

Pro-align, Sydney

Injury Profile: 4 point kneeling pt 1 for Pro- Align

Last Updated: Tue Jul 10 2018 07:11:54 GMT+0100 (BST)

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Frequency: It has been recommended that you perform this rehabilitation plan on: Monday and Thursday

4 Point Kneeling TAB's Setting with Arm Raise



6

Reps

- set up in 4 point Kneeling with hands below shoulders, knees below hips
- activate core and connect through the scapulas
- Slowly raise arm and pause when in line with body
- Alternate arm. Keep thumb uppermost to open in the shoulder

[Watch Video](#)

4 Point Kneeling TAB's Setting with Leg Raise



6

Reps

- In 4 point Kneeling with hands below shoulders, knees below hips
- activate core muscles
- Slowly slide the leg behind you and then hover
- Alternate leg
- ensure the pelvis remains flat and level with no leaning to the side to compensate

[Watch Video](#)

Superman



6

Reps

- In 4 point Kneeling with hands below shoulders, knees below hips
- Keep back straight, draw belly button in and pull down with hands towards thighs
- Slowly raise arm and opposite leg and pause when in line with body
- Alternate arm/leg
- Keep the back level

[Watch Video](#)

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.