

Osteogenic & Balance Exercises

Week 6

with thanks to Kirra Rankin, exercise physiologist

Challenge: how many single leg hops can you do in 10sec?

2 Sets / 10 Reps



1. SLSq with rotation floor reach

Stand up straight and take your weight onto one leg.

Lift your elevated leg back behind you and across.

Simultaneously reach your arm on the same side down towards the floor and across the front of your stance leg to reach the floor on the other side.

Ensure you keep your back straight throughout this movement, avoiding any rounding or arching in the back.

As your stance leg bends your knee should travel directly forwards over your toes.

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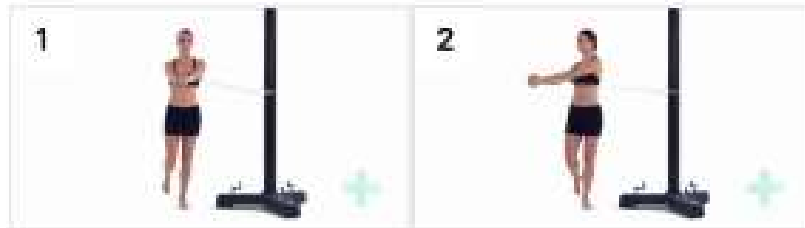
2 Sets / 10 Reps

2. SLS with trunk rotation resistance

Stand with a resistance band tied out to one side, holding the other end in both hands.

Reach your arms out in front a little and balance on the leg closest to the band. You will feel the band try to pull you around.

Resist this movement and rotate your trunk away from the band.



2 Sets / 10 Reps

3. Jump off step to single leg landing

Stand on a step with your legs hips width apart.

Bend at the knees and hips, and spring up into the air.

Land softly on your affected leg, ensuring you bend your ankle, knee, and hip.



2 Sets / 10 Reps

4. Hop multi-directional

Stand on your affected leg.

Spring up high into the air, hopping forwards, and landing softly on the same leg. Repeat the movement by hopping backwards, then to one side, and then to the other.

The balls of your feet should be the first thing to land on the floor, followed by your heel, then a bend of your knee.



2 Sets / 2 Reps / 30 s hold

5. Glute stretch - supine

Start position is lying on the back with the legs bent and the feet on the floor.

Lift one leg and cross that ankle over the opposite knee.

Reach between the legs grasping the back of the knee of the lower leg and then pull both legs in towards the chest.

The non-stretch leg should exert a slight pressure that assists in pushing the crossed leg upwards toward the chest.

Hold for as long as prescribed.

