

Personal exercise program

shoulder stretch

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Training start date 5/22/2023

[Video](#)

Lying on a table or firm bed as shown.

Put your hands behind one knee and draw that leg towards your chest. Stretch the other leg towards the floor. Hold _____ secs.



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Repeat 3 times.

Hold for 30 sec

[Video](#)

Gluteus Stretch

Lie on your back with your legs bent. Place one ankle over the knee of the other leg.



Grasp behind the thigh of the leg on the floor and pull it closer to your chest. Maintain the stretching position while breathing smoothly. Return to the starting position.



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Note: You may rest your head on a pillow or on the floor.

Hold for 30 seconds.

Repetitions 3

[Video](#)

Trunk Side Bending Stretch

Stand tall, with your feet shoulder-width apart.

Bend your trunk sideways while reaching upwards with your hand. You can place your other hand on your hip. Return to the starting position.



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Hold for 30 sec.

Repetitions 3

[Video](#)



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Hip Adductor Stretch

Sit on the floor with your legs straight and apart.

Try to tilt your pelvis forwards and gently reach forwards. Hold the stretch while breathing smoothly. Then relax.

Hold for 30 seconds.

Repetitions 3

[Video](#)



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Hip Flexor and Knee Extensor Stretch

Half kneeling. Grasp the ankle of the rear leg and fully straighten the hip by tightening your buttocks.

Tilt your pelvis backwards and pull the heel closer to your buttocks until you feel a stretch in the front thigh and hip flexors.

Note: Don't let your hip bend as you pull the heel closer to your buttocks.

Hold for 30 seconds.

Repetitions 3

[Video](#)



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Walking Lunge

Stand tall with feet hip-width apart.

Take a long step forward so that your rear hip straightens and most of your weight is on your front leg. Squat down so that your front thigh is near to horizontal. Keep your trunk upright and don't let your front knee go over your toes.

Push up through the heel of your front leg, straighten the hip and knee and step forward with your rear leg.

Note:

- Keep hips, knees and toes aligned in both legs.
- Keep your trunk active and maintain neutral back.

Repeat 10 times.

Sets 3

[Video](#)



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Squat

Stand tall with feet slightly wider apart than your hips. Toes pointing forward or turned a few degrees outwards. Keep your chest up and your spine and neck in a neutral position.

Squat down by sitting back and bring your arms upwards. Push back up through the heels, chest up, and straighten your hips.

Note:

- Push your knees outwards to keep hips, knees, toes aligned.
- Go only as low as you can without rounding your lower back.
- Keep weight evenly on whole foot.

Repeat 10 times.

Sets 3

[Video](#)



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Heel Raises

Stand up supporting yourself with your hands, possibly with a wedge under the ball of your feet.

Straighten your ankles and raise on to your toes.

Hold for seconds.

Repeat 10 times.

Do it every day. Every other day add +1 repetition until you reach 100 in 3 months.

[Video](#)



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Low Lateral Step Up - Knee Alignment

Start by standing with one leg lifted on a low step or a thick book placed to your side.

Step up and straighten your hip and knee. In a controlled manner return to starting position.

Focus on maintaining hip-knee-toes alignment and pelvis level.

Repeat 10 times.

Sets 3

[Video](#)

Modified Calm with Hips in 90 Degrees



Start by lying on your side with your hips and knees bent to 90 degrees. Take support with your hand from the floor in front of you. Press your hand against the floor and lift your lower side slightly off the floor.



Keep your feet together and turn from your hip to lift the knee upwards. Keep your pelvis still. In a controlled manner, lower the knee back down. Feel the muscles in the side of your buttocks working.

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Repeat 10 times.

Sets 3

[Video](#)

Knees to Sides



Lie on your back with knees bent.

In a controlled manner move your knees from side to side. Go only as far as you can without moving your shoulders or letting your back arch.



Repeat 10 times.

Sets 3

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