

CLEARBROOK CHIROPRACTIC CLINIC

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Instructions: Follow the exercises below. Aim to do 10 reps, 3 sets, of each exercise daily, approx. 10 min a day.

Mini-Band Wall Squats:



What is it: A squat performed whilst standing close to and facing the wall, with your hands against the wall but no other part of your body permitted to touch it. A band wrapped around the knees is used for added resistance.

How to do it: With a band looped around your knees, stand a foot's width (as opposed to a foot's length) away from the wall in a shoulder width stance. Stretch your arms out above your head and place them against the wall, with your arms parallel. Send your hips back and lower yourself down under control into a perfect full squat, with your hands remaining against the wall, but not allowing your head or torso to touch the wall.

Focus On: Pushing your knees out and your chest up - both of which will stop you hitting the wall

and help you to keep your chest up and maintain optimal back position and torso angle whilst hitting a deep squat. Also try to keep your arms as vertical as possible.

Advanced tip: Bring yourself closer and closer to the wall, until you can perform a full squat with your toes touching the wall.

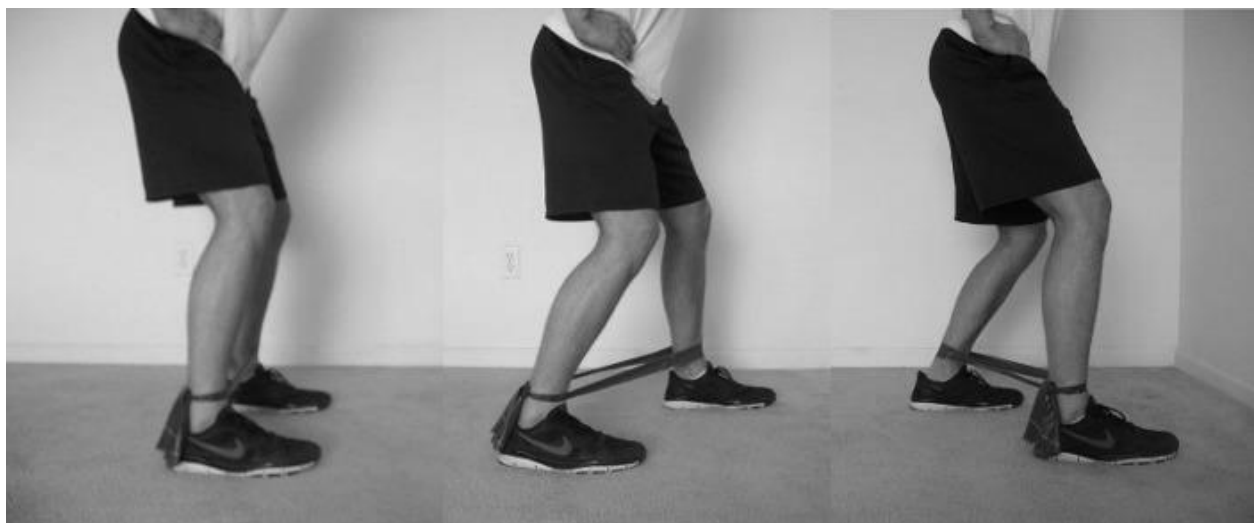
Monster walks and Sumo walks:

Starting:

- Stand upright, the feet are shoulder width apart
- Hold your hands on your hips
- Your torso should be straight not twisted
- Your knees should be slightly bent
- Start with band around ankles
 - **Beginner tip:** *If this is too challenging try the band just above the knees.*
 - **Advanced tip:** *If you need more challenge try the band looped around the front of your foot, research studies have shown that this creates the best glute activation. <https://www.youtube.com/watch?v=jiD4eOaivqY>*

