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Multi-Segmental Extension Pattern
Corrective Exercises

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Upper Extremity Rolling Patterns

Supine to Prone – the lower body is to remain motionless until the head and arm begin to pull you over. Be sure to lead with the eyes and head, and then bring the arm over the top reaching as far as possible. The body should roll smoothly from the head/shoulders, then rest of the trunk, and finally the lower extremities. Repeat for ________ repetitions. Perform _____ x daily.

Prone to Supine – the lower body is to remain motionless until the head and arm begin to pull you over. Be sure to lead with the eyes and head, and then bring the arm over the top reaching as far as possible. The body should roll smoothly from the head/shoulders, then rest of the trunk, and finally the lower extremities. Repeat for ________ repetitions. Perform _____ x daily.

Tips to improve rolling

- Don’t forget to breathe, especially when he feel like you get stuck or want to ‘cheat’. Take a deep breath and exhale through the sticking point.
- Emphasize leading with the eyes and turning the head.
- Exhale and drop the ribs as you begin the exercise.
- Get long through the axis of rotation. In the picture above, the patient should reach and get long through the Right arm and leg.
- If unable to roll with the above cues, place an airex pad or pillow under one hip to get a 'head start'.

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Lower Extremity Rolling Patterns

**Supine to Prone** – the upper body is to remain motionless until the lower extremity begins to pull you over. Flex the hip and reach across the other leg as far as possible. The lower body should roll first, then up through the upper body, and lastly the arms. Repeat for _______ repetitions. Perform _____ x daily.

![Supine to Prone images](image)

**Prone to Supine** – the upper body is to remain motionless until the lower extremity begins to pull you over. Extend the hip and reach across the other leg as far as possible. The lower body should roll first, then up through the upper body, and lastly the arms. Repeat for _______ repetitions. Perform _____ x daily.

![Prone to Supine images](image)

**Tips to improve rolling**

- Don’t forget to breathe, especially when he feel like you get stuck or want to ‘cheat’. Take a deep breath and exhale through the sticking point.
- Emphasize leading with the eyes and turning the head.
- Exhale and drop the ribs as you begin the exercise.
- Get long through the axis of rotation. In the picture above, the patient should reach and get long through the Right arm and leg.
- If unable to roll with the above cues, place an airex pad or pillow under one hip to get a ‘head start’.

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PRI 90/90 Hip Lift Corrections

90/90 Hip Lift - thighs vertical, squeeze a foam roller/pillow between the knees. Perform a pelvic tilt to lift the tailbone and flatten the lower back into the floor. Pull with the heels to engage the hamstrings. Breathe in through the nose and out through the mouth 4x = 1 rep. Perform ________ reps. Right arm is/is not positioned overhead. The ribs should drop in the front as you exhale! Perform _____ x daily.

90/90 Hip Lift with Hip Shift - thighs vertical, squeeze a foam roller/pillow between the knees. Perform a pelvic tilt to lift the tailbone and flatten the lower back into the floor. Shift the pelvis so that the R leg is long and the L leg is short. Pull with the heels to engage the hamstrings. Breathe in through the nose and out through the mouth 4x = 1 rep. Perform ________ reps. Right arm is/is not positioned overhead. The ribs should drop in the front as you exhale (especially on the L side). Perform _____ x daily.
**Left Hemibrige** - thighs vertical, squeeze a foam roller/pillow between the knees. Perform a pelvic tilt to lift the tailbone and flatten the lower back into the floor. Lift the R leg off the chair and hold. Breathe in through the nose and out through the mouth 4x = 1 rep. Perform ________ reps. Right arm is/is not positioned overhead. The ribs should drop in the front as you exhale (especially on the L side). Perform ______ x daily.

Do/Do Not add a pelvic shift - *Shift the pelvis so that the R leg is long and the L leg is short.*
Supine/Prone Postures

**Crocodile Breathing** - Lie on your stomach breathing deeply in through the nose and exhale out through the mouth. Get all your air out on the exhale and should feel your ribs in the front dropping toward your pelvis (may use a pillow under the hips if not able to feel the ribs dropping). Perform for ________ repetitions or ________ minutes. Perform _____ x daily.

