



**THE WHITE HOUSE  
PHYSIOTHERAPY CLINIC  
PRESENT**

# **FIT IN LINE**



**EXAMPLE REPORT (15/03/11)**

- **A 12 part assessment tool to screen your athletic performance in 4 key components: Flexibility, Balance, Strength & Core Control**
- **Designed & Carried out by Qualified Physiotherapists**
- **Suitable for all ability levels in all sports**
- **Monitor & review your progress**

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We've totalled up all of your scores for your **Fit in Line** screening test and we now have the results for you.

**SCREENING SCORES:** **Total= 85%**

**Breakdown:**

Flexibility:	Left= 89%	Right= 70%
Proprioception (balance):	Left= 90%	Right= 85%
Strength:	Left= 82%	Right= 82%
Core stability:	Left= 96%	Right= 96%

- These findings demonstrate an excellent baseline of overall performance.
- Your strongest area was *Core Stability*.
- Your area for main focus is *Flexibility (right sided)*.
- In two of the four areas you scored higher on the *left* than the *right*. These discrepancies have the potential to cause reduced performance, as well as posing an injury risk.
- In the upper limb you have tightness in the pectoralis minor on the *right* and significant stiffness in the thoracic spine. If you correct the balance you will reduce the potential for an overuse injury.
- You have the potential to improve your scores in each area, and by doing this you should notice improvements in your sporting performances.
- We recommend further assessment and potential treatment on your right ankle and thoracic spine. They may benefit from mobilisation +/- manipulation.

**ACTION PLAN:**

We would suggest you undertake a focussed Exercise Programme working on the identified areas. We have included an exercise list and highlighted **in yellow** the main areas to work on.

- These are exercises:
- 1** Single leg squat (Gluteal control)
  - 5** Thoracic movement (side bends, extension one, rotation),
  - 10** Stretches (Pecs, ITB)
  - 11** Strength (Press ups, Gluteus medius).

**We recommend you do these 3-4 times a week**

You can also do the other exercises. 2 x a week would be fine.

**You can progress exercises to a higher level when highlighted in blue.**

We can review your progress by retesting in May 2011. Please contact us to arrange a suitable time. We look forward to seeing you then.

Good luck with all your training.

The FIT IN LINE team.

## EXERCISES

### 1. Single leg stand into Single leg squat with heel raise

#### **Start position:**

Stand on a flat surface with one leg (in slight flexion). The other leg should be extended slightly in front of you with the heel 5 inches off the floor.

#### **Action:**

Slowly bend the knee of the standing leg, dropping the opposite heel to touch the floor as far in front of you as you are able to. Return to start position, and then slowly rise up fully onto your toes, and back down again. As you lower yourself down aim to keep the middle of the knee cap in line with your second toe (do not let your knee drift inwards)

Repeat .....3 x 12.... times on the left

Repeat .....3 x 12.... times on the right

#### **Progress:**

Make this exercise harder by standing on a step, side on and dropping the opposite foot to the floor.

### 2. Single leg stand with eyes closed

#### **Start position:**

Stand on a flat surface with one leg. The other leg should be extended slightly in front of you with the heel 5 inches off the floor.

#### **Action:**

Close your eyes (open initially if you need to) and maintain a static position for as long as possible, up to a maximum of 30 seconds.

Repeat .....1.... times on the left

Repeat .....1... times on the right

#### **Progress:**

Make this exercise harder by standing on a cushion, sitfit or wobbleboard.

### 3. Single leg stand, foot reaching

#### **Start position:**

Stand on one foot, with plenty of space around you.

#### **Action:**

Reach your free foot out as far as you can on the cross and touch your big toe down, without losing balance and needing to put the whole foot to the floor. Repeat this on all 4 points of the cross.

Repeat ....2..... times on the left

Repeat .....2.... times on the right

#### **Progress:**

Make this exercise harder by gradually reaching further away from the midline position in all direction.

### 4. Single leg bridge

#### **Start position:**

Lie on your back with knees bent and feet flat on the floor (hip width apart). Hold your arms crossed on your chest (start off with your hands on the floor if it's too difficult). Lift your pelvis off the floor, approximately 3-4 inches and lift the pressure off the spine up to the middle of the shoulder blades.

