



McEntee Performance Physio
@ClubActive, Carriage Road
Navan
Co Meath C15 YX59

1. Knee Lift Drill

3 Sets / 6 Reps / 3 s hold



Standing on one leg with the knee fully locked out , hold your balance x 3 seconds, then switch onto the other away and repeat

2. Lateral Hip Side Plank (all levels)

3 Sets / 6 Reps / 3 s hold



Level 1 - knees bent

Level 2 - legs straight

Level 3 - leg lift with short or long lever

3. single leg heel raise

3 Sets / 6 Reps / 2 s hold

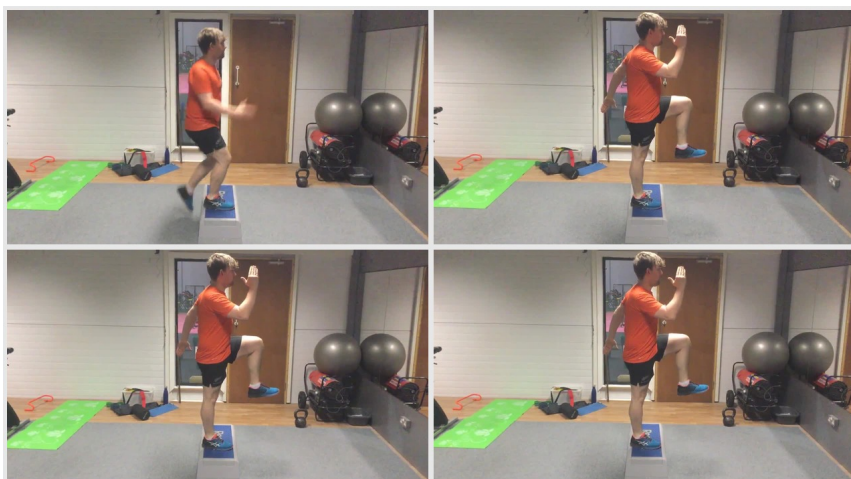


standing on one leg - hands on worktop to assist balance

raise up onto your toes , lifting the heel off the ground, hold x 2 secs and then relax your heel back onto the ground

4. Single leg step-up - Knee drive

3 Sets / 6 Reps / 3 s hold

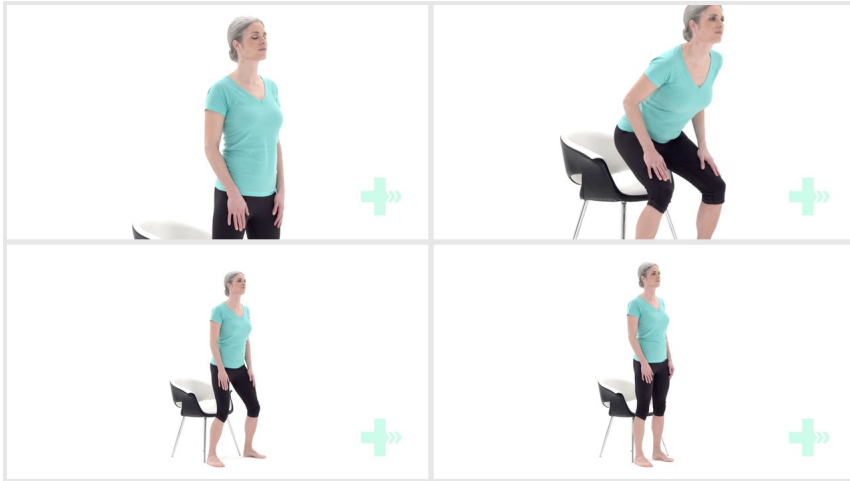


step up onto the step and stand on one leg x 3 secs

tip : ensure you lock knee out fully (straighten knee fully)

5. Squat with chair

3 Sets / 6 Reps



Stand in front of a chair.

Lower yourself down onto the chair, but just before you sit down, stand up slowly.

Focus on pushing knees out and getting the arch of the foot up.

6. Hip hinge

3 Sets / 4 Reps



I'm standing, place a dowel at your back ensure 3 points of contact:

- the back of head
- the upper back
- the bottom

Hinge forward, bending at the hips as per photo, ensuring to maintain the 3 points of contact outlined above

