Sets / 10 Reps / 1 s hold



**4. Table top alternate LL lowering in flexion**

Lie on your back with your legs bent and your feet flat on the floor.  
Place your hands on your abdomen and tighten your abdominal muscles.  
Raise one leg, and then the other leg, up to the table-top position, with your hips and knees at 90 degrees.  
Maintaining a strong stable position with your back, lower one heel down towards the floor, then return to the table-top position.  
Repeat with the other leg.  
Continue this movement, ensuring you do not allow your lower back to arch.