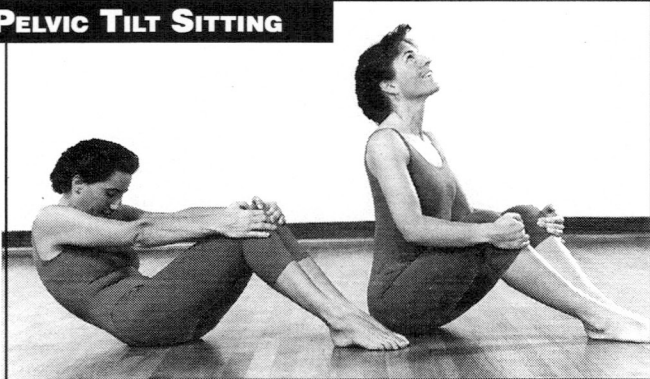


# Bonnie Prudden Strengthening Exercise for **ABDOMINALS**

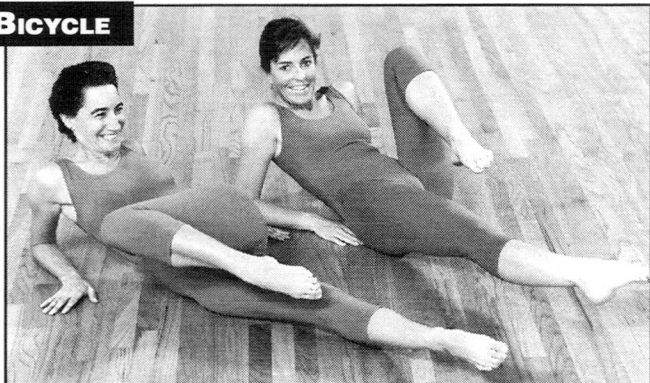
## PELVIC TILT SITTING



Sit with knees bent, hands on knees.

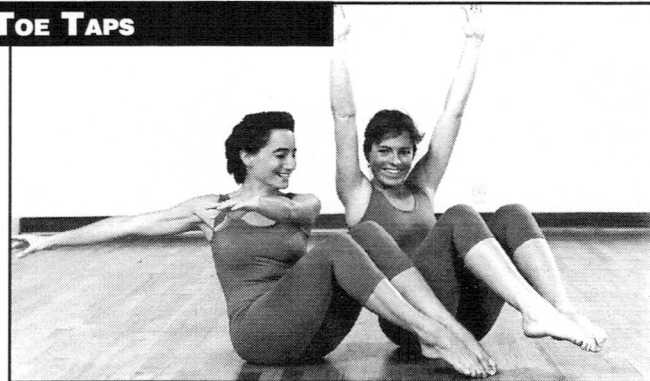
1. Lean back, tighten abdominals and tuck hips under looking down into lap.
2. Sit up straight, arch back and look up towards ceiling.

## BICYCLE



1. Leaning on forearms bring one knee to chest while stretching the other leg out straight.
2. Alternate legs using a bicycling motion.
3. Roll hips to one side and repeat bicycle motion. Change sides.

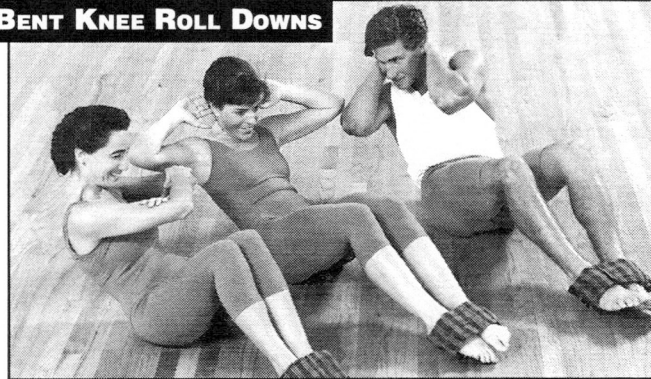
## TOE TAPS



Sit with knees bent, rest on hands if needed.

1. Keep knees bent, lift feet off floor and lower again, using a tapping motion.
2. Tap floor, swinging feet side to side.

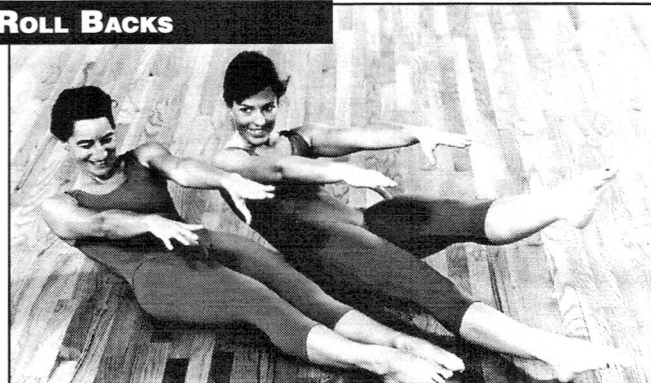
## BENT KNEE ROLL DOWNS



Start in sitting position.

1. Fold arms across chest. (As strength improves, put hands behind head) and roll down slowly.
2. Twist to one side and roll down slowly. Alternate sides.

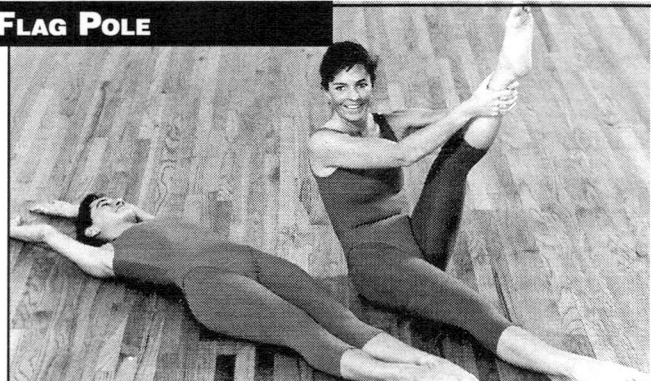
## ROLL BACKS



Start sitting with legs straight.

1. Roll part way back and drop one shoulder. Even shoulders off then drop opposite shoulder.
2. Roll part way back and lift one leg off floor. Lower then change legs.

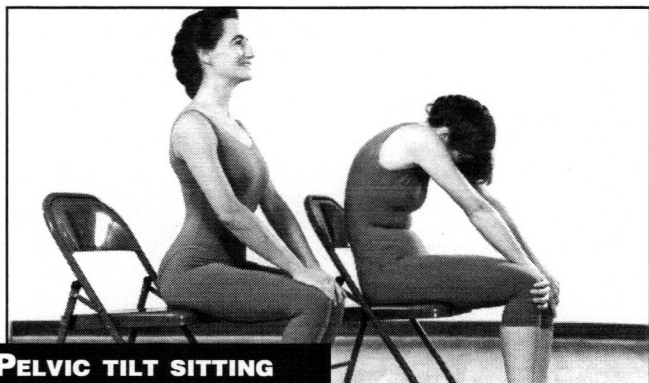
## FLAG POLE



Lying supine, arms over head, legs straight.

1. Lift one leg while swinging up to a sitting position.
2. Grasp leg then roll back down while lowering leg. Alternate legs.

# Bonnie Prudden **ADAPTIVE EXERCISE FOR BACK**



**PELVIC TILT SITTING**

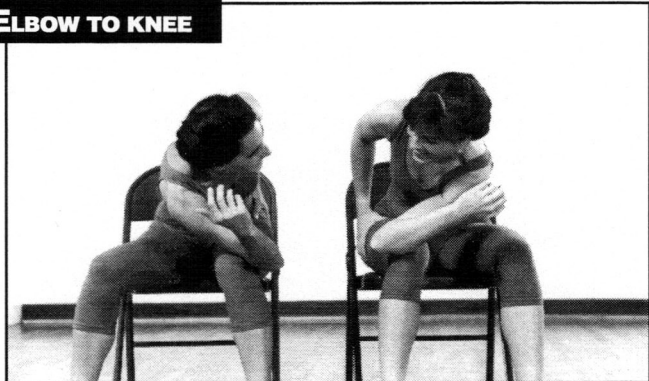
1. Sit up straight and arch back.
2. Round over, pressing spine into back of chair.

**PELVIC TILT / OBLIQUE**



1. Sit up straight, turn towards one leg, rest hands on leg.
2. Round back, leaning away from leg.

**ELBOW TO KNEE**



- Sit up straight with feet apart.
1. Turn to side, bringing elbow towards outside of opposite knee.
  2. Repeat to opposite side.

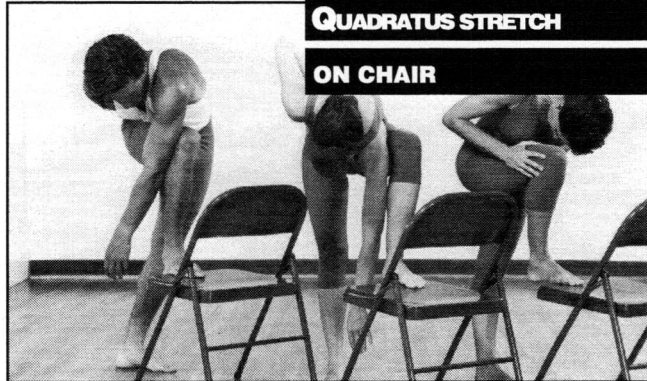
**ROCKBACK / STAND**



- Sit with one foot back against chair.
1. Rock forward.
  2. Lean back.
  3. Rock forward shifting weight over feet and stand

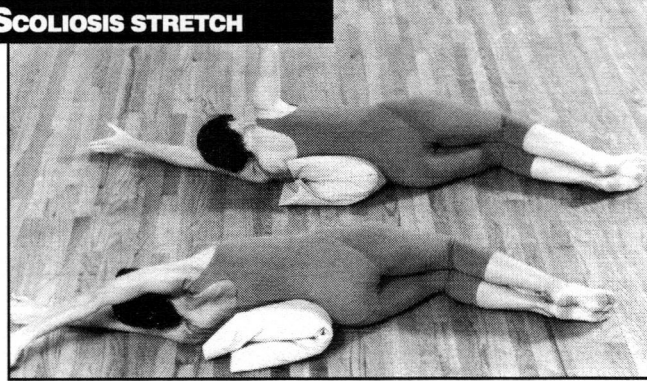
**QUADRATUS STRETCH**

**ON CHAIR**



- Place left foot on chair.
1. Tuck head, round back and bounce towards knee.
  2. Put left hand on left knee reaching right hand to outside of left leg and bounce.
  3. Put right hand on left knee, reaching left hand to inside of left leg and bounce.
  4. Repeat with right foot on chair.