7. Single leg wall squat - hold

3 Sets / 6 Reps / 5 s hold



feet about a foot out from the wall

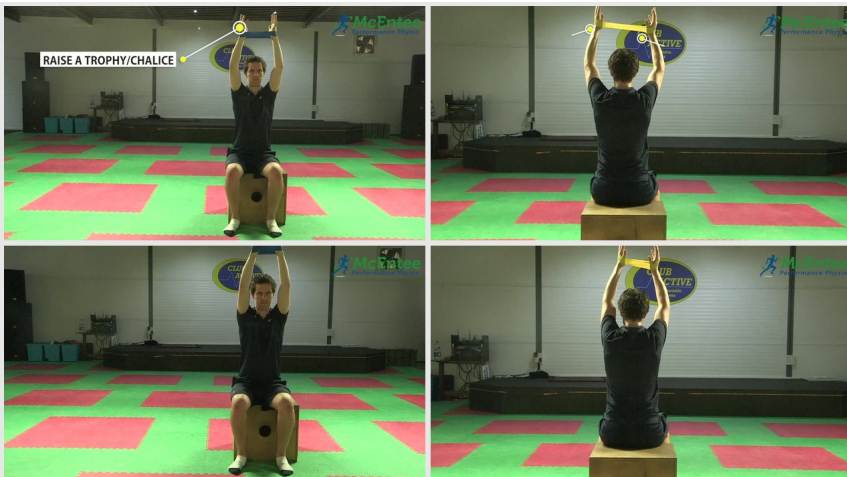
slide down the ball on two legs to about half way

option 1 - hold in this position x 10 seconds on two legs

option 2 - hold in this position x 5 seconds on one leg (lift the other leg)

8. over head band push

3 Sets / 6 Reps / 5 s hold



hands overhead - band around wrists - push out firmly against the band and hold x 5 seconds

9. Seated Abduction / External Rotation

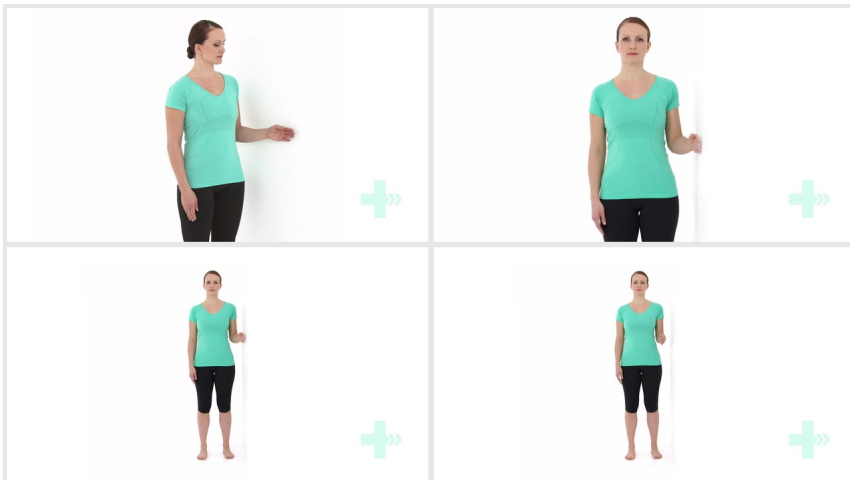
3 Sets / 6 Reps / 4kg weight



Keep elbow at 90deg throughout
Knuckles to the ceiling - Knuckles to the outside

10. Isometric GHjt ER(N) (wall)

3 Sets / 5 Reps / 5 s hold



Stand up straight sideways to a wall.

Your affected side should be closest to the wall.

Bend your elbow.

Press the outside of your forearm into the wall, ensuring the movement comes from your shoulder and not your wrist.

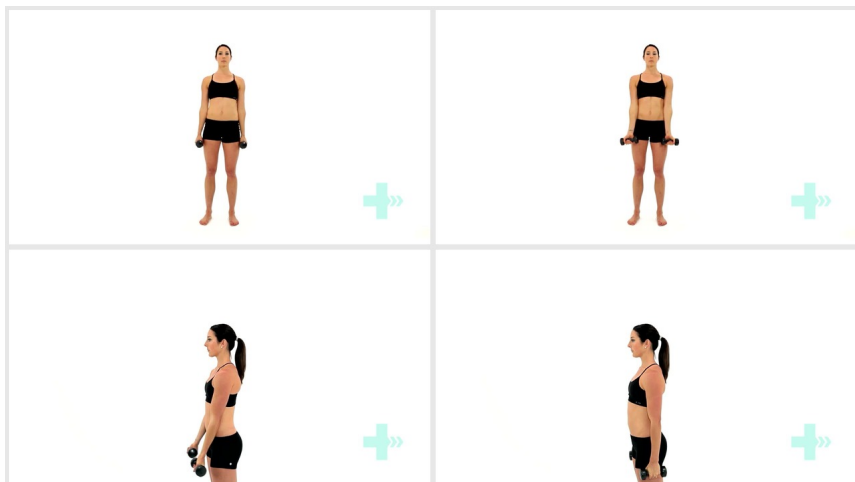
Imagine you are trying to rotate your forearm outwards.

The pressure on the wall should be on your forearm just above your wrist.

Hold this position, with your gaze directly ahead, your neck long and your shoulder blades back and down.

