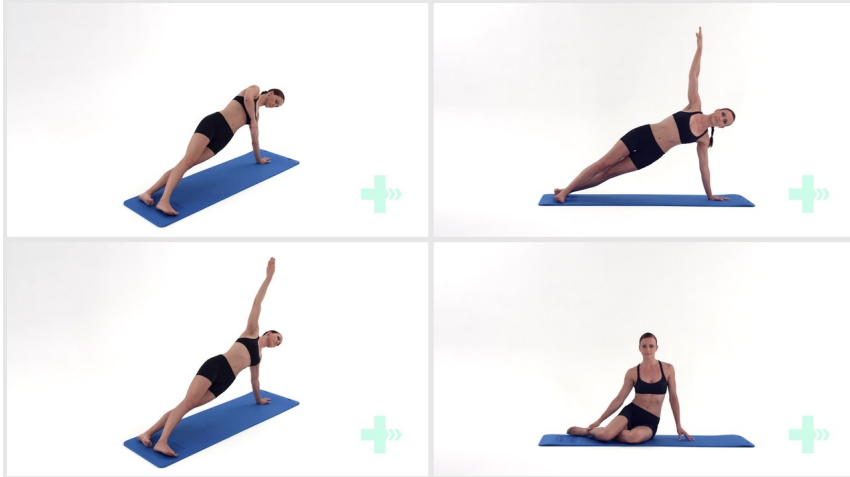


Opus Physical Therapy and Performance
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1. Side plank with trunk twist

1 Set / 10 Reps / 3 s hold



Lie on your side with your legs straight.

Place your top foot in front of your bottom foot on the floor.

Lift yourself up on your side using the lower arm with the hand on the floor.

Your hips will come up off the floor until your body is a straight line from your head to your feet.

Lift your upper arm directly up so that it is in a vertical position.

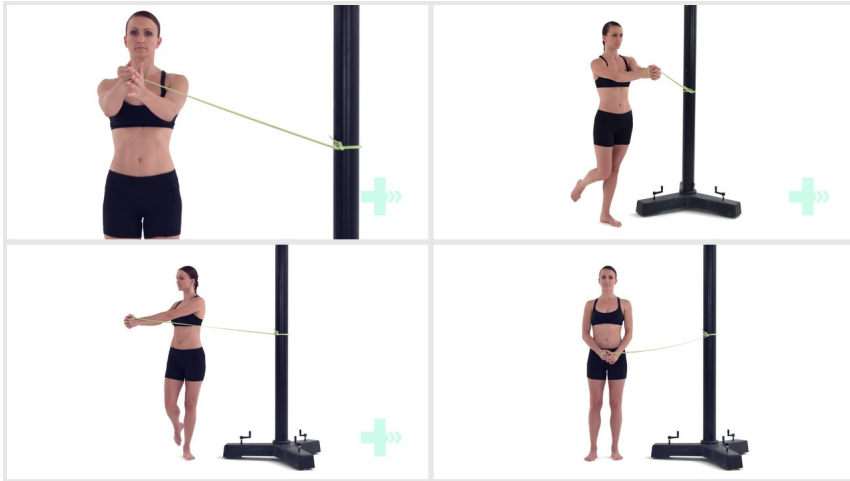
Maintaining control with your body, bring your upper arm back down and around and under the gap between your body and the floor.

You will rotate round with this movement but do not allow your body to sink or wobble too much.

Immediately return back to the start position and repeat.

2. SLS with trunk rotation resistance

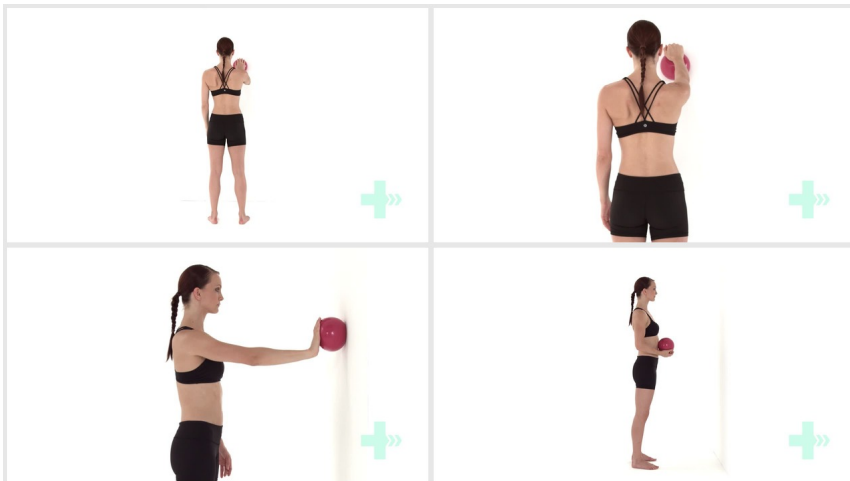
1 Set / 1 Rep



Stand with a resistance band tied out to one side, holding the other end in both hands. Reach your arms out in front a little and balance on the leg closest to the band. You will feel the band try to pull you around. Resist this movement and rotate your trunk away from the band.

3. Standing: up/down movement with the ball [17070]

5 Sets / 20 Reps



Stand facing a wall while holding the ball against the wall with one hand, near shoulder height, in a comfortable position.

Gently activate your shoulder blade stabiliser muscles and maintain your shoulder blade position against your ribs, as you make small up and down movements with your arm and the ball on the wall.

Increase consecutive repetitions to build endurance.

Repeat on both sides.