

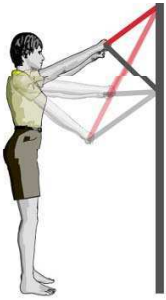
1013 Cervical spine dysfunction entry level

Programme for:

Instructor:

Date:

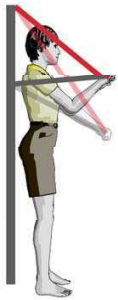
Review date



2006 Standing bar

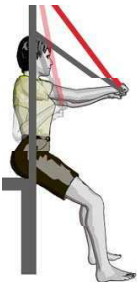
Standing, feet shoulder width apart, knees soft, b-line engaged shoulder blades drawn down towards hips. Relax the buttock Breathe out and draw the bar down as far as you can, avoiding any body sway. Breathe in and slowly let the bar return to the start position

(Use bar with single spring)



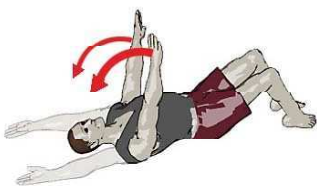
2007 Reverse standing bar

Standing, feet shoulder width apart, knees soft, b-line engaged and shoulder blades drawn down towards hips. Relax the glutei muscles Breathe out and draw the bar down towards the stomach. Breathe in and slowly let the bar return to the start position, keep shoulders drawn down.



2008 Reverse sitting bar

Sitting on edge of trapeze table with feet on floor Maintain neutral spine, Palms down, Breathe out as you draw the bar towards the chest Breathe in as the bar returns. Do not allow shoulder blades to come forward.



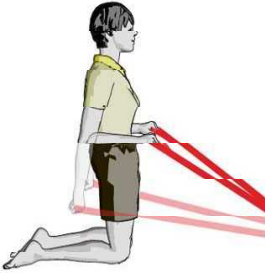
1000 Over Head Arms

Breathe in and take the arms towards the ceiling, Breathe out as the arms go overhead, as far as you can where the back does not move. Breathe in, arms towards the ceiling, Breathe out and return the arms to the start position. Maintain the B-line, shoulders down towards the hips and neck long, chin tucked in!



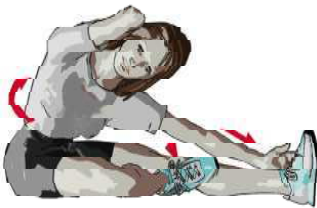
3018 Chariot Pull

Kneeling against the shoulder pads as tall as possible, Holding onto the straps. Breathe out as you draw shoulder blades together, keeping chin tucked in, spine neutral. Breathe in and slowly release. Keep the elbows extended, and shoulder blades down towards the floor throughout the movement



3020 Biceps curl

Kneeling against the shoulder pads as tall as possible. Holding onto the straps with the elbows extended. breathe out as you flex the elbows and breathe in to extend. Maintain a neutral spine, and engaged b-line



1055 Rotational Start Stretch Level 1

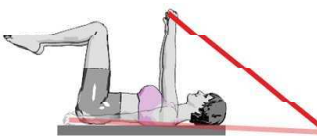
Put left foot on the inside of the right knee As you breathe in take arms up towards ceiling and hands back onto shoulder blades. Keep elbows close to ears. Take hold of right ankle with right hand. As you breathe out try and spiral around to open side. Then take both hands out to meet each other staying in the rotation come up in the rotation, hands up to the ceiling and turn and face the front.

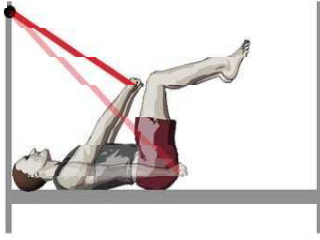
1070 Arm Swings

Standing, feet shoulder width apart. Engage abdominal muscle, raise the arms to shoulder level. Right palm down, left palm up, lengthen through the finger tips. Breathe out and raise the right arm at the same time lower the left. Breathe in as the arms lengthen forward to shoulder level. Rotate arms and hand, breathe out and continue.

3008 Hundreds arms

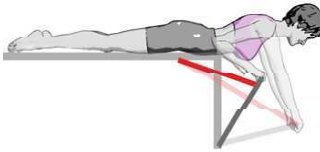
Lying on your back with your arms up straight and legs up at 90 degrees. Breathe out as you draw the straps down towards your hips reaching through your finger tips. Breathe in as you return slowly.





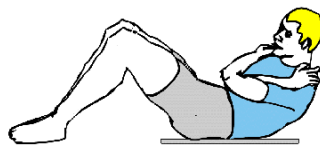
2001 Supine pulls level two

Use long springs on trap table, bend knees to chest. Keep pressure on tail bone, find neutral spine. Breathe out as you pull down towards bed, Breathe in and slowly return. Keep b-engaged and neutral spine.



2020 Chest press

Lie on your stomach with b-line engaged come out as far as is comfortable. Breathe out pressing the bar down until the elbows are extended. Breathe in as you bend the elbows drawing the bar towards your chest. Keeping spine neutral and shoulders back and down.



222 PAC

Lie on your back with your knees bent and your feet on the ground. Fold your arms onto your shoulders. Breathe out as you curl forwards, squeezing the ribs towards the hips. Breathe in as you go back 10%. Breathe out to curl forwards again. Repeat as prescribed.
