



Stage 1: Stable 1

- This stage is to get to know the difference between stability and mobility – any and all questions the client has, must be answered here.
- Make sure the client has a full understanding of what he/she is about to start doing.
- Both feet and/or hands on a stable surface.
- This should be seen as the phase of correct recruitment, correct activation and implementing of the correct firing patterns.
- Also – differentiation and dissociation should be mastered in this stage as to move on to the next stage.

Stage 2: Stable 2

- Both feet and/or hands on a stable surface

Stage 3: Unstable 1

- Both feet and/or hands on an unstable surface

Stage 4: External Forces & Perturbations

- These should be applied firstly to **Stage 1** and then progressed through **Stage 2** and **Stage 3**.
- Therapist/Trainer starts applying pressure on various areas and in different directions as to upset the stability of the client.
- Also, elastics may be used to gently pull in different directions at various points to upset the stability of the client.

Stage 5: Activities

- Catching, Throwing, Hitting and Kicking Activities
- Start in **Stage 2** and progress through to **Stage 3** and **Stage 4**

Stage 6: Stable 3

- One foot and/or hand on a stable surface

Stage 7: Unstable 2

- One foot and/or hand on an unstable surface

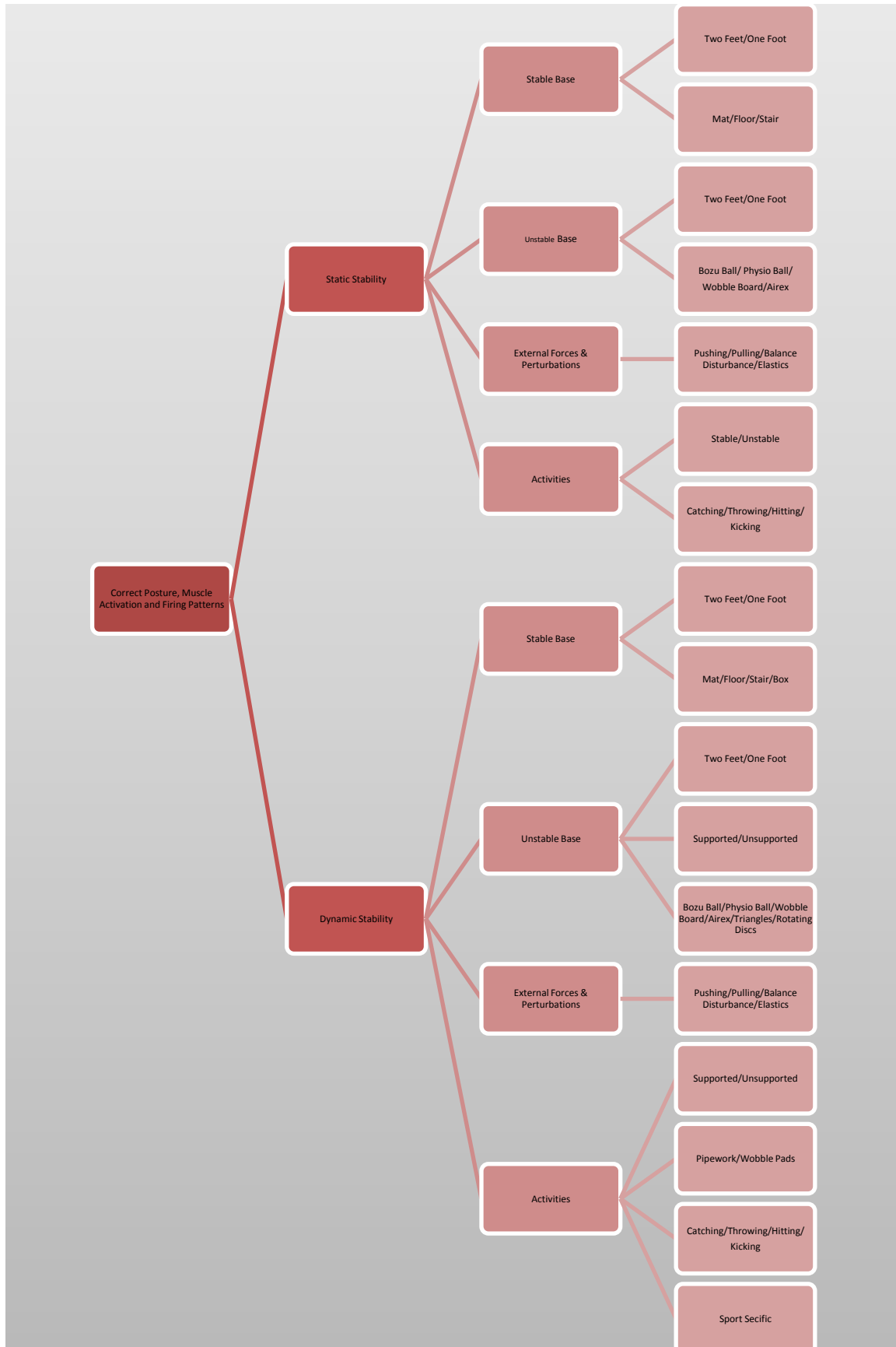
Stage 8: External Forces & Perturbations