**SCOLIOSIS STRETCH**



- Lie on side with pillow under curve of convexed side of spine.
1. Holding a weight in top hand, stretch arm up over head.
  2. Return arm down to side.

## SITTING OVERHEAD REACH



Sit with one arm resting on leg.

1. Reach other arm over head and lean to opposite side with a gentle bounce.
2. Repeat on opposite side.

## SITTING WAIST TWIST



Sit facing straight ahead.

1. Twist around to one side reaching for back of chair.
2. Repeat, twisting to opposite side.

## SITTING FLEX BOUNCE



Sit forward on front of chair, feet apart, one leg straight.

1. Lean over straight leg with gentle bounce.
2. Change arms.
3. Repeat on opposite leg.

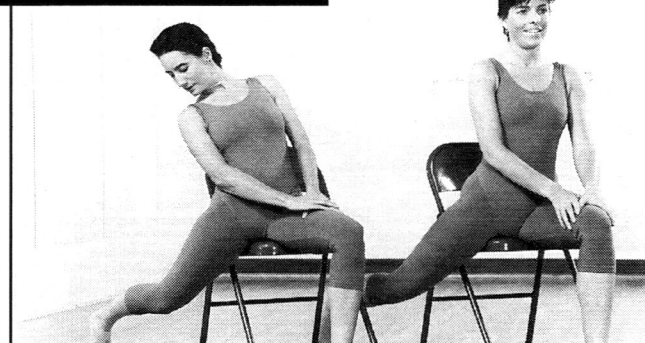
## KNEE EXTENSION



Sit in chair.

1. Keep thigh resting on chair.
2. Straighten knee lifting foot off floor.
3. Return foot to floor and repeat with opposite leg.

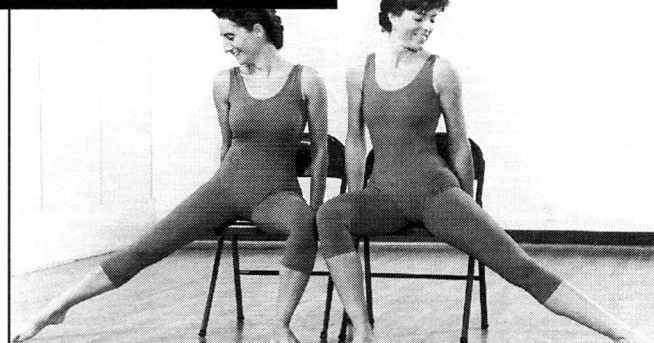
## SITTING GROIN STRETCH



Sit off to one side of chair.

1. Reach leg back as far as comfortable.
2. Tuck hips under and lean back with a gentle bounce.

## LATERAL REACH



1. Sitting in chair, reach one foot out to side as far as possible.
2. Return to starting position and change feet.



# Bonnie Prudden Corrective Exercise for **HAND AND WRIST**

## HAND RESISTANCE



Make a fist with one hand.

1. Cup other hand over fist.
2. Uncurl fist, resisting with opposite hand.

## FOREARM STRETCH



Hold arm straight, palm down.

1. Using other hand, stretch with gentle bounce.
2. Repeat with palm up.

## WRIST RESISTANCE



Place palm down, using opposite hand to resist.

1. Resist pushing hand up / down.
2. Repeat with arm on side.

## TOWEL WRING



1. Wringing towel in one direction, regrasping to wring tighter.
2. Repeat in opposite direction.

## WRIST CURL



Holding weight with palm down.

1. Lift hand up.
2. Lower slowly.
3. Repeat with palm up.

## RADIAL CURL



Holding weight with arm on side.

1. Lift hand up.
2. Lower slowly.

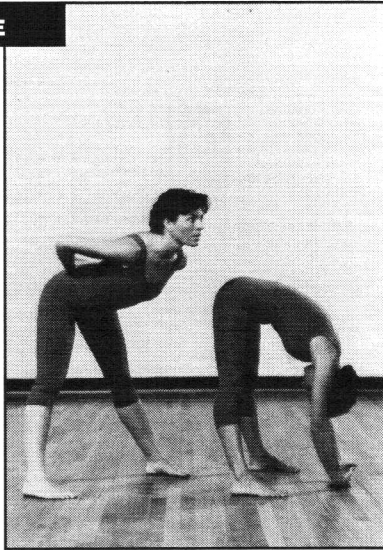


# Bonnie Prudden Corrective Exercise for **HIP & KNEE PAIN**

## **FLEXIBILITY BOUNCE**

Stand with feet apart, keep knees straight.

1. Lean forward from hips, back flat, chin up, gently bounce chest toward floor.
2. Round over, drop head and arms. Gently bounce torso toward floor.

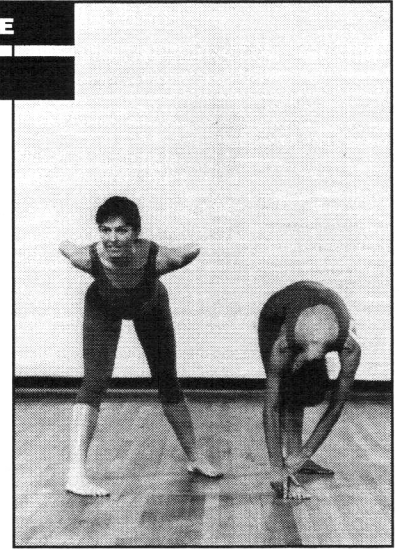


## **FLEXIBILITY BOUNCE**

### **TO SIDE**

Stand with feet apart, keep knees straight.

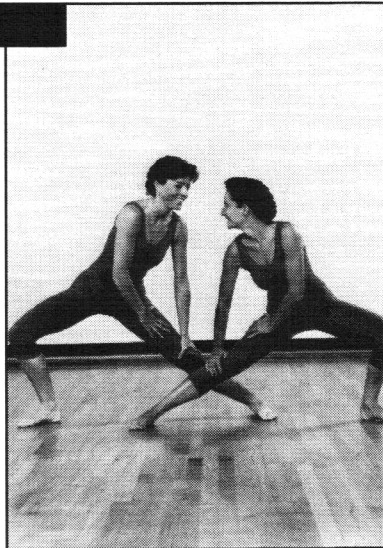
1. Lean forward from hips, turn torso to side, gently bounce chest toward floor.
2. Round over, drop head and arms. Gently bounce torso toward floor. Repeat on opposite side.



## **THIGH SHIFT**

Stand with feet apart.

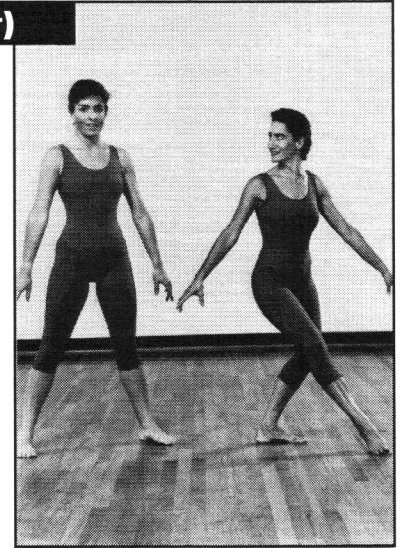
1. Bend one knee keeping opposite straight.
2. Shift weight over straight leg. (for extra stretch, gently bounce straight leg toward floor). Repeat with other leg.



## **CROSS OVER (FRONT)**

Stand with feet apart.

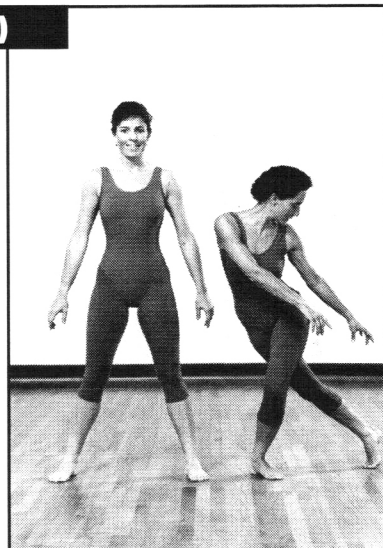
1. Cross one leg to outside of opposite foot.
2. Return to starting position. Repeat on opposite side.



## **CROSS OVER (BACK)**

Stand with feet apart.

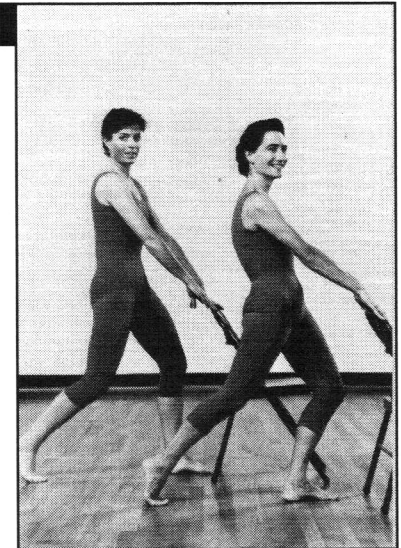
1. Cross one leg behind the other.
2. Return to starting position. Repeat on opposite side.



## **GROIN STRETCH**

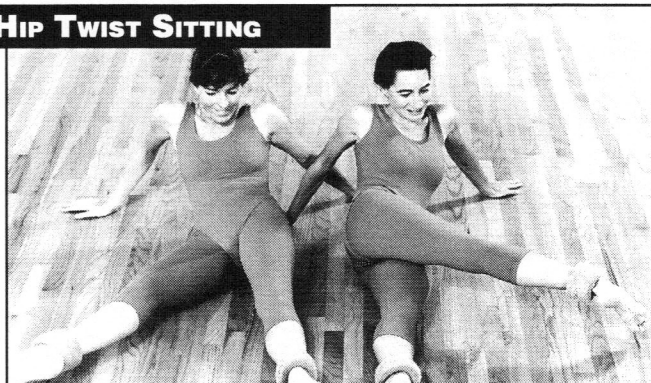
Stand with one foot behind the other.

