

Some common strengthening exercises that can be performed to help strengthen your core, hips and legs can include (please check with your physician or physical therapist prior to performing any form of exercise):



Rotation on Stability Ball with Dumbbell

With your upper back on the stability ball and your hands straight up in the air with a dumbbell, rotate your trunk to one side utilizing your abdominal muscles while keeping your hips and legs locked. Your arms should be maintained in a straight position throughout this exercise. Repeat with the other side. Perform 8-10 reps for each side for 2-3 sets.



Single Arm Rows on Stability Ball

In a partial squat position, rest your free arm in a straight outstretched position on the stability ball. Make sure your back is straight throughout this exercise and bring the arm holding the dumbbell straight back by bending at the elbow and pinching your shoulder blade. Perform 8-10 reps for each side for 2-3 sets.



Split Squat with Dumbbells

With dumbbells in each hand, perform a deep squat while maintaining an erect and straight back. Your knee which is in front of you should never go past your toes. Repeat with the other leg and continue to alternate legs. Perform 8-10 reps for each side for 2-3 sets.

Standing Rotator Cuff Workout in Partial Squat



1) Get into a partial squat position with your posterior slightly protruded, back straight and arms outstretched forward with dumbbells in hand.

2) Maintaining your posture in the partial squat position with your back straight, pinch your shoulder blades together and bring your elbows back with palms facing the ground.

3) Then proceed to bring your palms up away from the ground by bending your arms up. Make sure you maintain your posture.

4) With your arms bent up and palms facing in front of you, extend your elbows and bring your arms straight up so that they line up straight with your back. Hold for 3-5 seconds and then slowly bring your arms back down to the beginning position. Repeat 8-10 reps for 2-3 sets.

Mini-Swing with Dumbbell or Medicine Ball



- 1) Position yourself with dumbbell or medicine ball in hands with elbows straight, knees slightly bent, posterior slightly protruded and your back straight.



- 2) With your hips, knees and feet planted and locked, twist your midsection and bring your arms back while maintaining your posture. Your arms should remain straight.



- 3) Proceed to then twist with your midsection in the opposite direction while maintaining your posture and arms outstretched. Perform 8-10 reps for 2-3 sets. You can gradually increase the speed of this exercise once you have mastered the mechanics.