#### **Action:**

Whilst maintaining your pelvis in a static position, slowly lift one foot off the floor and fully extend the knee. Hold this extended position for 3 seconds. Bend the knee back to the start position, keeping your pelvis raised (try not to let it tilt at all). Repeat 5 times. Return back to resting position by gradually lowering spine, segment by segment.

Repeat ....2..... times on the left

Repeat .....2.... times on the right

#### **Progress:**

Make this exercise harder by putting your feet on a large gym ball or on a sitfit (after 1-2 weeks)

## 5. Thoracic ROM exercises



### Rhomboids

Stand or sit.

Push shoulders forward, stretch the arms diagonally forwards and down keeping your chin in. Hold stretching 20 secs.

Repeat ...2... times



### Side bends

Sit and lift one arm with your elbow bent. Hold your elbow with the other hand and push it back.

Bend your upper body to the side. Breathe in, then breathe out and increase the stretch.

Repeat ...5... times left & right



### Extension One

Crawling position.

Let your arms slide along the floor as far as possible. Push your bottom back and down and the chest towards the floor. Breathe out while doing the exercise.

Repeat ...5... times



### Extension Two

Crawling position.

Hollow your back. Keep your neck long and elbows straight.

Repeat ...10... times



### Rotations

Sit on a chair and clasp your arms on your chest.

Push your shoulder down while rotating the upper trunk in the opposite direction. During the exercise straighten your upper trunk fully and let your eyes follow the movement. Breathe in during the exercise

Repeat ...10... times left & right

## 6. Plank

### Start position:

Lie on your stomach with your forearms flat on the plinth, under your shoulders. Arms should be pointing straight, with hands unlinked. Your toes should be curled under you. Slowly raise your body a few inches off the plinth, and weight bear through your forearms and toes only. Keep your body straight, and buttocks level with your ankles and shoulders.

### Action:

Perform exercise up to step .....K.....

- A. Maintain the start position for 10 seconds
- B. Turn into a left side plank position and hold for 5 seconds
- C. Return to plank for 5 seconds
- D. Turn to right side plank for 5 seconds.
- E. Return to plank for 5 seconds
- F. Turn back to left side plank and raise your top leg 5 inches above the lower one (x3)
- G. Return to plank for 5 seconds
- H. Return to right side plank and raise your top leg 5 inches above the lower one (x3)
- I. Return to plank for 5 seconds
- J. Perform 5 hip extensions on your left leg
- K. Perform 5 hip extensions on your right leg

Repeat ....1..... times.

## 7. Four-point kneeling with arm and leg raises

### **Start Position:**

Kneel with knees hip width apart and weight bearing through your hands. Hips should be aligned over knees and shoulders over hands. Spine should be in a neutral position.

### **Action:**

Perform exercise up to step .....D.....(keep your lower spine as straight as possible)

- A. Raise you left leg straight behind you into a horizontal position. Return to the start position.
- B. Raise you right leg straight behind you into a horizontal position. Return to the start position.
- C. Raise your left arm and right leg together. Return to the start position.
- D. Raise your right arm and left leg together. Return to the start position.

Repeat ....3..... times.

### **Progress:**

**Make this exercise harder by adding arm +/- leg weights**

## 8. Push up plus & Single arm push up plus

### **Start position:**

Stand 50cm away from a wall and lean your hands against it at shoulder height. Keeping contact with the wall, push your trunk away from it, rounding your shoulders.

### **Action:**

- A) Maintain this shoulder position as you bend your elbows in a press-up action, until your forehead is almost in contact with the wall. Return to starting position and repeat .....5..... times.
- B) Repeat above exercise, but with the left arm only: .....5..... times
- C) Repeat above exercise, but with the right arm only: .....5..... times

### **Progress:**

**Make this exercise harder by placing your hands on a large gym ball.**

## 9. Lower Trapezius Strengthening

### Start position:

Lie on the floor or a bed, on your stomach. Rest your arms by your hips.

### Action:

- a) Gently squeeze your shoulder blades together and lift your arms and hands 3 inches off the plinth. Hold for 10 seconds.  
Repeat .....1..... time(s)
- b) Start with your arms resting out to the side. Gently squeeze your shoulder blades together and lift your arms out to the side, in a 'T' shape. Hold them horizontally for 10 seconds.  
Repeat .....2..... times, with 3second rest between reps.
- c) Start with your arms resting over your head. Gently squeeze your shoulder blades together and lift your arms 3 inches high. Maintain this position for 10 seconds.  
Repeat .....2..... times, with 3second rest between reps.