1. Tuck pelvis under.
2. Rock hips forward keeping shoulders back.



# Bonnie Prudden Corrective Exercise for **HIPS & THIGHS**

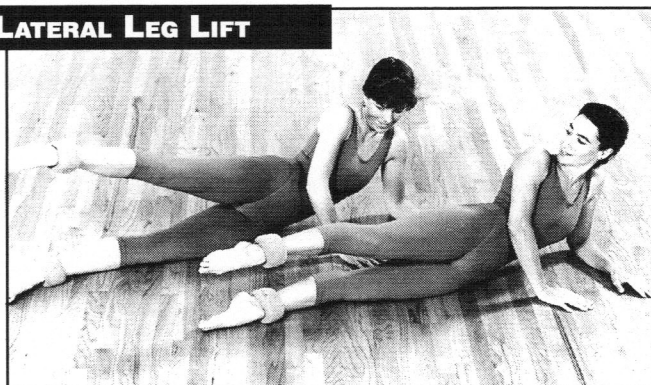
## **HIP TWIST SITTING**



Sit on floor with legs straight, feet apart.

1. Cross one leg over the other, touching floor with big toe.
2. Uncross leg reaching out to side, touching floor with little toe. Repeat 4-8 times then change legs.

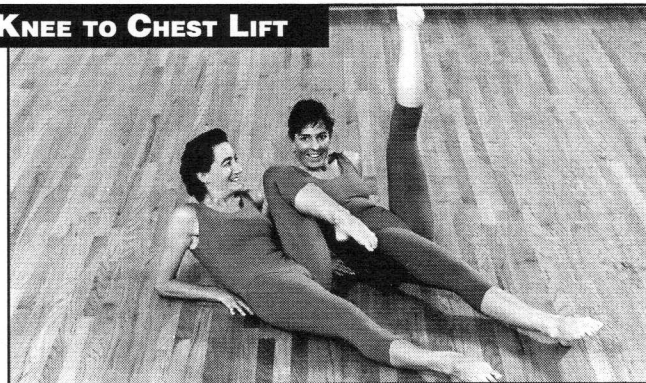
## **LATERAL LEG LIFT**



Lie on side resting on forearm, hips pushed forward.

1. Lift top leg keeping outside of knee facing ceiling.
2. Lower leg and repeat 4-8 times then change legs.

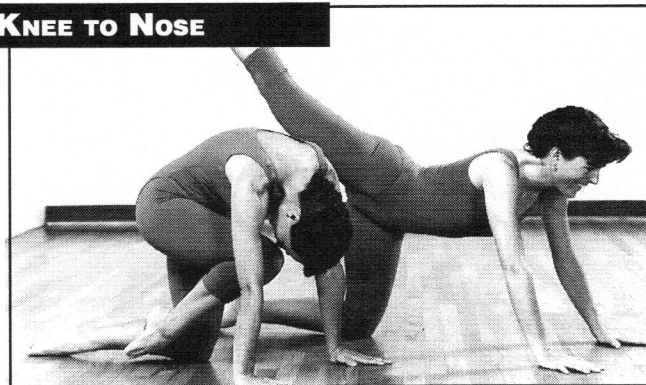
## **KNEE TO CHEST LIFT**



Lean on forearms with legs out straight.

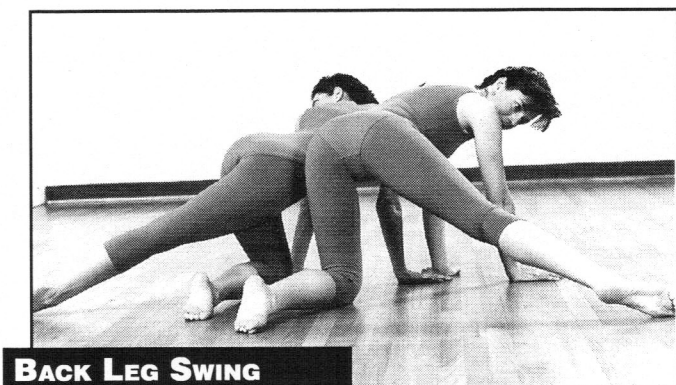
1. Bring knee towards chest then straighten leg towards ceiling.
2. Bend knee again, then straighten leg parallel to floor. Repeat 4-8 times then change legs.

## **KNEE TO NOSE**



Start on hands and knees.

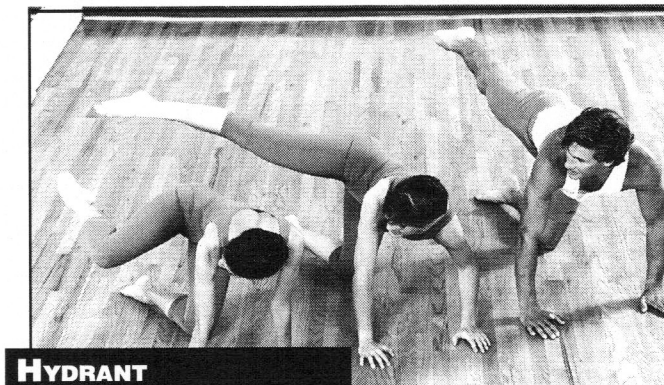
1. Bring one knee towards nose.
2. Straighten leg and bring head up. Repeat 4-8 times then change legs.



## **BACK LEG SWING**

Start on hands and knees.

1. Cross one leg behind the other, turning to look at foot.
2. Swing leg out to side, turning to look at foot. Repeat 4-8 times then change legs.



## **HYDRANT**

Start on hands and knees.

1. Lift one leg to side with knee bent.
2. Straighten knee out to side then bend again.
3. Straighten leg out in back. Repeat 4-8 times then change legs.



# Bonnie Prudden Conditioning Exercise for **HIPS & THIGHS**

## HIP ROTATION SITTING



Sit with legs straight.

1. Lift one leg off floor and rotate foot in, turning big toe towards floor.
  2. Rotate foot out, turning little toe towards floor.
- Repeat 4-8 times then change legs.

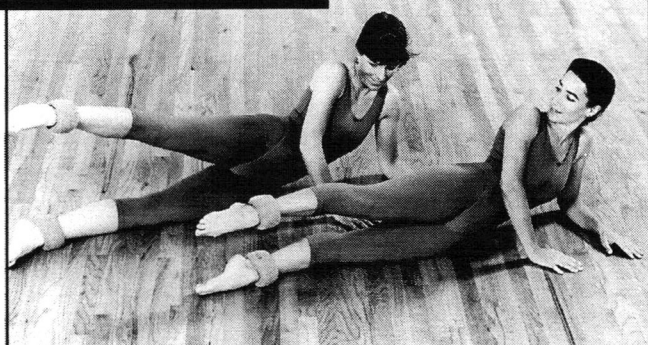
## HIP TWIST SITTING



Sit on floor, legs straight, feet apart.

1. Cross one leg over the other touching floor with big toe.
2. Uncross leg reaching out to side touching floor with little toe. Repeat 4-8 times then change legs.

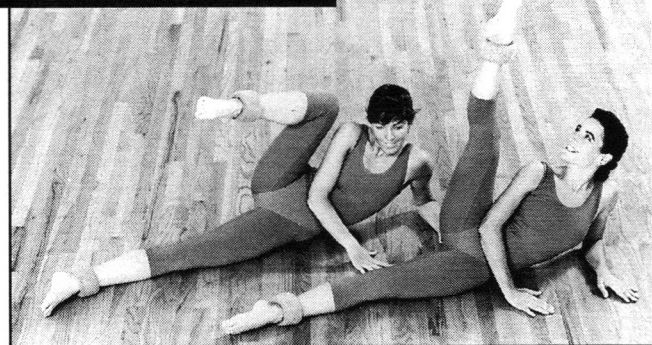
## LATERAL LEG LIFT



Lie on side resting on forearm, hips pushed forward.

1. Lift top leg keeping outside of knee facing ceiling.
2. Lower leg and repeat 4-8 times then change legs.

## LATERAL KNEE TO CHEST LIFT



Lie on side resting on forearm, top knee facing ceiling.

1. Bring knee towards chest.
  2. Straighten leg towards ceiling.
  3. Bend knee again then straighten parallel with floor.
- Repeat 4-8 times then change legs.

## MEDIAL LEG LIFT



Lie on side resting on forearm.

1. Bend top knee and place foot behind other leg.
2. Lift bottom leg. Repeat 4-8 times then change legs.

## PRONE LEG LIFT/FLEX



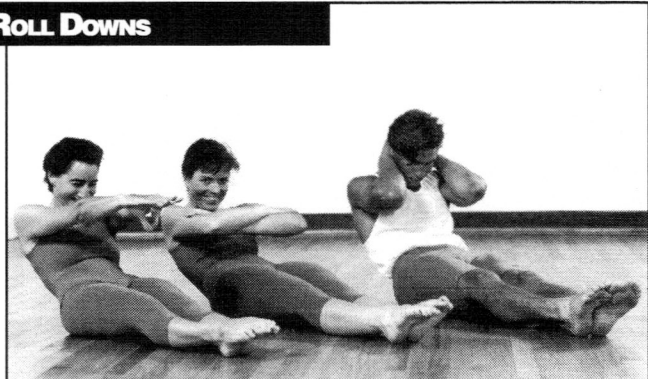
Lie prone with legs straight.

1. Lift one leg with knee straight.
2. Bend knee then straighten and lower.
3. Alternate legs.



# Bonnie Prudden Corrective Exercise for **KRAUS WEBER TEST**

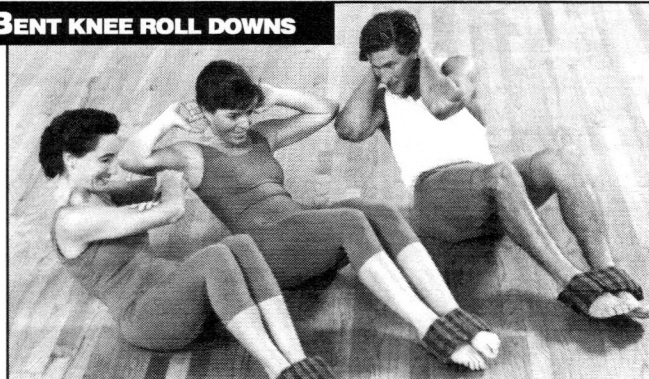
## ROLL DOWNS



Start in sitting position, legs straight.

