

Overhead Reach

Understanding Why

- Reinforces the 'Big 3' fundamental habits of [Hinge at the Hips and Shoulders Anchored](#).
- Elongates the spine and reduces pressure in the spinal discs.
- Mobilizes ribs and upper back.
- Interrupts static and seated posture.

Exercise Description

Stand with feet shoulder width apart. Reach up as high as you can with both hands while keeping the head in a neutral position. Hold the reach for three seconds (one breath), then return to normal upright standing posture. Complete this stretch five (5) times trying to reach arms slightly higher with each successive stretch.



To see a video of this exercise visit:
<https://vimeo.com/125958331>

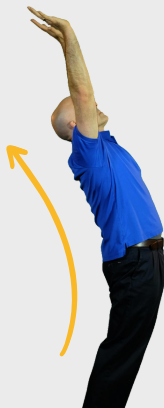


- ✓ WIDE, STABLE BASE
- ✓ HINGE AT THE HIP
- ✓ SHOULDERS ANCHORED



Common Mistakes

Forward Hip Movement / Extending The Back
Places stress through the lower back.



Solution

Activate the glutes, stabilize the core and lower body so hips don't move forward

Neck Extension
Places stress through the neck.



Solution

Look straight ahead when performing this stretch

Overhead Reach (continued)

Coaching Points

Forward Hip Movement / Extending The Back



To coach the participant to stop shifting their hips forward. Consider using a broomstick or dowel as a guide. Hold it vertically and encourage the worker to keep their torso upright with only a slight backward bend.

Neck Extension



Verbally coach the participant to look straight ahead and avoid bending their neck back. They should be able to comfortably position their fist against their throat, between their chin and chest if their head is in a good position.

Modifications

- For back pain, limit the amount of extension and focus on reaching straight upward.
- For shoulder pain, don't reach arms overhead, instead rest hands on chest and lift chest up as you breathe in and elongate the spine.



If a participant continues to experience pain after correcting technique and modifying the exercise, consult with a MoveSafe® Specialist or other health care practitioner.



For more information on benefits, common errors, corrections and modifications associated with this exercise, view the In-Depth Exercise video at: <https://vimeo.com/203333075>

Hip Hinges

Understanding Why

- Reinforce the 'Big 3' fundamental habits of a [Wide, Stable Base, Hinge at the Hips, and Shoulders Anchored](#).
- Warms up the body for everyday functional movement
- Reinforces safe bending and lifting body mechanics.
- Interrupts static and seated posture.

Exercise Description

Start with your feet wider than shoulder-width. Anchor your shoulders and reach your arms out in front parallel to the floor. While keeping your chest up and a fist width between your chin and the top of your chest, bend your knees 20 degrees, send your buttocks back and hinge from the hips forward until you are looking to the ground. Your weight is distributed properly if you can tap your toes when hinging forward. As you stand on each rep, squeeze your glutes and tighten your core at the top of the movement. Repeat fifteen (15) times.



To see a video of this exercise visit:
<https://vimeo.com/254729856>



- ✓ WIDE, STABLE BASE
- ✓ HINGE AT THE HIPs
- ✓ SHOULDERS ANCHORED



Common Mistakes

Knee Forward Of Toes

Places stress under the knee caps.



Solution

Shift body weight back, pushing buttocks back and hinging forward. Align knees over toes with shins near vertical and keep heels down. Don't bend knees more than 90°.

Knees Buckled Inwards

Strains ligaments of the knee

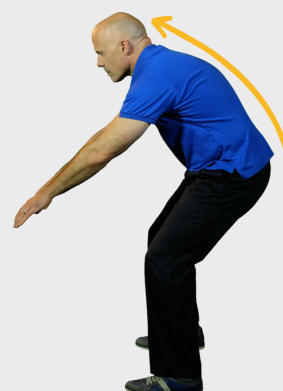


Solution

Push knees outwards, aligning them over the toes.

