

## **FITNESS NETWORK**

### **Success through alignment restoration®**

Practitioner: Steven Elbogen

Patient:

Session:

Sequence	Exercise	Repetition	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
1	Static Floor	5 minutes										
2	Shoulder Rotations (Static Floor)	2x20										
3	Arm Pullovers (Lying Groin)	3x10										
4	Piriformis Stretch (Elevated Crossover)	1 minute per side										
5	Side Lateral Raises (Kneeling)	2x10 (block @ knees)										
6	Hip Abduction (Standing)	2x20										
7	Straight Arm Rotations (Standing)	40x forward/backward										
8	Standing Overhead Reach	1-2 minutes (block @ ankles)										
9	Squat	1 minute (strap @ knees)										

Each square represents a scale of 1 through 10, 1 being very easy and 10 being extremely difficult, and is to be entered each day after each exercise.

Please be aware for some clients the process of restoring strength and balance to the body requires adjustments and reversal for years of compensations that might, in the short term, cause an exacerbation or change of your symptoms. While we are aware of this potential, please keep us informed of your progress so we can make your journey with us as rewarding as possible.

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## **Exercise #1: Static Floor (5 minutes)**



Lie on your back with both legs on an 18"-20" block, knees bent to 90 degrees. Keep your arms out to your side with your palms up. Relax your back into the floor and breathe through your diaphragm. Stay in this position for the allotted amount of time. The recommended resting times is 5 minutes, but first consult with your healthcare advisor.

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## Exercise #2: Shoulder Rotations (Static Floor) (2x20)



With your legs propped up on an 18" block, knees bent at 90 degrees, place your hands with your knuckles on your temples, palms facing out. Keeping your knuckles on your temples the whole time, bring your elbows together and touch in front of your chest. Try and touch your elbows chin-high and not chest-high. Then separate your elbows by pulling your arms back, squeezing your shoulder blades together and then repeat.

Keep your stomach relaxed by inhaling as you separate your elbows and exhaling as you bring your elbows together. The recommended amount of sets and repetitions is 2x20, but first consult with your healthcare advisor.

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### **Exercise #3: Arm Pullovers (Lying Groin) (3x10)**



Lying on your back with your knees bent, place your feet together and allow your knees to separate apart until the bottom of your soles come together. Clasp your hands together with arms straight, pointed to the ceiling, and shoulders settled to the floor. Slowly reach your hands towards the floor overhead keeping your arms straight, elbows locked and palms together. Only lower your arms as far as you can without bending your elbows, then return to the starting position and repeat. Inhale when reaching to the floor, allowing lower back and stomach to relax. Relax in between each set and rest for the duration of two deep breaths. Recommended amount of sets and repetitions is 3x10, but first consult your healthcare advisor.

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#### **Exercise #4: Piriformis Stretch (Elevated Crossover) (1 minute per side)**



Lie on your back with your knees bent, feet on the floor, and hip-width. Cross your right ankle to left knee and lift your left foot off the floor bending your knee to 90 degrees.

Press your right knee away and pull your left toes back and rotate your right foot and left knee to the floor as one unit.

Be sure to keep your knee at a right angle on the way down.

Keeping your right foot flat on floor, press your right knee slightly away feeling a stretch on the outside of the right hip. Place your arms out to the side, relax your shoulders and stomach and look the opposite direction.

The recommended holding time is 1 minute per side, but first consult with your healthcare advisor.

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## **Exercise #5: Side Lateral Raises (Kneeling) (2x10 (block @ knees))**



In a kneeling position, squeeze your shoulder blades together without shrugging your shoulders and focus on breathing through your diaphragm, allowing your stomach to rise in and out with air. Starting with your arms to your sides, slowly raise your arms up towards the ceiling rotating your palms up half way so that you place your palms together above your head.

Keep your arms straight and back through the entire movement without leaning your torso backwards. Then lower your arms and repeat. Inhale on the way up and exhale as you lower your arms. The recommended amount of sets and repetitions is 3x10, but first consult with your healthcare advisor.

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## **Exercise #6: Hip Abduction (Standing) (2x20)**



Standing with your feet close together, place a strap around your knees then position your feet hip-width to make the strap taut. While keeping your legs from bending with your stomach relaxed, press out and release against strap for one second using the outside of your hips and not by rolling out on your feet.

Relax your shoulders and breathe. Recommended amount of sets and repetitions is 3x20, but first consult with your healthcare advisor.

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## **Exercise #7: Straight Arm Rotations (Standing) (40x forward/backward)**



Stand with your feet straight and hip-width apart looking straight ahead. With your fingers bent and your thumbs pointing out, raise your arms from your side keeping your shoulder blades squeezed together without shrugging your shoulders. Start rotations with your palms facing the floor, following your thumbs forward over the top in approximately 6" circles. Then switch with your palms facing the ceiling following your thumbs forward over the top. Keep your arms back to feel a stretch into your chest.

The recommended amount of sets and repetitions is 40x per direction, but first consult with your healthcare advisor.

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**Exercise #8: Standing Overhead Reach  
(1-2 minutes (block @ ankles))**



Place your forearms on a waist-high counter with your feet hip-width apart and your feet pointing straight ahead.

Walk your feet back until your hips are directly over your ankles as you bend at your waist. With your quads tight, arch your low back allowing your head and stomach to drop towards the floor.

Keep your stomach relaxed and maintain the weight on the balls of your feet. Feel in your hamstrings and back.

The recommended holding time is 1 minute, but first consult with your healthcare advisor.

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## **Exercise #9: Squat (1 minute (strap @ knees))**



Hold on to a waist-high support (sink, open door, etc.), with feet hip-width and straight. Make sure that whatever you hold onto, your feet are directly under your hands.

Allowing your arms to straighten, arch your back and sit down until your knees are bent to 90 degrees holding your back into extension and keeping your knees directly over your ankles.

Keep your shoulders pulled together and not shrugged and your stomach relaxed. Breathe and hold for the allotted time. Feel in your thighs and hip flexors.

The recommended holding time is 1 minute.

Remember to consult with your healthcare advisor first.

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