1. Start with arms out straight, as strength improves, fold arms across chest, then put hands behind head.
2. Tuck head under, roll down slowly.

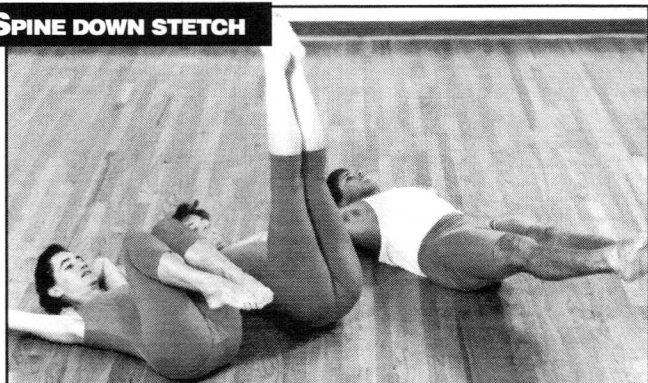
## BENT KNEE ROLL DOWNS



Start in sitting position.

1. Fold arms across chest, as strength improves, put hands behind head, and roll down slowly.
2. Twist to one side and roll down slowly. Alternate sides.

## SPINE DOWN STRETCH



Lie on back, bring knees to chest.

1. Straighten legs, pressing spine onto floor.
2. Return knees to chest.
3. Straighten legs, lowering closer to floor, while pressing spine onto floor.

## PRONE ARM / LEG LIFT



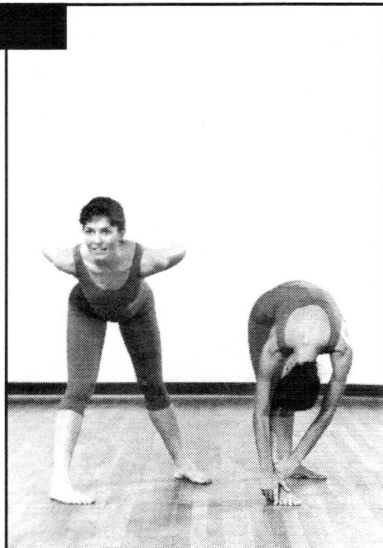
Lie face down, straighten arms over head.

1. Alternate lifting arms off floor without rolling chest to side.
2. Keeping knees straight, alternate lifting legs.

## FLEXIBILITY BOUNCE

Stand with feet apart, knees straight.

1. Lean forward with chin up, gently bouncing chest toward floor.
2. Round back, drop head and arms, gently bouncing toward floor.

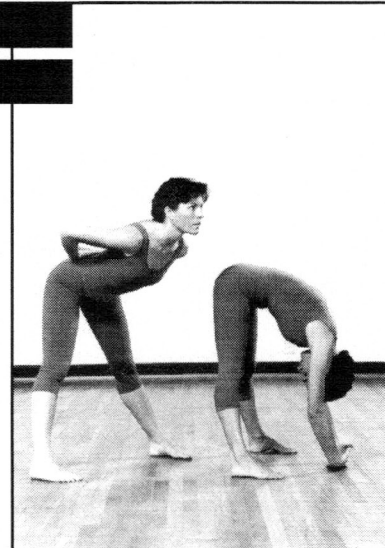


## FLEXIBILITY BOUNCE

### TO SIDE

Stand with feet apart, knees straight.

1. Turn to side, keep chin up, gently bounce chest toward floor.
2. Round back, drop head and arms, gently bounce toward floor.
3. Repeat on other side.

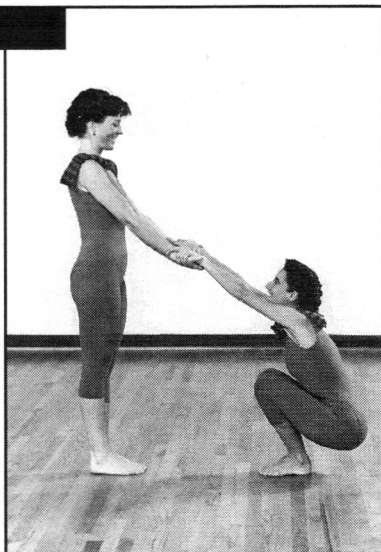


# Bonnie Prudden Strengthening Exercise for **LEG ANKLE & FOOT**

## DEEP KNEE BENDS

Keep feet together and knees together.

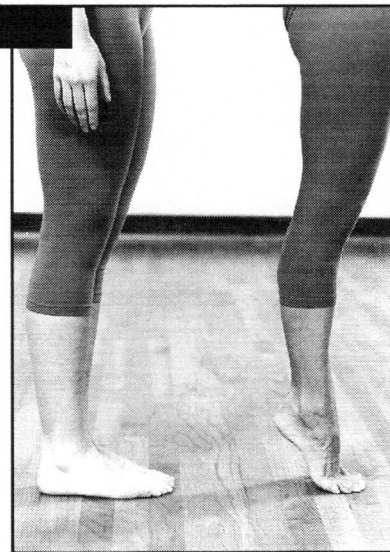
1. Holding onto sturdy chair or partner, bend knees, keeping heels on floor.
2. Stand up straight. For more resistance, place weight bags over shoulders.



## TOE RISES

Stand with feet together.

1. Roll up onto ball of feet, squeeze heels together and tighten seat for balance.
2. Lower heels to floor and repeat. For more resistance, place weight bags over shoulder.



## ANKLE RESISTANCE • PLANTAR/DORSI FLEXION



Sit with foot resting off floor.

1. Pull toes up and place hand on bottom of foot. Give resistance while pushing toes down.
2. Point toes down and place hand on top of foot. Give resistance while pulling toes up.

## ANKLE RESISTANCE • INVERSION / EVERSION



Sit with foot resting off floor.

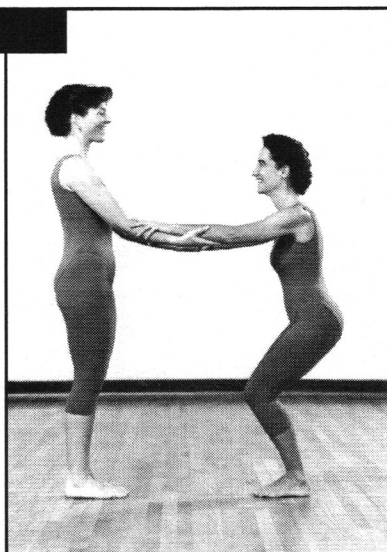
1. Turn foot in and place hand on outside of foot, give resistance while turning foot out.
2. Turn foot out and place hand on inside of foot. Give resistance while turning foot in.

# Bonnie Prudden Corrective Exercise for **LEG / ANKLE / FOOT PAIN**

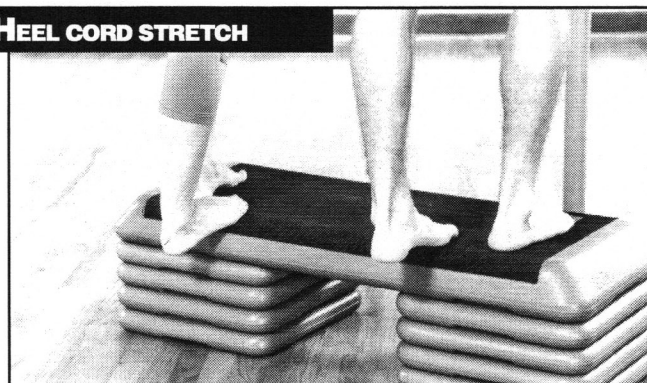
## 1/2 KNEE BEND

Stand with feet and knees together,

1. Bend knees keeping heels on floor.
2. Keep knees bent, gently bounce knees towards floor.



## HEEL CORD STRETCH



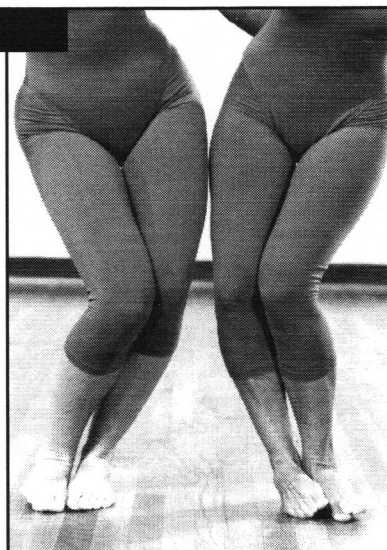
Stand with both feet on step.

1. Drop the heel of one foot over the edge of step.
2. Gently bounce heel down towards floor.

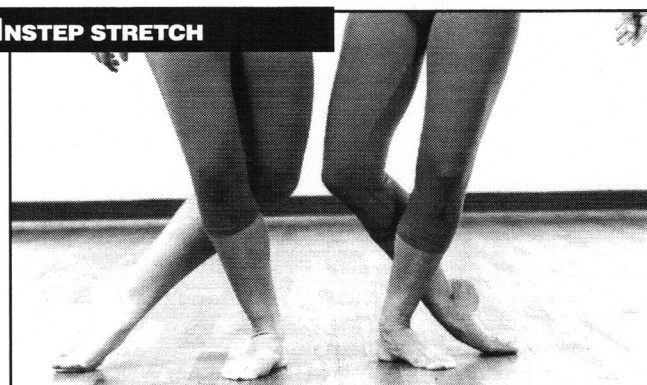
## EDGING

Standing with feet and knees together.

1. Bend knees.
2. Shift knees from one side to the other rolling onto sides of feet.



## INSTEP STRETCH

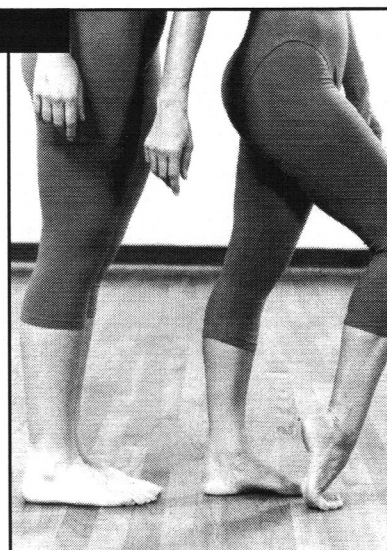


1. Cross one leg behind the other placing top of foot on floor.
2. Bounce ankle towards floor, keeping pressure over big toe.

