

# Multi Joint Pain

## Exercise *STAGE 3:*

### Advanced Exercises



1 **Body Weight Squat**

2 Full Push-Up

3 Single Leg Hip Bridge

4 Romanian Deadlift

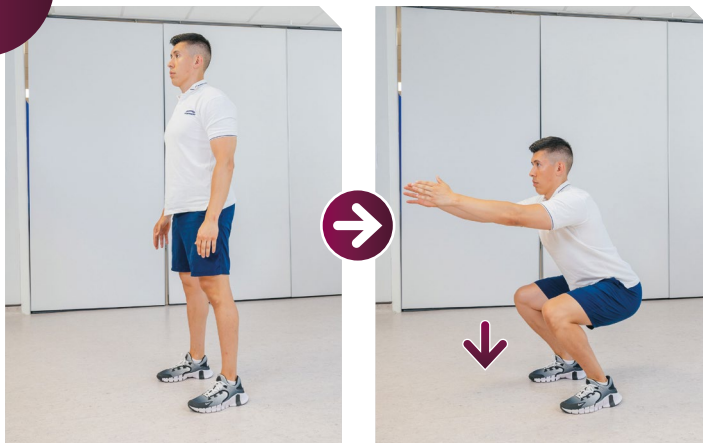
5 Split Squat

6 Single Arm Row

7 Planks

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

## 1 Body Weight Squat



With feet approximately shoulder width, bend your knees to the full squat (90 degrees) position. Your feet can be pointing directly forwards, or turned out slightly. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground.

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1 Body Weight Squat

2 Full Push-Up

3 Single Leg Hip Bridge

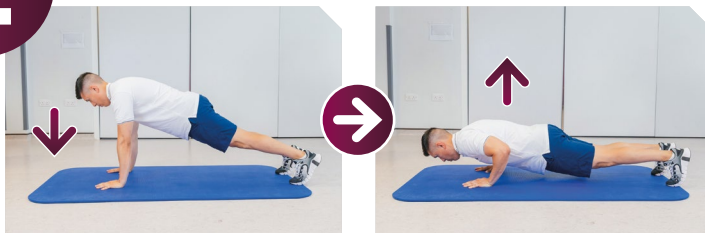
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## 2 Full Push-Up



Position yourself in a press-up position, with your arms straight and approximately shoulder width apart. Keep your body in a straight line, with your bottom tucked under and your back flat. Drop your chest towards the floor by bending the elbows. Return to the start position.

## 3 Single Leg Hip Bridge



Lying flat on your back with your arms by your side, and with your knees bent on firm surface. Straighten one leg pointing upwards. With the other, push down into the ground and raise your bottom off the floor. While completing this exercise you should be trying to maintain a 'neutral pelvis'. Think about balancing a bowl on your pubis and not allowing the content to spill out of the sides.

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1 Body Weight Squat

2 Full Push-Up

3 Single Leg Hip Bridge

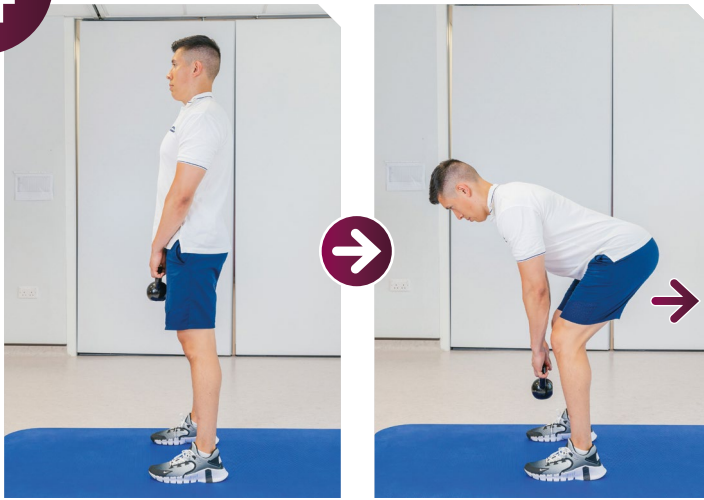
4 **Romanian Deadlift**

5 **Split Squat**

6 Single Arm Row

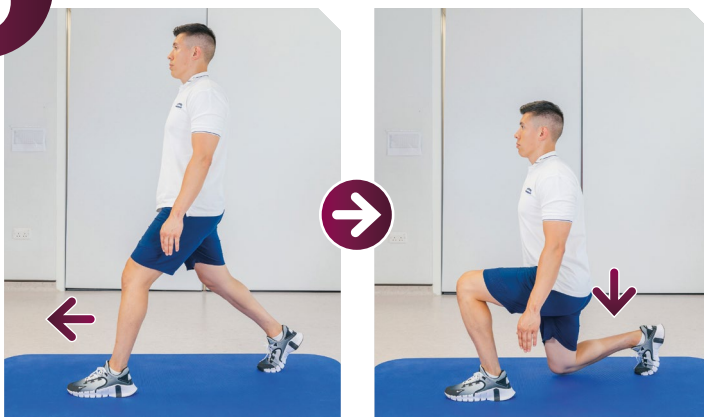
7 Planks

## 4 Romanian Deadlift



With your feet approximately, shoulder width apart. Pick up a load (eg a barbell, kettle bell or even bag of sugar). This is your start position. Soft your knees so they are slightly bent or 'unlocked'. With the load close to your body, actively push your bottom backwards, creating a hinge like movement. The load should stay close to your body and you move forwards. If completed correctly you will feel the muscles in the backs of your legs and bottom working (Hamstrings/glutes). Return to the start position.

## 5 Split Squat



Take a step forwards (as if you were going into a lunge), and drop the back knee towards the ground. The front knee stays at 90 degrees, but does not go forwards of that point. Always keep good alignment... your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. Return to the start position.

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1 Body Weight Squat

2 Full Push-Up

3 Single Leg Hip Bridge

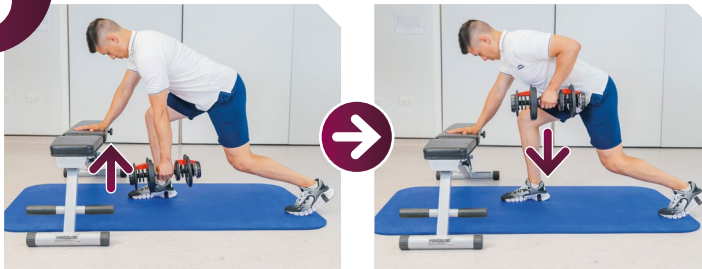
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## 6 Single Arm Row



You will need a firm surface and a loaded object (eg a bench and a dumbbell or a chair and a bag of sugar). Plant your hand on the bench and your feet flat on the ground. Lean over the bench while you maintain a neutral spinal position. From there, you'll make a "starting the lawnmower" action with the dumbbell bringing it up to around chest level and slowly lowering it back down.

## 7 Planks



Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. Think about drawing your belly button inwards towards your spine and feel your abdominal muscles work hard.