

Preventing Habitual Burnout

Week 3

with thanks to Kirra Rankin, exercise physiologist

2 Sets / 10 Reps



1. Bent knee fall out in supine - version 2

Lie on your back with your legs bent and your feet on the floor and your knees at hips-width apart.

Initiate the core stability muscles, then gradually drop one knee out to the side.

The aim of this exercise is to keep the pelvis level, and the stationary leg still.

Imagine headlights on each hip bone pointing directly up to the ceiling.

Do not allow these headlights to rotate from this point.

Control the movement as you bring the knee back in, and repeat with the other leg.

2 Sets / 10 Reps / 1 s hold



2. Hip abduction side lying

Lie on your side with affected leg upper most.

Keep your back straight and trunk still.

Slowly lift your top leg upwards.

Ensure your leg stays straight.

Lower the leg back down.

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2 Sets / 10 Reps



3. Hip extension in 4 point kneeling - movement control

Start on your hands and knees with your hands under your shoulders and knees under your hips.

Find your neutral position with your spine and head.

Push the heels of your hands into the floor so that your shoulder blades flatten against your back.

Tighten your abdominal muscles to help stabilise your trunk as you slowly straighten one leg out behind you.

Lift your leg from the floor until you have a straight line from the back of your head to the heel of your foot.

Do not allow your hips to rotate with this movement.

Control the movement as you bring your leg back in to the starting position.

Ensure your back and neck remain in the neutral position throughout, with your shoulder blades controlled.

2 Sets / 10 Reps



4. Double leg jump

Stand up straight with feet shoulder width apart.

Bend your knees and then jump as high as you can.

Make sure that you push off equally between both legs.

When you land, make sure that your weight is distributed equally between both legs.

5. Gluteus medius stretch in supine



Lie on your back with your legs straight.

Bring your affected leg up and in towards your chest.

Place your opposite hand over the outside of your ankle, and your other hand on the outside of your knee.

Gently pull your knee in towards your opposite shoulder until you feel a stretch in your buttock muscle.

Hold this position.

Ensure you are not causing pain in your knee.