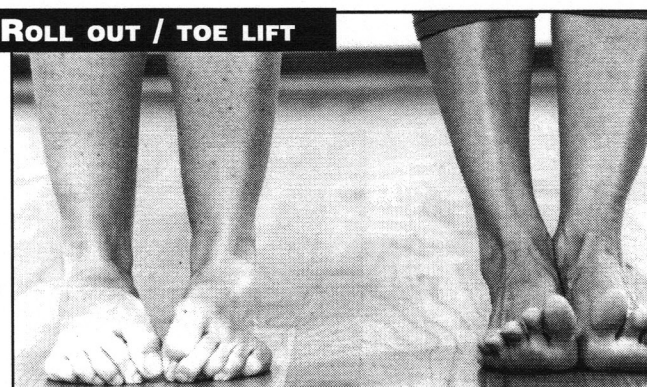
## HEEL LIFT

Keep feet facing straight ahead.

1. Lift one heel, pushing ball of foot into floor.
2. Return heel to floor, repeat with opposite foot.



## ROLL OUT / TOE LIFT



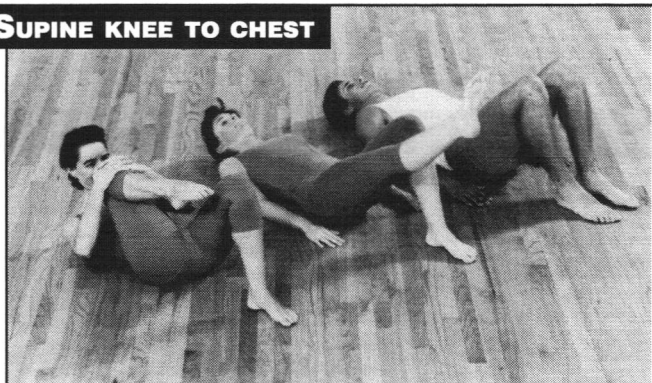
Stand with feet and knees together.

1. Lift toes off floor.
2. Return to floor.
3. Roll onto outside of feet, curling toes under. return to starting position.



# Bonnie Prudden Corrective Exercise for **LOW BACK PAIN**

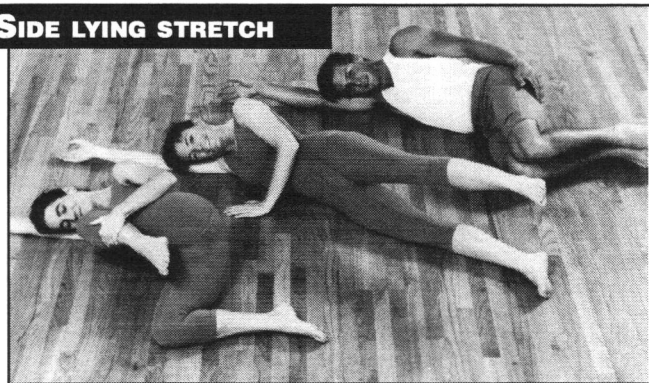
## **SUPINE KNEE TO CHEST**



Lie supine, knees bent.

1. Bring one knee toward nose.
2. Extend leg out straight, rest head.
3. Return to starting position. Alternate legs.

## **SIDE LYING STRETCH**



Lie on side, knees slightly bent.

1. Bring top knee toward chest.
2. Extend leg straight down about 8 inches above resting leg.
3. Return to starting position.

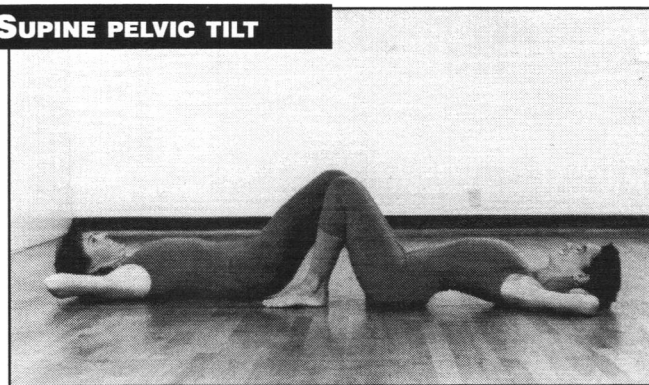
## **PRONE PELVIC TILT**



Lie prone, relaxing gluteal muscles by rolling heels outward.

1. Roll heels in to touch, tighten gluteals, abdominals and sphincters.
2. Return to relaxed position.

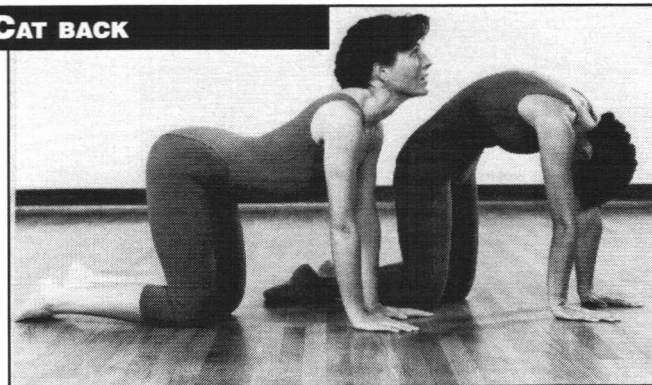
## **SUPINE PELVIC TILT**



Lie supine, knees bent, feet apart.

1. Keeping hips and shoulders on floor, arch back.
2. Press spine down to floor and tilt pelvis forward.

## **CAT BACK**



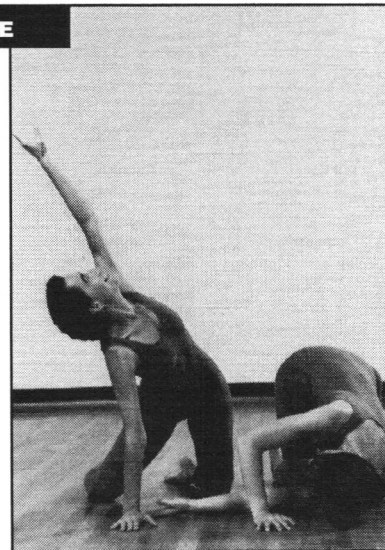
Start on hands and knees

1. Arch back up, tuck head under.
2. Keeping arms straight, drop back down, bring head up.

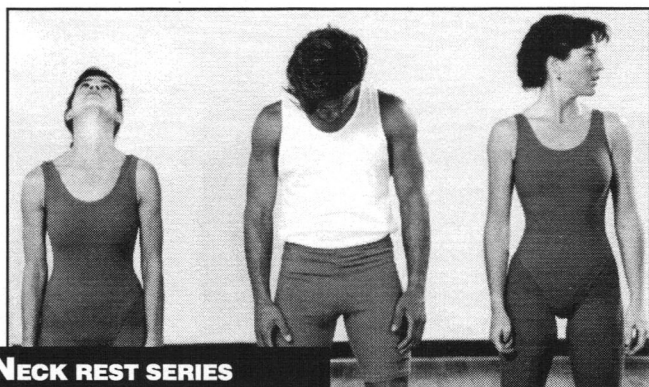
## **THREAD THE NEEDLE**

Start on hands and knees.

1. Reach one arm between supporting hand and knee, dropping shoulder close to floor.
2. Bring arm back through "eye of needle", reach up toward ceiling.

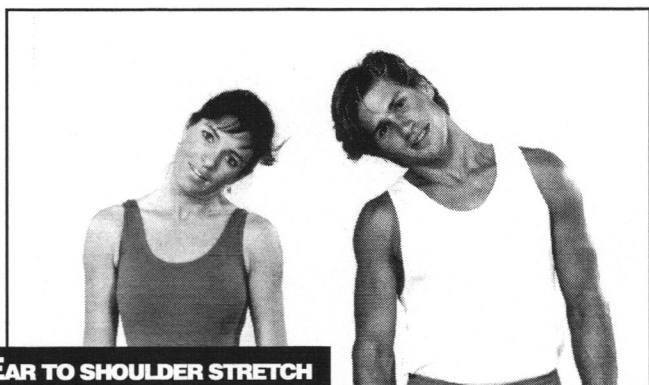


# Bonnie Prudden Corrective Exercise for **NECK PAIN**



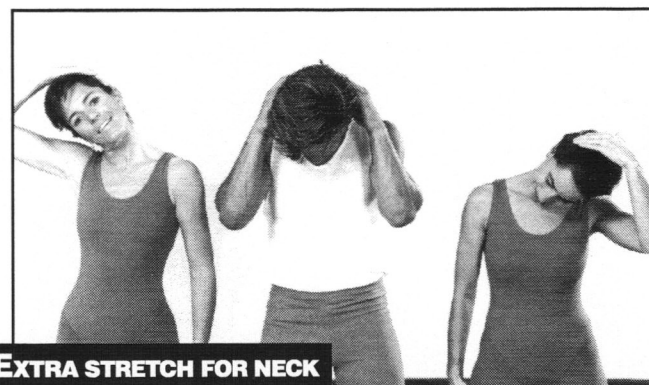
## NECK REST SERIES

1. Look up toward ceiling
2. Look down toward floor.
3. Turn side to side.



## EAR TO SHOULDER STRETCH

Keeping shoulders relaxed, bring ear toward shoulder.

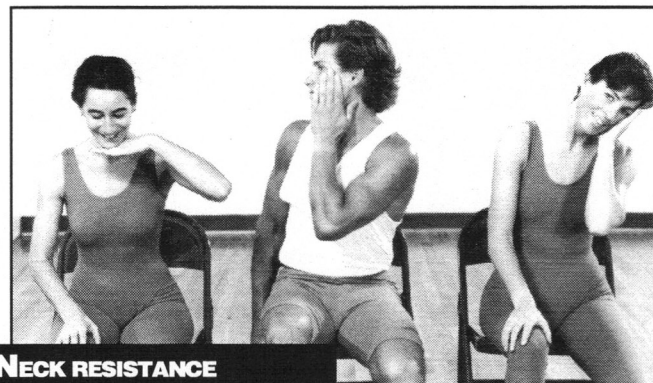
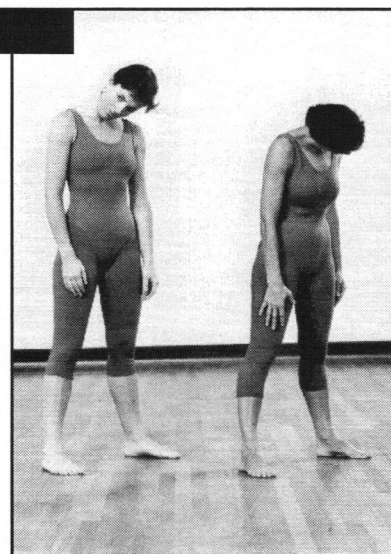


## EXTRA STRETCH FOR NECK

- Using hand to stretch with gentle bounce.
1. Press ear to shoulder.
  2. Tuck head under, press chin toward chest.
  3. Tuck head under, turn to side, press to chest.