11. Bicep curl to overhead press - standing with dumbbells

3 Sets / 5 Reps / 3kg weight



Stand with the weights in both hands.

Keep your elbows close to your side as you bend the elbow, bringing the weights towards your shoulders.

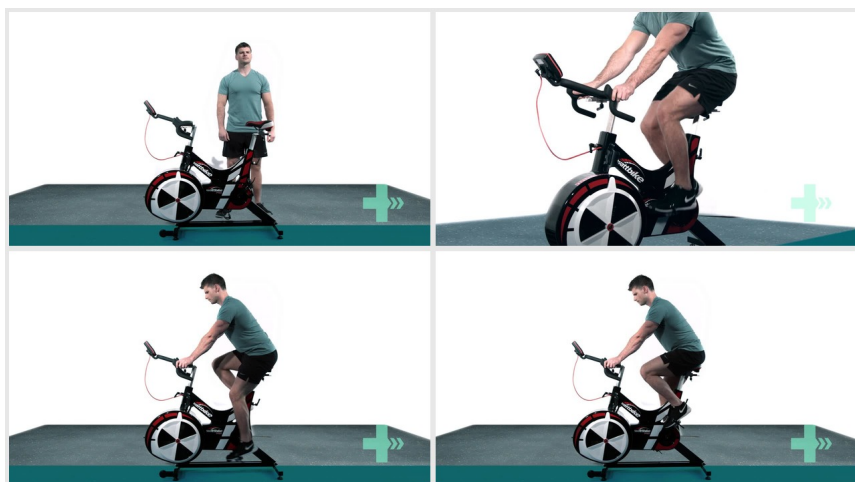
Continue this movement reaching the weights up to the ceiling in an overhead press.

Reverse the movements to bring it back down to the start position.

Notice how your hands rotate as you curl up.

12. Stationary cycle spin bike

1 Set / 1 Rep / 10 min duration / 80 bpm / 1 rpe



Adjust the bike seat and settings as required and commence cycling.

10mins low to moderate intensity to start with - it very much depends on what level you are used to as to where you should start.

Start with low level of resistance

13. Breathing exercise

1 Set / 1 Rep / 10 sec duration



Lie on your back with your knees bent and your feet flat on the floor.

Place your hands on the lower part of your stomach.

Take a deep breath in through your nose, taking the air right down into the base of your lungs.

You should feel your stomach push out against your hands.

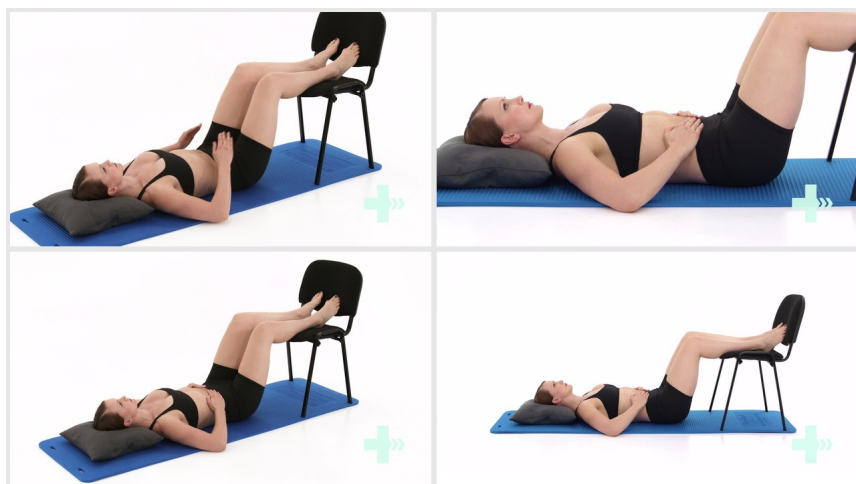
Breath out through your mouth, gently tensing the stomach muscles under your hands until your lungs are completely emptied.

You should feel your stomach pull inwards as you inhale, and push out into your hands as you exhale.

Repeat the deep inhaling and exhaling.

14. Diaphragmatic breathing - supine 90/90

1 Set / 1 Rep / 10 sec duration



Lie on your back with your legs elevated on a chair or bed.

Your hips should be at 90 degrees, as should your knees.

Ensure your head is well supported so that you can relax in this position.

Place your hands on your abdomen, either side of your belly button.

The focus of this exercise is your breathing and diaphragmatic movement.

Breath in.

Imagine the air filling down to the bases of your lungs and round to the back of your rib cage.

As you steadily inhale, you should feel your belly rise into your hands.

Breath out.

Imagine the air being pushed from the base and back of your lungs as it moves further up and finally out of your mouth.

As you exhale you should feel your belly relax down again.

Continue this movement, focussing on your belly rising up as you inhale, and relaxing back down as you exhale.

Do not allow the bottom of your ribs or your back to push upwards as you inhale.