Monster Walk

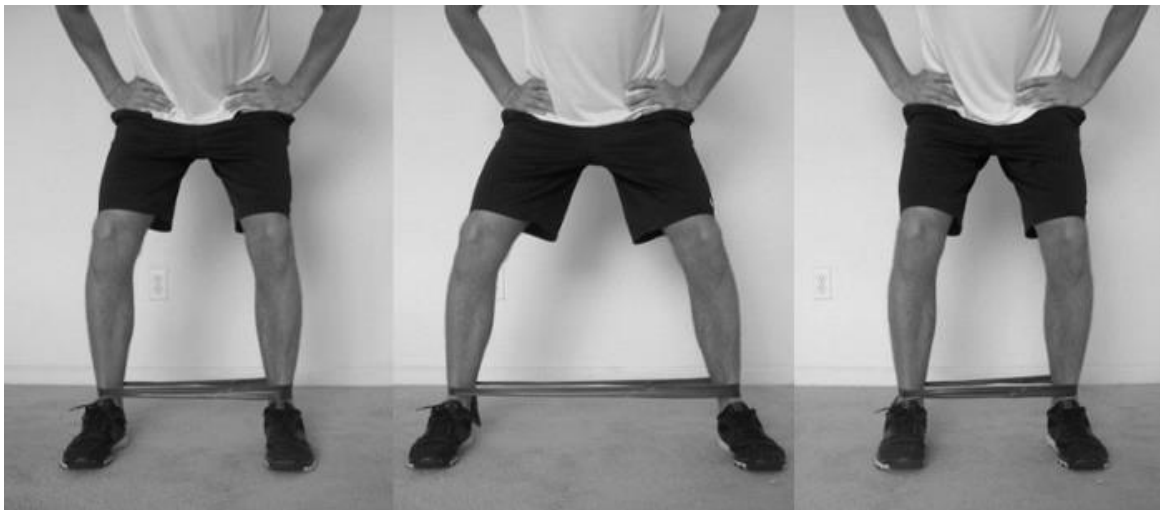
1. Stand with your feet slightly wider than shoulder width apart and an exercise band around your legs just above your ankles
2. Step forward with one leg while trying to keep a wide stance. The knees remain bent, while you make a small diagonally step ahead and outwards
3. Take a step with the opposite leg in the same direction keeping your legs wider than shoulder width apart
4. Make sure, that there always is tension on the band
5. Take 10 steps forward then turn around and take 10 steps back to the place you started. Alternatively, you can do the exercise without moving forward, simply put the foot back after the step



Lateral Band Walk (Sumo Walk)

1. Stand with your feet shoulder width apart and an exercise band around your legs just above your ankles.
2. The knees remain bent, while you make a step sideways
3. Step with the other leg in the same direction to return your feet to a shoulder width distance apart
4. Make sure, that there always is tension on the band
5. Take 10 steps in one direction then 10 steps back in the opposite direction toward where you started, this time leading with the opposite leg.

<https://www.youtube.com/watch?v=5wUk8wQNUT8>



Mini-band Bridges:



Loop a mini-band around your legs, just above your knees and lie face-up on the floor with your arms at your sides, palms facing up. Bend your knees 90 degrees and pull your toes up toward your shins so only your heels touch the floor.

Contract your glutes to raise your hips off the floor until your knees, hips, and shoulders are all in straight line. Pause, then lower back down and repeat. Aim for 10 reps and 3 sets.

Mini-band Clamshells:



Lie on your side with your arm under your head for support. Rest your other hand on your hip. Bend your knees to a 45 degree angle. Place mini-band slightly above your knees.



Keeping your feet together, tighten your abs, squeeze your glutes, and spread your knees as far apart as possible. Return to starting position and repeat. Aim for 10 reps and 3 sets. <https://www.youtube.com/watch?v=oLtPz4aiMXQ>

Hip Thrust



This is an intermediate progression of the bridge exercise. Sit on the floor with your upper back against a stable bench, your knees bent, one foot elevated and one foot flat on the floor. Keeping your back against the bench, raise your hips while squeezing your glutes, tuck the elevated knee towards your chest, lift your hips as high as you can. Return to the starting position, and repeat. Aim for 10 reps, and 3 sets

Hip Thrust with Barbell



This is an advanced progression of the bridge exercise. Sit on the floor with your upper back against a stable bench, your knees bent and feet flat on the floor. Put a padded barbell across your hips and grab the barbell with an overhand grip, about shoulder-width apart. Keeping your back against the bench and the barbell just below your pelvis, raise your hips while squeezing your glutes until your hips are in line with your body. Return to the starting position, and repeat. Aim for 10 reps, and 3 sets