## NECK DROP

1. Look down toward floor.
2. Keep head tucked under, turn side to side.



## NECK RESISTANCE

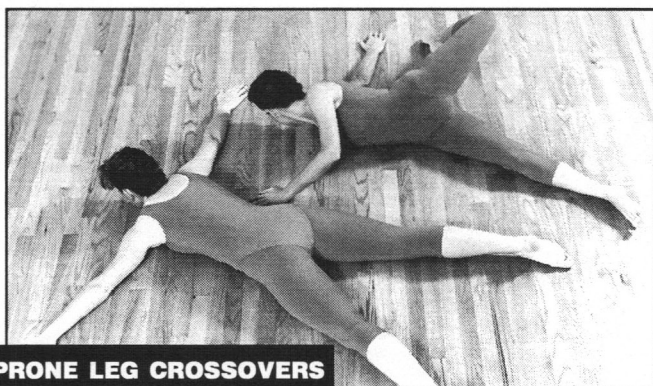
1. Place hand under chin, resist while looking down.
2. Place hand on cheek, resist while turning to side.
3. Place hand on ear, resist while bringing ear to shoulder.



## TRAPEZIUS STRETCH

- Hold under seat of chair.
1. Tip opposite ear to shoulder.
  2. Lean away from arm with gentle bounce.

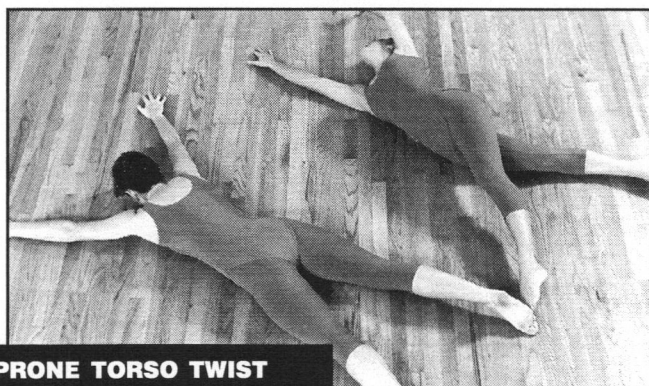




**PRONE LEG CROSOVERS**

Lie prone, feet apart, arms out to sides.

1. Lift one leg up and cross over towards opposite hand.
2. Bring leg back to starting position and repeat alternating legs.

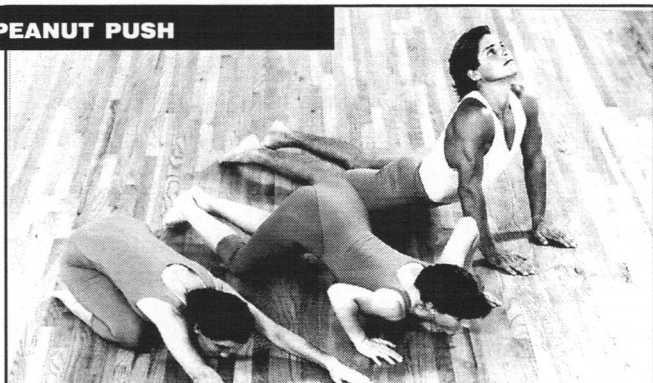


**PRONE TORSO TWIST**

Lie prone, feet apart, arms out to sides.

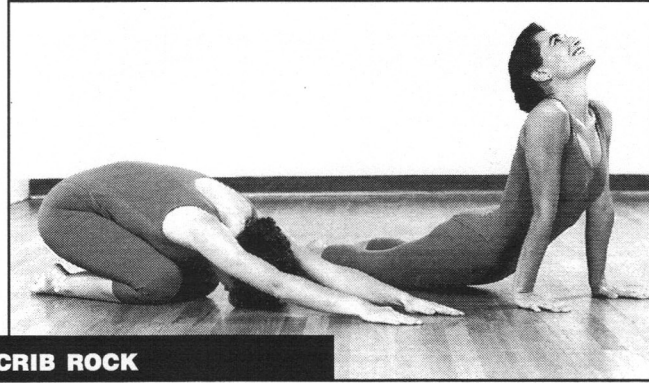
1. Lift one arm and twist back reaching to outside of opposite hand.
2. Roll back to starting position and repeat alternating arms.

**PEANUT PUSH**



Sit back on heels, reach arms out in front.

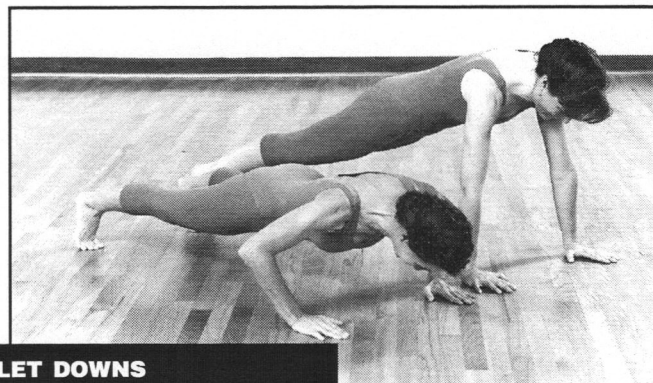
1. Keeping chin close to floor (as if pushing a peanut) extend body forward.
2. Straighten arms, drop hips toward floor.
3. Return to starting position and repeat.



**CRIB ROCK**

Sit back on heels, reach arms out in front.

1. Rock forward, keep arms straight dropping hips toward floor.
2. Sit back on heels and repeat.



**LET DOWNS**

Start with feet apart, arms straight, back flat.

1. Bend elbows and slowly lower body to floor keeping back flat.
2. Once flat on floor, return to starting position any way you can and repeat.



**PRONE ARM / LEG LIFTS**

Lie prone, straighten arms overhead.

1. Alternate lifting arms off floor without rolling chest to side.
2. Keeping knees straight, alternate lifting legs.

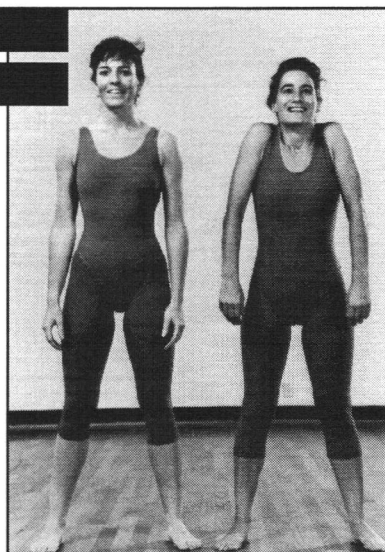


# Bonnie Prudden Corrective Exercise for **SHOULDER PAIN**

## SHOULDER SHRUGS

### UP / DOWN

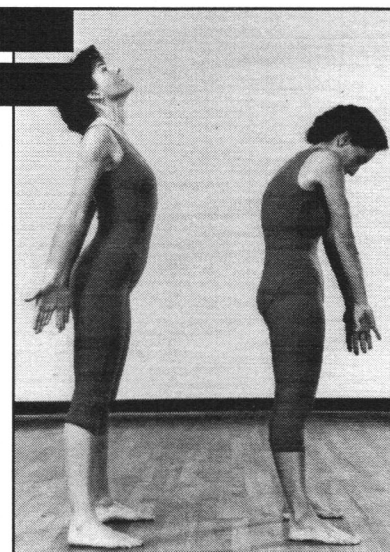
1. Pull shoulders up toward ears.
2. Press shoulders down and make a long neck.



## SHOULDER THRUST

### FORWARD / BACK

1. Round shoulders forward bringing back of hands together.
2. Press shoulders back turning thumbs back.

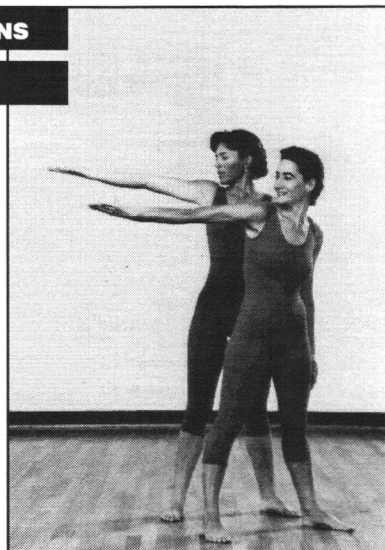


## SHOULDER ROTATIONS

### (SIDE)

Start with one arm out to the side.

1. Turn palm way under, pointing thumb up towards ceiling.
2. Turn palm up pointing thumb back. Repeat with other arm.



## SHOULDER ROTATIONS

### (FRONT)

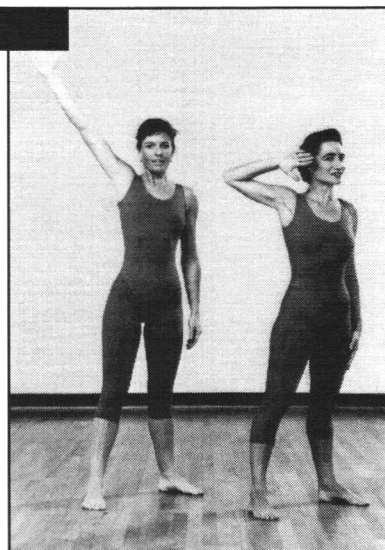
Start with one arm in front,

1. Turn palm under, pointing thumb toward ceiling and reach forward.
2. Turn palm up pointing thumb out. Repeat with other arm.



