



SFT Spinal Stability

1 - THORACIC EXTENSION ON FOAM ROLLER

Perform 3-5 Reps progressing down your spine.

Hold at each position for about 10 seconds. The challenge is to keep your rib cage from flaring open as you extend back over the foam roller.

2 - BIRD DOG

Perform 5-10 reps on each side.

First make sure you can hold your balance with opposite arm and leg extended out. As you curl in and extend out, actively press into the floor with the weight-bearing hand and knee. Keep your hips and shoulders square...the trunk should not rotate.

3 - PRONE PEEL UP WITH BAND

Perform 5-10 Reps.

Pull band apart, with hands placed shoulder width apart. Keep tops of your shoulders pressing down away from your ears as you slowly peel up off the ground, hold for 5 seconds at the top, and slowly lower back down. Keep your tailbone tucked and press the tops of your feet down into the floor. Aim for a smooth, even arc through the spine...not a single hinge point.

4 - SLIDING KNEELING HIP FLEXOR STRETCH

Perform 5 Reps with arms reaching straight up, and 5 reps sweeping up and over toward front leg.

Wear socks so that you can slide. From kneeling position, your front foot and your trunk should move in unison as you slide forward and slide back to the starting position. It is very important to maintain active pelvic tuck the entire time.

5 - STAGGERED STANCE BACK EXTENSION

Perform 5-10 Reps with each foot staggered forward..

Hold light weight (such as 2 or 3 pounds) overhead. Start standing with back to the wall. Squeeze glutes, lift up (through your trunk, not with your shoulders), and arc back and aim to touch your weight to the wall. Move slowly as you extend back and then return to the start position. You may progress further and further away from the wall...try just an inch or two at a time!

6 - SINGLE LEG BALANCE WITH SIDEBENDS - variation in kickstand stance & with floating foot

Perform 4-8 Reps on each leg. Try one set with kickstand stance and one set with floating foot.

Pull band apart, with hands placed shoulder width apart. Lift arms overhead and press shoulders down away from ears. Stand on one leg, in parallel and with soft supporting knee. Sidebend each way, with slow controlled movement. Focus on stabilizing the supporting leg as you work to sidebend with increasing range of motion.

7 - STAGGERED STANCE BACK EXTENSION WITH BAND PERTURBATIONS

Perform 1 round with each foot staggered forward. Aim for a 20-30 second round.

Squeeze glutes, press tops of shoulders down away from ears, keep ribcage closed, and work to resist the pull of the band as your partner performs improvised perturbations.

8 - SPINAL TWIST WITH END RANGE HOLD

Perform 5 Reps on each side.

Take parallel staggered stance, standing at profile next to the wall or barre. Twist toward the front leg. Use hands to pull yourself into the twist, then release hands and hold the position for 5 seconds. With each repetition, progress further into the twist, aiming for even rotation at each vertebrae...not rotating more from one single point.