### Progress:

Make this exercise harder by holding a .....2..... kg weight in each hand or using red theraband (linked in each hand and passing under your stomach)

## 10. Stretches

### Upper trapezius



Sitting on a chair. Hold on to the side of the chair with one hand. Put the other hand over your head onto the opposite ear.

Tilt your trunk and let the hand on the ear bend your head away from the side to be stretched. Hold for 20 seconds

Repeat ...1..... time left, and ....1.... time right

### Pectoralis



Stand in a walking position. Bend your elbow and support the forearm against a door frame or corner.

Gently rotate your upper trunk away from the arm until the stretching can be felt in the chest muscles. Hold for 20 secs.

Repeat ....1.... time left, and ....3.... times right

### Latissimus dorsi



Stand or sit. Bend and lift the arm to be stretched.

Grasp your elbow with the other hand and push back and down until you can feel the stretching at the back of your upper arm.

Hold the stretch for 20 secs.

Repeat ...1..... time left, and ....1.... times right

### Hamstrings



Stand with the leg to be stretched on a footstool or step.

Flex your ankle and push the heel towards the step, keeping your knee straight. Then bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.

Hold approx 30 secs. - relax.

Repeat ....1.... times left, and ....1.... times right

### Piriformis



Lying on your back with knees bent.

Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown. Bring your thigh towards your stomach. Feel the stretch in your buttock.

Hold for 30 seconds

Repeat ...1.... time left, and ....1.... time right

### Hip flexors



Half kneeling.

Tighten your stomach muscles to keep your back straight. Rotate the heel behind you outwards while pushing your hip forwards.

Hold approx. 20 secs. – relax

Repeat ....1.... time left, and ....1.... time right

### Quads



Stand holding on to a support.

Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on. Draw your heel towards your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh. Hold 30 secs.

Repeat ....1.... time left, and ....1.... time right

### ITB



Sit on the floor with one leg straight and the other leg crossed over it.

Bring your knee towards your opposite shoulder. Feel the stretch in your buttock. Hold 30 secs.

Repeat ....2.... times left, and ....2.... times right

## Calf



Stand with your feet hip width apart and take a step forward.

Take most of your weight on the leading foot. Gradually take your weight to the back foot stretching your heel to the floor. Keep your upper body in line with your back leg. Hold 30 secs

Repeat ....2.... times left, and ....2.... times right

## Lumbar



Sit on a chair with your legs apart.

Bend your head and trunk down between your knees rounding your upper body as much as possible. Hold approx. 20 secs.

Repeat ....1.... time

## 11. Pelvic Rotation Control

### Start position:

Stand with knees slightly flexed. Hold onto a stick with both hands. Keep it horizontal at shoulder height with elbows slightly flexed

### Action:

Turn pelvis side to side, keeping the arms and stick as still as possible

Repeat .....10.... times on the left

Repeat .....10... times on the right

## 12. Strength exercises

### Gluteus maximus



Lying face down.

Bend your knee to a right angle and lift your foot towards the ceiling.

Repeat .....5... times left, and ...5..... times right

### Gluteus medius



Lying on your side supporting yourself on your elbow. Roll top hip forwards and bend your knee.

Lift your leg up and backwards. Return to starting position

Repeat ....3 x 12.... times left, and ...3 x 12..... times right

#### Progress:

Make this exercise harder by lifting against the resistance of a .....green..... theraband (after 2 weeks).

### Press ups



Lying face down with your hands on the floor at shoulder height.

Do press-ups slowly and remember to straighten your elbows properly

Repeat .....20 x 2... times

#### Progress:

Make this exercise harder by placing your feet on a gym ball (after 2 weeks)

### Shoulder lateral rotation 1



Sidelying. Holding a ....4.... kg weight in your upper hand.

Keep your elbow at a right angle and support it against your side.

Lift weight towards the ceiling and lower back down

Repeat ....2 x 10.... left, and ...2 x 10..... right

### Shoulder lateral rotation 2



Stand keeping your upper arm close to the side and elbow at a right angle.

Hold a red or green theraband. Pull the band by turning your forearm outwards.

Repeat ...2 x 15..... left, and ...2 x 15.... right