**Prone on Elbows Lumbar and Thoracic Extension/Rotation** - lie on your stomach propped up on the forearms. Press through the down arm and turn head and shoulders the opposite direction. Inhale at the bottom, exhale as you turn. Arm can be behind your back or out to the side to assist with turning. Perform ________ repetitions, ________ sets, ________ x daily.

**Prone Press-Ups** - Lie on your stomach with hands out in front of the shoulders. Relax the hips down and press up with the arms to lift the upper body off the table. If you cannot fully extend the arms, place a pillow under the hips. Inhale to begin the movement and exhale through the end range. Perform ________ reps, ________ sets, and _____ x daily.
**Single Leg Bridging** - 1) Place both hands against the wall as in picture #1 below. Press into the wall to get the back flat on the floor and the ribs down in the front. Flex one leg up so the knee is past the hip and hold this position. Press through the opposite leg to extend only the hip (not the lower back). 2) Hold one knee to the chest as in picture #2. Press through the opposite leg to extend only the hip (not the lower back). Pin a tennis ball between the thigh and ribs to ensure this strict posture. Perform ________ reps each leg, ________ sets. Perform _____x daily.

![Single Leg Bridging](image1)

**Supine Shoulder Mobility** - Lie on your back with the lower back flat on the floor (begin with knees bent and progress to knees straight). 1) Reach to the front and take the arms overhead as far as possible without allowing the low back to come off the floor, 2) Keep the forearms flat on the floor and slide the arms up and to the sides (like making a snow angel) but do not allow the arms or low back to come off the floor, 3) Begin with the elbows bent and arms flat on the floor as in the picture below. Slowly straighten the arms as far as possible keeping contact with the floor and low back down. Inhale to begin and exhale at the top of the movement. Perform ________ reps each way, ________ sets of each. Perform _____x daily.

![Supine Shoulder Mobility](image2)
**Supine Shoulder Flexion/Extension** - Lie on your back with the lower back flat on the floor (begin with knees bent and progress to knees straight). Take one arm overhead and the other arm down to the side keeping the elbows straight. Do not allow the lower back to arch off the floor or the ribs to flare up in the front. Inhale to begin the movement and be sure to exhale through the end range. Perform _______ reps each way, _______ sets of each. Perform _____x daily.
Quadruped or 3pt. Postures

3 Point Thoracic Spine Extension/Rotation - Sit back on the heels with a forearm on the table between the knees. Opposite hand is behind the back/behind the head. Turn the head and shoulders as far as possible away from the 'down' arm. Inhale to begin the movement but be sure to exhale through the end range. Perform ________ reps each direction, ________ sets of each. Perform _____x daily.

Bird Dog - Knees directly under the hips and hands directly under the shoulders. Press the chest and chin away from the floor to set the posture. Reach out with the opposite arm and leg without moving through the trunk or leaning side to side. Place a water bottle along the spine like a level to cue for minimal movement. Perform ________ reps each way, ________ sets of each. Perform _____x daily. When able to perform ________ repetitions maintaining perfect posture, then add a resistance band.
Shoulder Flexion Patterning - Knees directly under the hips and hands directly under the shoulders. Press the chest and chin away from the floor to set the posture. Lift one arm out to the front with the thumb pointing toward the ceiling. Elbow remains straight throughout, and work to prevent loss of posture. Perform ________ reps each arm, ________ sets. Perform _____x daily. When able to perform ________ repetitions maintaining perfect posture, then add a resistance band.

Reach - Roll - Lift - Sit back on your heels with forearms on the floor. Press the chest and chin away from the floor and maintain this posture throughout. Slide one arm out as far as possible, roll the palm toward the ceiling, and then lift the arm. Elbow must remain straight throughout the movement. Perform ________ reps each arm, ________ sets of each. Perform ____x daily.
Tall or Half Kneeling Postures

**Half Kneeling Hip Flexor Stretch/Hip Extension Motor Control** - Assume a kneeling position with the knee directly under the hip. Press down on your front knee or a stick with both hands to engage the core and prevent leaning back. Perform a posterior pelvic tilt ("belt buckle to nose" or "tuck the tailbone under") to feel a stretch in the front of the hip and thigh. There should be minimal forward movement of the hip during the posterior tilt. Hold the position for ________ seconds (or ________ breaths), perform ________ reps on each leg, ________ sets of each. Perform _____x daily.