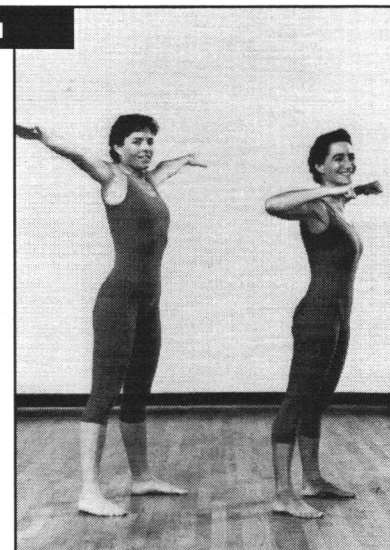
## BACK STROKE

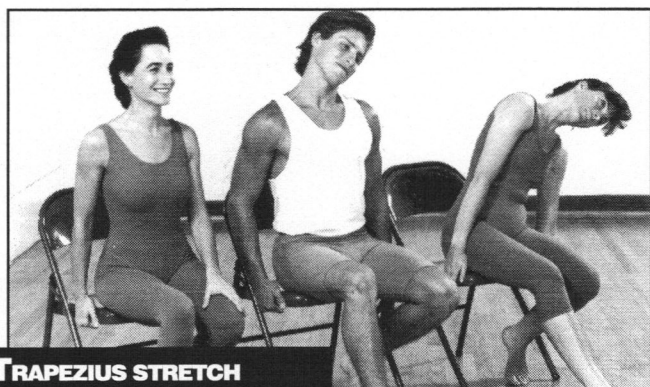
1. Place back of hand against ear, fingers forward, elbow pressed back.
2. Straighten arm toward ceiling and circle back around to side. Repeat with other arm.



## SNAP AND STRETCH

1. Hold arms at chest level with elbows bent.
2. Bring elbows back.
3. Return to starting position.
4. Swing straight arms back.





**TRAPEZIUS STRETCH**

Hold under seat of chair.

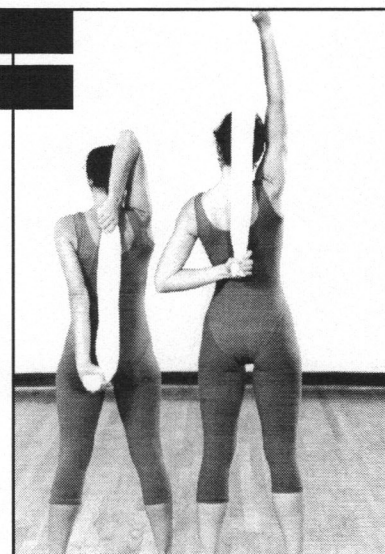
1. Tip opposite ear to shoulder.
2. Lean away from arm with gentle bounce.

**TOWEL STRETCH**

**TRICEP**

Grasp towel reaching one hand behind waist, one over shoulder.

1. Pull top arm down with gentle bounce.
2. Pull bottom arm up with gentle bounce.

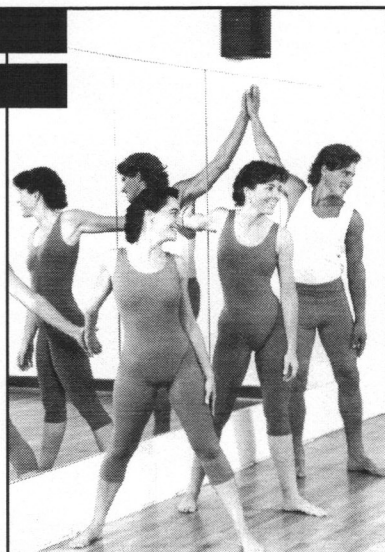


**DOORWAY STRETCH**

**PECTORALIS**

Place hand inside doorway or on wall.

1. Turn away from arm with gentle bounce.
2. Try with hand at waist level, shoulder level and overhead.

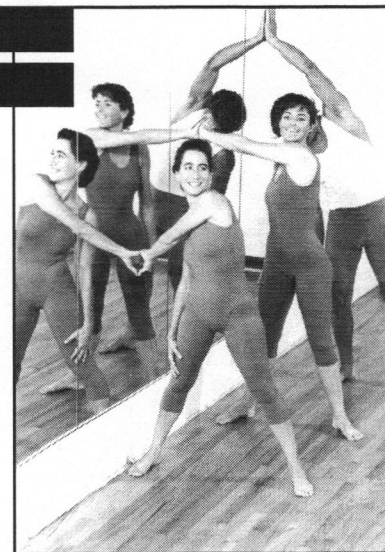


**DOORWAY STRETCH**

**RHOMBOID**

Place hand inside doorway or on wall.

1. Turn in towards arm with gentle bounce.
2. Try at waist level, shoulder level and overhead.

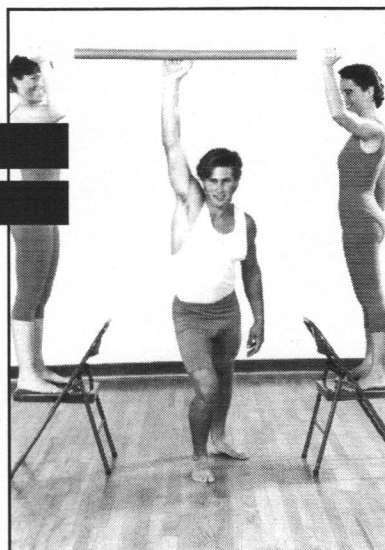


**DOORWAY STRETCH**

**AXILLA (ONE ARM)**

Place one hand against top of doorway, step forward with one foot.

1. Rock forward with gentle bounce.
2. Change arms.

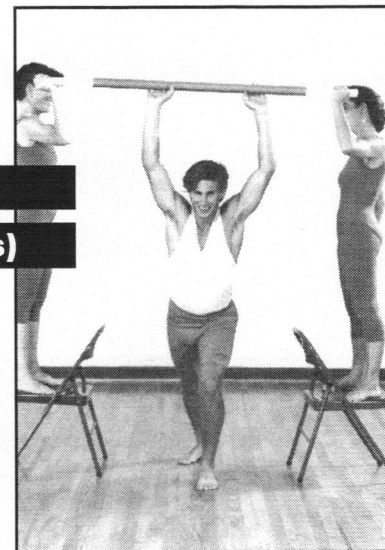


**DOORWAY STRETCH**

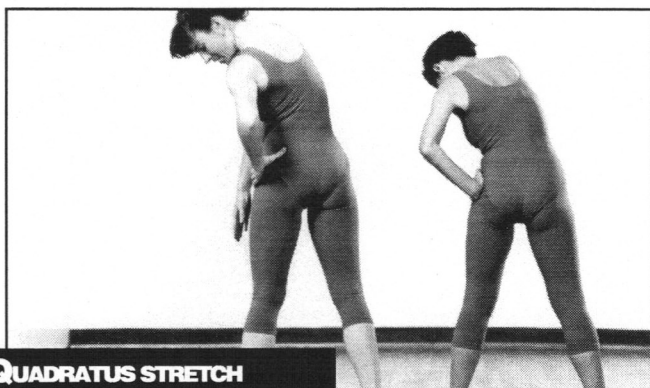
**AXILLA (BOTH ARMS)**

Place both hands against top of doorway, step forward with one foot.

1. Gently rock forward with gentle bounce.
2. Switch feet.



# Bonnie Prudden Corrective Exercise for **TORSO**



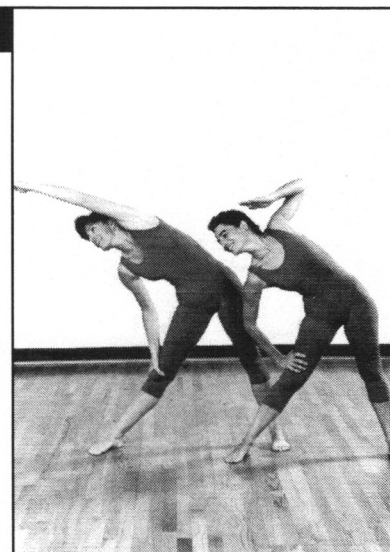
**QUADRATUS STRETCH**

- Stand with feet apart, hips tucked under.
1. Turn to side.
  2. Lean forward from waist with gentle bounce.

**OVERHEAD REACH**

Reach one arm over head, slide other hand down thigh.

1. Pull hand back toward ear.
2. Stretch arm over head gently bouncing torso towards floor.
3. Pull hand back allowing torso to ease up. Repeat.



**CRIB ROCK**

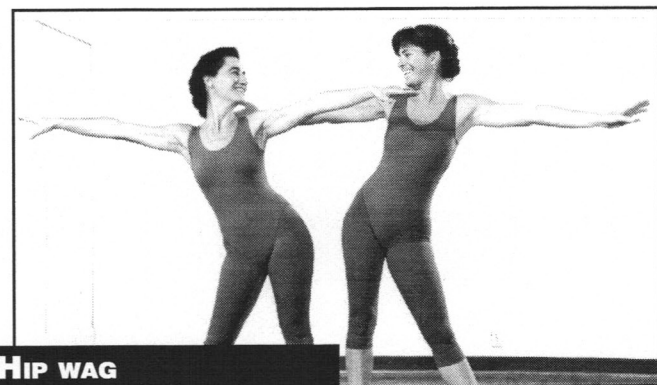
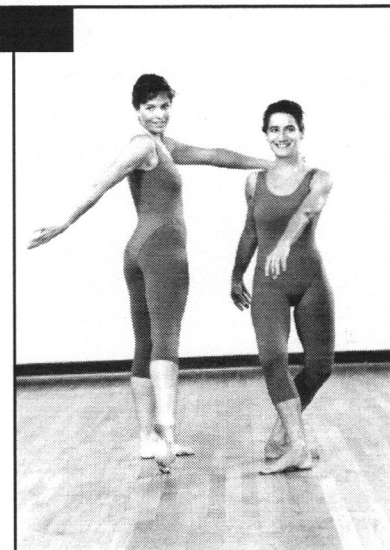


- Sit back on heels reaching arms out in front.
1. Rock forward, keep arms straight dropping hips towards floor.
  2. Sit back on heels.

**HIP TWIST**

Place one foot forward.

1. Turn foot in.
2. Keep foot forward and turn out.



**HIP WAG**

Stand with feet apart, knees straight. Keep shoulders still and shift hips from one side to the other.

**TORSO SHIFT**



Stand with feet apart. Keep hips still and reach torso from one side to the other.



