

# IMG PHYSICAL THERAPY

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## Core and Lower Extremity Home Exercises With Kettlebells

Rehabilitation of the Lumbar spine and lower extremities can take a long time. A loss of strength is common after an injury or surgery; however, the strength and range of motion can be regained. It may become frustrating at times but you can be successful with hard work and a lot of determination.

When you are exercising on your own there are some things to remember....

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance, lower the number of sets or repetitions, or reduce the range of motion to avoid the area of pain.
- ◇ Most exercises that do not involve the injured region can be done as long as the exercise does not increase the pain.
- ◇ When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight rather than to hurt your self with too much weight.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 2 to 3 days per week.



### **Kettlebell Rotations**

Hold weight at chest height  
Tighten your core and repeatedly rotate your body to the left and the right  
Rotations occur through the hips and spine

Complete \_\_\_\_Set(s) \_\_\_\_\_Repetitions

Perform \_\_\_\_\_Time(s) per day, \_\_\_\_\_Time(s) per week



### **Tall Kneeling Turns**

Begin with both knees on the hips and pelvis in neutral  
Hold weight with both hands,  
Smoothly turn the head and good posture  
Begin with small turns then Turn left then right. Repeat

Weight may be held in front or

Complete \_\_\_\_Set(s)  
Hold 1 second at end of



ground just wider than your position  
maintaining upright posture  
shoulders while maintaining

progress as tolerated.

behind the body

Repetitions  
available motion

Perform \_\_\_\_\_Time(s) per day, \_\_\_\_\_Time(s) per week



### **Standing V's**

While standing, hold the weight in front of you at waist height  
Move the weight in a "V" pattern as shown  
The weight should be moving up and down and then to the other side repeatedly  
Try to maintain a still and stable spine the entire time

Complete \_\_\_\_Set(s) \_\_\_\_\_Repetitions

Perform \_\_\_\_\_Time(s) per day, \_\_\_\_\_Time(s) per week



### **Seated Trunk Diagonals**

While in a seated position, hold weight with both hands  
Move it through a diagonal pattern from your hip to over the opposite shoulder  
Repeat. Perform on both sides of the body

May be advanced by sitting on exercise ball or unstable surface

Complete \_\_\_\_Set(s) \_\_\_\_\_Repetitions

Perform \_\_\_\_\_Time(s) per day, \_\_\_\_\_Time(s) per week



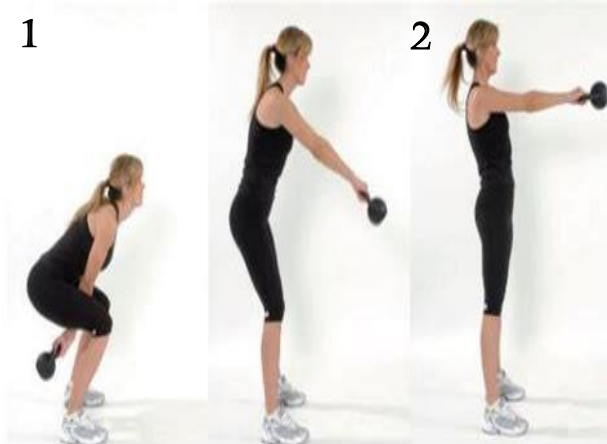
### **Front Squat**

Start by standing and holding weight with two hands at waist height  
 Keep your back straight and bend at the hips like you are sitting back into a chair  
 Slowly descend to a comfortable range before returning to starting position. Repeat

May also be completed with weight held at chest height

Complete \_\_\_\_\_Set(s) \_\_\_\_\_Repetitions

Perform \_\_\_\_\_Time(s) per day, \_\_\_\_\_Time(s) per week



### **Two-hand Swing**

Standing upright, hold weight with both hands, arms in front  
 Lower your body to position 1, pushing your hips backward and bending slightly at the knees  
 In a single move, swing the weight, driving your hips forward to position 2  
 Hold your core and glutes tightly  
 Return to position 1 in a single motion. Repeat

Complete \_\_\_\_\_Set(s) \_\_\_\_\_Swings

Perform \_\_\_\_\_Time(s) per day, \_\_\_\_\_Time(s) per week



### **One-hand Swing**

Standing upright, hold weight with one hand, arm in front  
 Lower your body to position 1, pushing your hips backward and bending slightly at the knees  
 In a single move, swing the weight, driving your hips forward to position 2  
 Hold your core and glutes tightly  
 Return to position 1 in a single motion. Repeat

Complete \_\_\_\_\_Set(s) \_\_\_\_\_Swings

Perform \_\_\_\_\_Time(s) per day, \_\_\_\_\_Time(s) per week



### **Kneeling Diagonal Chops**

Kneel with a tall, upright posture  
 Activate the glutes and core to maintain stability and control  
 Move the weight in a diagonal pattern as shown  
 Do not allow the knee to turn inward or outward. Repeat  
 Change foot position and perform on the opposite side of the body

Complete \_\_\_\_\_ Set(s) \_\_\_\_\_ Chops

Perform \_\_\_\_\_Time(s) per day, \_\_\_\_\_Time(s) per week