![Half Kneeling Hip Flexor Stretch/Hip Extension Motor Control](image)

**Tall Kneeling Lifts** - Kneel on both knees and maintain a tall posture throughout. Pull the band to the chest and then up and over the shoulders. Reverse the movement to return to the start position. Perform ________ reps each direction, ________ sets of each. Perform _____x daily.

![Tall Kneeling Lifts](image)
**Half Kneeling In-Line Balance** - Assume a kneeling position as in the picture below with a tall spine and level pelvis. Bring the front leg in line with the down knee (or as close as possible and still maintain balance). Maintain balance __________ seconds on each limb, perform ________ reps each on each side, Perform ______ x daily. If struggling with balance, attach a band around the lead leg pulling it inward. Must resist the pull but this will establish greater stability.

![Image](image1.png)

**Half Kneeling In Line with Balance Challenge** - Assume a kneeling position as in the picture below with a tall spine and level pelvis. Bring the front leg in line with the down knee (or as close as possible and still maintain balance). Hold a light stick/golf club/etc. out in front at an oblique angle and arms fully extended. Have a partner challenge your balance by giving progressively quicker perturbations through the stick. __________ seconds on each leg, perform ________ sets each, ________ x daily.

![Image](image2.png)
**Half Kneeling Lifts** - Kneel on the knee closest to the band. Stay tall but be sure to level the pelvis. Pull the band to your chest and then over the shoulders maintaining perfect posture. Reverse the movement to return to the start position. Bring the feet more in line to increase the challenge. Perform ________ reps each side, ________ sets. Perform _____x daily.
Standing Postures

**Split Squats** - Assume a split stance as in the picture below. Drop the back knee toward the floor to lower yourself, then return to standing. Maintain a tall posture and do not over arch the lower back (or allow the ribs to come up in the front). Perform ________ reps each leg, ________ sets. Perform _____x daily.

![Split Squats Image]

**Wall Posture Shoulder Mobility** - Stand with the feet about 6-8 inches from the wall and knees slightly bent allowing you to flatten the lower back on the wall. Head back on the wall and long through the back of the neck. 1) Reach to the front and take the arms overhead as far as possible without allowing the head or low back to come off the wall. 2) Keep the forearms flat on the wall and slide the arms up the wall to the sides (like making a snow angel) but do not allow the head or low back to come off the wall. Inhale to begin and exhale at the top of the movement. Perform ________ reps each way, __________ sets of each. Perform _____x daily.

![Wall Posture Shoulder Mobility Image]
Shoulder Flexion/Extension - stand with feet shoulder width apart, assume a tall posture but do not over arch the lower back (or allow the ribs to come up in the front). Take one arm overhead and the other arm down to your side. Inhale to begin the movement, exhale at the top fully before returning to the start. Perform ________ reps each side, ________ sets. Perform ____x daily.

Squat Stance Lifts - Stand with the feet shoulder width apart and knees slightly flexed. Pull the band to your chest and then over the shoulders maintaining perfect posture. Reverse the movement to return to the start position. Perform ________ reps each side, ________ sets. Perform ____x daily.
**Split Stance Chops/Lifts** - one foot forward and one back, assume a slight lunge position, and level the pelvis. The back leg will be the one closest to the band. Pull the band to your chest and then over the shoulders maintaining perfect posture. Reverse the movement to return to the start position. Bring the feet more in line to increase the challenge. Perform _______ reps each side, _______ sets. Perform _____x daily.

**Single Leg Stance Lifts** - stand with the majority of your weight on one leg with the opposite leg up on a small stool. Level the pelvis and stand tall. The back leg will be the one closest to the band. Pull the band to your chest and then over the shoulders maintaining perfect posture. Reverse the movement to return to the start position. Bring the feet more in line to increase the challenge. Perform _______ reps each side, _______ sets. Perform _____x daily.
**Overhead Carries** - take the arm vertical overhead while keeping the ribs down in the front. Wrist must remain vertical. Walk _______ feet/yards. Switch arms and repeat for _______ reps.

**Deep Overhead Squat with Upper Extremity RNT** - take a band overhead in both hands keeping the ribs down in the front. Take a deep breath in and then exhale as you drop into a deep squat keeping the arms overhead. Perform _______ reps, _______ sets. Perform ____ x daily. If a heel lift is needed, use a ______ inch lift.