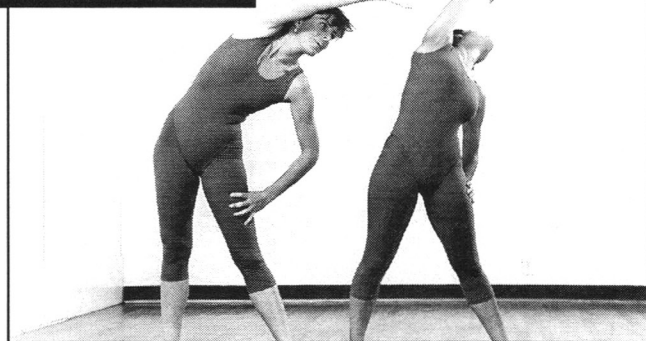
**THE SWIM**



Stand with feet apart, lean forward at hips.

1. Reach one arm forward then swing arm back.
  2. Pull elbow up while reaching opposite arm forward.
- Alternate arms with a continual swimming motion.

**OVER HEAD REACH**



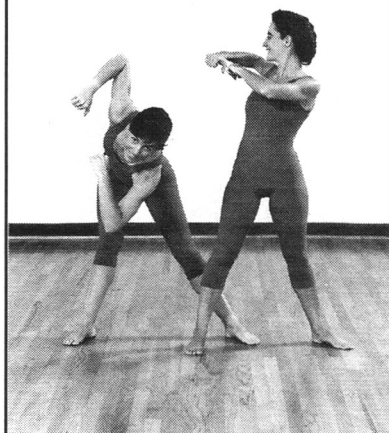
Reach one arm over head, slide other hand down thigh.

1. Pull hand back toward ear.
2. Stretch arm over head gently bouncing torso towards floor.
3. Pull hand back to ear and repeat.
4. Repeat, twisting torso back on the oblique.

**WAIST TWIST**

Hold arms at shoulder level, elbows bent.

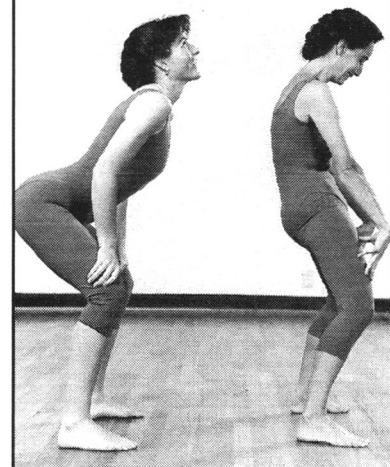
1. Pull one elbow back, twisting to one side then the other.
2. Lean forward and pull one elbow up, twisting from one side to the other.



**PELVIC TILT**

Stand with feet apart, knees bent.

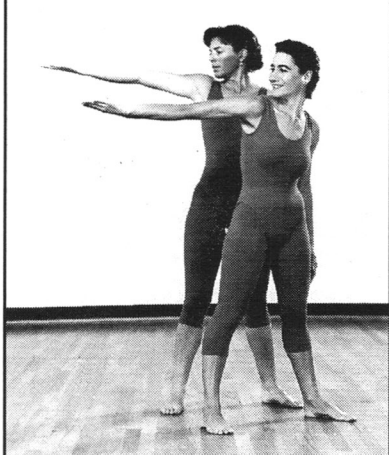
1. Push hips back and arch back.
2. Keeping shoulders still, tuck pelvis under tightening abdominals and seat.



**SHOULDER ROTATION**

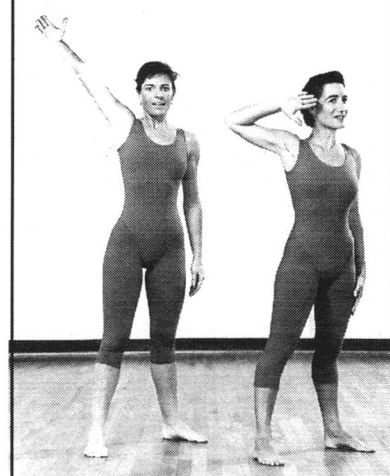
Start with one arm out to the side.

1. Turn palm way under, pointing thumb up towards ceiling.
2. Turn palm up, pointing thumb back. Repeat with opposite arm.



**BACK STROKE**

1. Place back of hand against ear, fingers forward, elbow pressed back.
2. Straighten arm toward ceiling and circle back around to side. Alternate arms.

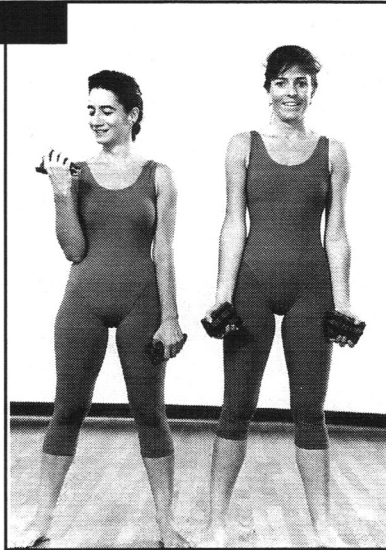


# WEIGHT CONDITIONING EXERCISES FOR UPPER BODY

## BICEP CURL

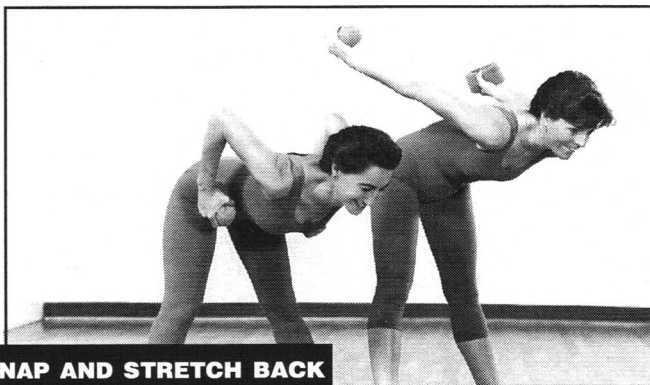
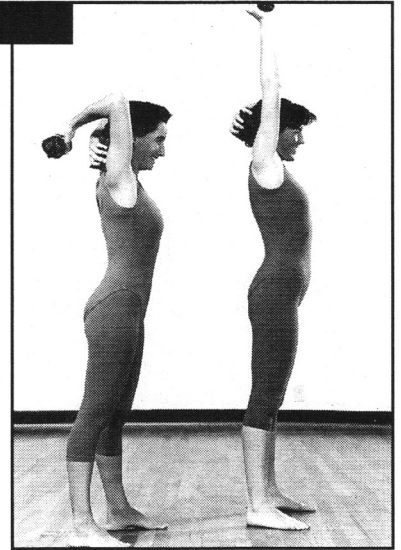
Stand with arms down at sides.

1. Keeping elbows at waist, bring weighted hand up to shoulder.
2. Lower hand and repeat with opposite arm.



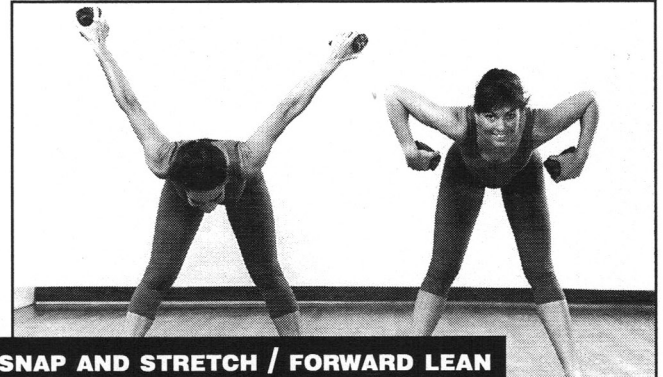
## TRICEP EXTENSION

1. Reach one arm over head using opposite hand to brace upper arm.
2. Bend elbow slowly lowering weighted hand towards shoulder blade. Repeat 4-8 times then change arms.



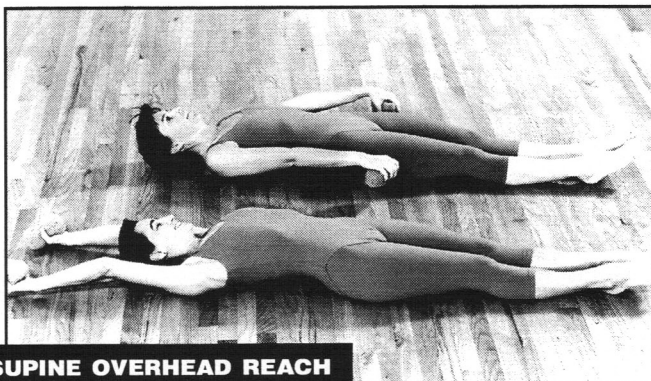
## SNAP AND STRETCH BACK

- Stand with feet apart, lean forward at hips.
1. Pull bent elbows back.
  2. Push arms forward straightening elbows.
  3. Swing arms back with elbows straight.



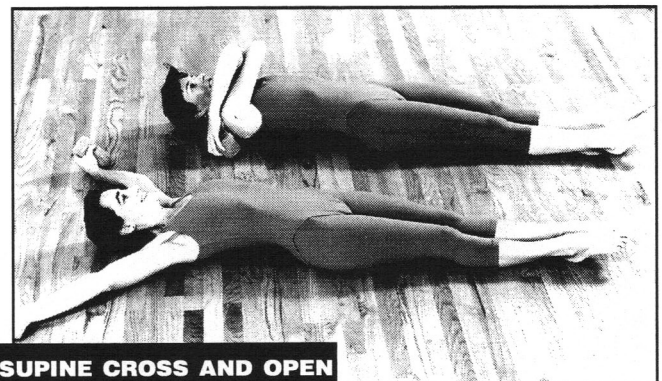
## SNAP AND STRETCH / FORWARD LEAN

- Stand with feet apart, lean forward at hips.
1. Pull bent elbows up and out to sides.
  2. Drop arms straightening elbows and swing arms across chest.
  3. Swing straight arms up and out to sides.



## SUPINE OVERHEAD REACH

- Lie supine, arms down at sides.
1. Keep elbows straight and reach arms over head.
  2. Keep elbows straight and lower arms back to sides.



## SUPINE CROSS AND OPEN

- Lie supine, arms out to sides.
1. Cross arms across chest.
  2. Open arms back out to sides.