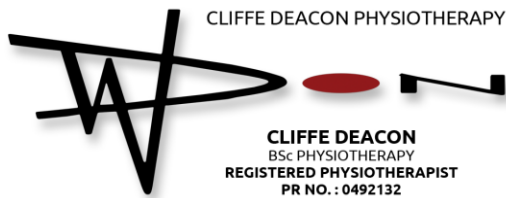
- These should be applied firstly to **Stage 6** and then progressed through **Stage 7**.
- Therapist/Trainer starts applying pressure on various areas and in different directions as to upset the stability of the client.
- Also, elastics may be used to gently pull in different directions at various points to upset the stability of the client.

Stage 9

Activities

- Catching, Throwing, Hitting and Kicking Activities
- Start in **Stage 6** and progress through to **Stage 7** and **Stage 8**





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In Supine:

- TA Activation
- Pelvic Mobility – Posterior & Anterior Tilt
- Glut-Hamstring-Lower Back Firing Pattern
- Segmental Bridging
- Dead Bug and its Progressions
- Double Leg Bridges
- Double Leg Bridges with Sideways Walk
- Single Leg Bridges
- Single Leg Bridges with Straight Leg Movement
- Single Leg Bridges with Hip Rotation
- Single Leg Bridges with Straight Leg Fly
- Double Leg Supine Plank
- Single Leg Supine Plank
- Reformer Work

In Side-Lying:

- Thoracic Rotations
- GlutMed Activation
- Clams
- Burn-Outs
- Burn-Outs at 45 degrees
- Side Plank
- Side Plank with Clam
- Single Leg Side Plank
- Single Leg Side Plank with Burn-Out
- Single Leg Side Plank with Burn-Out at 45 degrees

In Prone:

- Rhomboids, Lats, Trapezius Activation
- YTWL
- Serratus Push-Ups
- Multifidi Activation
- Glut Activation
- Glut-Hamstring-Lower Back Firing Pattern
- Dissociation between Lumbar Extension bmo Lumbar Mobilisers and Hip Extension bmo Gluts and some Adductors
- Plank – Elbow
- Plank - Hands
- One arm or One Leg Plank
- Superman Plank



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In Four Point Kneeling:

- Posture
- Camel/Cat
- Thoracic Mobs
- Hip Extensions
- Clams
- Clam/Hip Extension Combo
- GlutMed Swivels
- Single Leg GlutMed Swivels
- Supermans
- Same-Side Superman

In Sitting:

- Posture
- All the Different Activations
- Scapula Setting
- YTWL
- Pelvis Mobility – Posterior and Anterior Tilt
- Weight Shifting
- Lifting One Leg and Weight Shifting
- Stand Up/Sit Down
- Stand Up/Sit Down – Single Leg

In Standing:

- Single Leg Balance
- Star
- Wall Squats
- Single Leg Wall Squats
- Squats
- Single Leg Squats
- Step Ups/Step Downs
- Lunges
- Golfer's PickUp
- March/Golfer's PickUp Combo
- 747
- 747 with Thoracic Twists
- 747 with YTWL