



Training program: Katy Campbell - Initial Rehabilitation exercises
20-08-2014



Bristol Physiotherapy Sports Injury Clinic

Bristol Lawn Tennis and Squash Club
BS6 7HF Bristol

Training program

Summary

Description:	These exercises will help to start improving your movement control and stability around your shoulder and pelvis.
Start date:	20-08-2014
Duration (weeks):	2

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1. Standing Scapula Setting	✓	✓	✓	✓	✓	✓	✓	7
2. Basic Gastrocnemius Stretch to Wall	✓		✓		✓		✓	4
3. Prone Scapula Setting	✓	✓	✓	✓	✓	✓	✓	7
4. Pelvic Lift		✓		✓		✓		3
5. Single Leg Swing on Step		✓		✓		✓		3
6. Lotussquat		✓		✓		✓		3
7. Sleeper's Stretch	✓	✓	✓	✓	✓	✓	✓	7
8. Dynamic Hamstring Stretch	✓		✓		✓		✓	4
9. Lying Chin Tuck	✓	✓	✓	✓	✓	✓	✓	7
Total scheduled exercises	6	7	6	7	6	7	6	45

Standing Scapula Setting

1

Description: /

Risk Factor trained: Scapular Biomechanics

Protocol:

Starting Position:

Standing position, one hand palpating the coracoid process (ask your therapist).

Action:

Set the scapula: bring it inferiorly with just a subtle movement by contracting the Lower Trapezius.

Sets and reps:

3x8 sec, progress to 5x20 sec.

Frequency:

Every day

Progression/variation:

Level 2 exercises.

Equipment: /

Cues:

Focus on a slow and controlled, subtle movement.
Keep breathing normally.
Cease exercise when quality of movement decreases.



Basic Gastrocnemius Stretch to Wall

2

Description: /

Risk Factor trained: Gastrocnemius Flexibility

Protocol:

Starting position:

Forward straddle position, hands to wall. The back leg is as far back as possible with the knee in full extension and both feet pointing forward.

Action:

Lean forward until maximum stretch is felt in the posterior leg, keeping the knee fully extended and the heel in contact with the floor.

Sets and reps:

3-5x20 sec

Frequency:

3-5x/week during downtimes

Equipment: /

Cues:

Keep neutral spine and pelvic position
Knee fully extended, heel to the floor
Make sure you feel a good stretch but no pain



Prone Scapula Setting

3

Description: /

Risk Factor trained: Scapular Biomechanics

Protocol:

Starting Position:

Prone position, forehead resting on a towel.

Action:

Set the scapula: bring it inferiorly with just a subtle movement by contracting the Lower Trapezius.

Sets and reps:

3x8 sec, progress to 5x20 sec.

Frequency:

Every day

Progression/variation:

Lift your arm while retracting the scapula.

Equipment:

Towel

Cues:

Focus on a slow and controlled, subtle movement.
Keep breathing normally.
Cease exercise when quality of movement decreases.



Pelvic Lift

4

Description:	An basic exercrise to improve pelvic control.
Risk Factor trained:	Leg Stability
Protocol:	Starting Position: One legged stance on the side of a step, arms crossed over the chest.
	Action: Tilt the pelvis, lifting the extended leg.
	Sets and Reps: 3x8, progress to 5x20.
	Frequency: 3x/week
Equipment:	Step
Cues:	Toes keep pointing forward. Neutral pelvic position, minimize trunk movements. Avoid knee valgus, keep knee above the foot. Cease exercise when quality of movement decreases.



Single Leg Swing on Step

5

Description: /

Risk Factor trained: Single Leg Balance

Protocol: **Starting position:**
Single leg stance on edge of step.

**Action:**

Swing the leg back and forth, as high as possible. Toes pointed straight upwards, then slightly rotated outwards, then slightly rotated inwards. Repeat.
Maintain good core control. Ensure good breathing.

Sets & Reps:

3 sets, 30 reps

Progression:

swinging leg forward + bringing trunk forward (contralateral hand to foot)

Equipment: Step

Cues:
Good breathing
Good alignment supporting leg
Start slowly
Increase speed and amplitude gentle

Lotussquat

6

Description:	An exercise to improve dynamic balance.
Risk Factor trained:	Leg Stability
Protocol:	Starting position: One leg stance, foot of the other leg supported just above the knee. Handpalms together above the head.
	Action: Squat on one leg to 90°.
	Progression: Increase tempo. Perform exercise on Airex.
Equipment:	Airex mat
Cues:	Neutral pelvic position. Avoid knee valgus, keep knee above the foot. Cease exercise when quality of movement decreases.



Sleeper's Stretch

7

Description: /

Risk Factor trained: Shoulder Internal Rotation Deficit

Protocol:

Starting position:

Side-lying position, underlying arm is elevated 90° and flexed in the elbow. Make sure the head is supported and the spine is straight.

Action:

Internally rotate the underlying arm by pushing the wrist down. Stop when you feel a stretch in the back of the shoulder.

Sets and reps:

3x10 sec, progress to 5x40 sec

Frequency:

3x/week, during downtime

Equipment:

Towel or pillow

Cues:

Maintain pelvic and trunk control: no rotating, bending or tilting to one side.

Make sure the head is supported.

Stretch must be felt in the back of the shoulder.



Dynamic Hamstring Stretch

8

Description: /

Risk Factor trained: Hamstrings Flexibility

Protocol:

Starting Position:

Lying supine.

Action:

Pull the knee to the chest maximally and keep it there. In this position, stretch out your leg and return. After 10 dynamic repetitions, keep the leg maximally extended for 10 seconds.

Sets and Reps:

3-5 sets

Equipment:

Training mat

Cues:

Keep neutral spine and pelvic position
Keep the knee as close to the chest as possible throughout the exercise



Lying Chin Tuck

9

Description: /

Risk Factor trained: Forward Head Posture

Protocol:

Starting Position:

Hook-lying position with normal head posture and head on a pillow.

Action:

Perform a cervical extension and a high cervical flexion, hold this for 5 seconds. Palpate the muscles at the anterior side of your neck, making sure they don't contract. This is a subtle movement.

Sets and Reps:

5x5 sec, progress to 10x10 sec

Frequency:

Perform this exercise every day, increasing holding time. When you control the movement, choose a level 2 exercise.

Equipment:

Pillow

Cues:

Keep breathing normally
Make sure the muscles at the anterior side of your neck don't contract.

