

Corrective Exercises:

Deep Squat Breathing



While pressing against a wall in a deep squat, breathe 3 respirations. Stand up & repeat 8-10 times.

Lateral Lunge Wall Taps



Lunge to the side reaching your butt back to tap the wall while maintaining your knee stacked over your toes.
Perform 10 reps each side.

Walking Posterior Lunges



Lunge backwards maintaining an upright posture, stand up & lunge backwards with other leg. Perform 8-12 reps each side.

Thoracic Extension Rock Backs



While holding a PVC pipe/bar, rock back towards your heels as you pull your hands palm down towards your upper back. Take 3 breaths and sink your mid-back towards the floor. Release and repeat. Complete 8-10 reps.

Glute Bridge



Lift your hips up squeezing your butt with your head & feet on the ground. Try to get to a 45 degree angle. Perform 10 reps.

Plank Shoulder Taps



Tap opposite shoulder with hand without rocking, bending or twisting body. Perform 8-10 reps each side.

Bird Dog



Reach opposite hand forward and opposite leg backward without rocking, bending or twisting body. Return to being on hands and knees. Alternate sides and perform 10 reps each side.