Arching The Back

Stressed the spinal Discs



Solution

Anchor shoulders, keep head and chest upright and look forwards.

Hip Hinge (continued)

Coaching Points

Knees Forward Of Toes



Place the end of the dowel at the big toe and have the participant touch the vertical dowel with their kneecap, but not go beyond. They can confirm the correct position by tapping their toes on the floor to feel that their weight is through the heels. Have the participant stand with their back about a foot from the wall, so they will be supported if they fall back before learning to hinge forward properly.

Knees Buckled Inwards



You may need to block the participant's knee(s) from collapsing inwards so they can feel the correct position. Using a dowel to cue proper spinal alignment may also be effective. Asking the person to tuck the shoulder blades together is also effective.

Arching The Back



Consider using a broom handle or other tool as a guide in line with the participant's shoulder blades. You may need to tap or touch the participant between their shoulder blades to help engage muscles.

Modifications

- If participants have pain or are incapable of performing this exercise properly, focus on correct posture and limit the amount of knee bend to a comfortable range. If needed for clothing restrictions or participant limitations, modify the exercise to a more simple hip hinge with no forward reaching.



If a participant continues to experience pain after correcting technique and modifying the exercise, consult with a MoveSafe® Specialist or other health care practitioner.



For more information on benefits, common errors, corrections and modifications associated with this exercise, view the In-Depth Exercise video at: <https://vimeo.com/203336029>

Hamstring Stretch

Understanding Why

- Reinforces the 'Big 3' fundamental habit of [Hinging at the Hips](#).
- Increases hip flexibility for increased hip hinge range of motion.
- Relieves tension in hips and low back.
- Interrupts static and seated posture.



- ✓ WIDE, STABLE BASE
- ✓ HINGE AT THE HIPS
- ✓ SHOULDERS ANCHORED

Exercise Description

Take a small step forward while keeping your weight on the back leg. Keep both feet flat on the ground. Slightly bend the back knee and sit back while keeping the front leg straight and unloaded. Maintain a neutral spine posture and lumbar curve while hinging forward from the hips. You should feel a stretch down the back of the extended leg. Hold for ten seconds (two breaths) and repeat with the other leg. Complete each side twice.



To see a video of this exercise visit:
<https://vimeo.com/255088903>



Common Mistakes

Loading Weight On The Front Foot
Limits the effectiveness of the exercise.



Solution

Avoid transferring weight to front foot.
Keep feet shoulder distance apart.
Keep both feet flat on the ground.

Upper Back Hunch, Looking Down
Places stress on the upper back and neck which reinforces poor posture.



Solution

Anchor shoulders, keep head and chest upright and look forwards while sitting back and hinging at the hips.

Lead Leg Bent
Reduces effectiveness of the exercise.



Solution

Straighten front knee and shift body weight back, pushing buttocks backwards.

Hamstring Stretch (continued)

Coaching Points

Loading Weight On The Front Foot



Verbally remind the participant to keep weight on back leg with the back knee bent. Both feet flat on the ground and shoulder width apart for balance. No weight should be going through the front straight leg.

Upper Back Hunching, Looking Down



You may need to tap or touch the participant between their shoulder blades to help engage the muscles. Encourage them to squeeze their shoulder blades while looking forward.

Lead Leg Bent



You may need to block the participant's knee from coming forward of their toe so they can feel the correct position.

Modifications

- If participants have pain or are incapable of performing this exercise properly, focus on correct posture and limit the stretch to a comfortable range.
- For anyone with knee discomfort, avoid fully locking the front knee. The knee should be straight but not fully locked in extension.
- If balance is a concern have the participant stabilize themselves with one hand against a wall or holding a chair.



If a participant continues to experience pain after correcting technique and modifying the exercise, consult with a MoveSafe® Specialist or other health care practitioner.



For more information on benefits, common errors, corrections and modifications associated with this exercise, view the In Depth Exercise video at: <https://vimeo.com/203335336>