

BACK *on* TRACK

PHYSIOTHERAPY

Back Country Warm Up



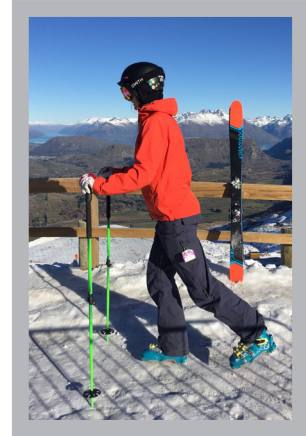
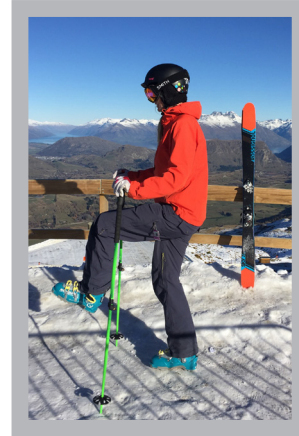
Hip twist

In standing with soft knees, tail bone tucked under

Bend knee up to chest and rotate out

Put foot down

Repeat 10 times each leg



Leg swings

Standing on one leg

Swing other leg forward lifting your knee up to the chest

Now swing the leg back into hip extension whilst dipping down on the standing leg

Repeat 10 times each leg



Archer stretch

Standing with soft knees, tail bone tucked under

Raise your arms out in front

Rotate through the chest by drawing one arm back like pulling a bow and arrow

Bend the knees as you draw back your bow, straighten the knees as you return to neutral

Keep eyes facing forward

Repeat 10 times each side



Swing lunge

Standing on one leg

Lunge forwards and backwards with the opposite leg

Keep upright and the tail bone tucked under

Keep your weight in the middle and land each lunge softly

Repeat 10 times each leg

At Back on Track we can help with all injuries, strengthening and injury prevention programs.

Back on Track Physiotherapy

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