

Torso Training Program / Shoulder Stabilization

1. Torso Stabilisation

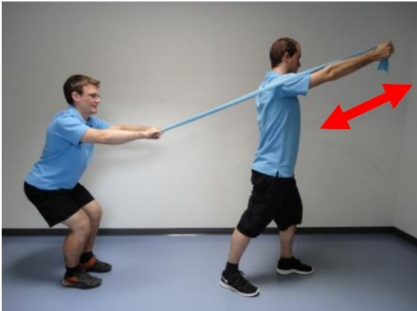


Hold this position 5 x 30 Sec.
Keep your lower back flat on the ground and your stomach strained.



Variation: Tap your feet alternating on the ground 3 x 20 times, 90 sec pause between sets.
Gain: Move your knees initial position slightly in direction of your feet.

2. Shoulder Stabilizers (lat. Serratus)



3 x 20 times, 90 sec pause
Elongate your arms and only move your shoulder back and forth.

3. Front Torso Stabilization



Hold this position 5 x 30 sec
Keep your shoulders, butt and feet in one line.
Move shoulders in front of your chest.



Variation/Gain: lift your feet alternating 3 x 20 times, 90 sec pause

4. Sidewise Torso Stabilization



Hold for 5 x 30 sec (both sides)
Push your lower shoulder down to the ground and keep it stable. Keep your body in a straight line.



Variation/Gain: lift leg 3 x 20 times,
90 sec pause between sets

5. Retral Torso Stabilization

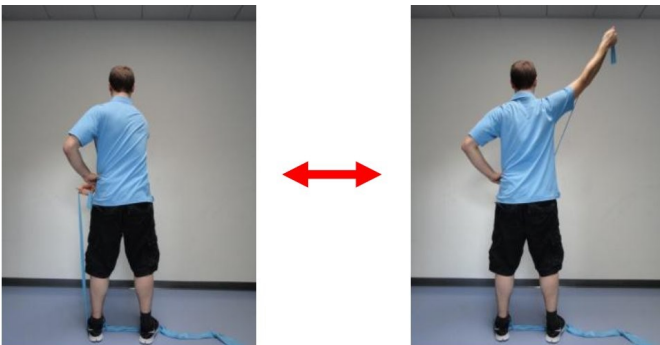


Hold for 5 x 30 sec
push shoulders down to the ground. Keep your body in a straight line.



Variation/Gain: lift your legs alternating
3 x 20 times, 90 sec pause between sets

6. Combined Rotation Torso Stabilization And Shoulder Stabilization



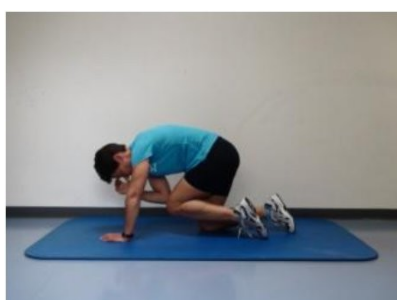
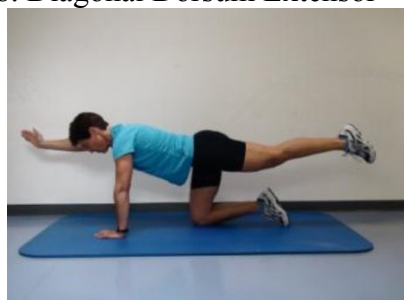
3 x 20 times, 90 sec pause (both arms)
Keep your torso steady move only the arm.

7. Lift Circle



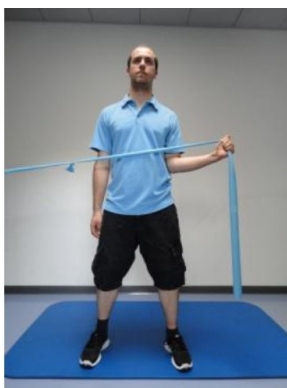
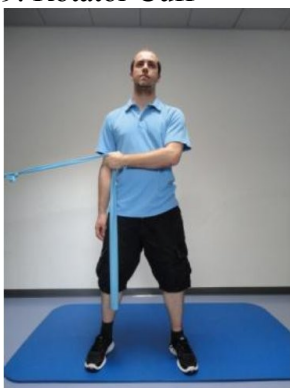
4 positions: prone, sideways left, dorsal, sideways right
lift arms and legs 30 sec in every position

8. Diagonal Dorsum Extensor



Lift leg and arm (diagonal) and then touch knee and elbow. Repeat.
3 x 20 times, 90 sec pause between sets
Push shoulder of supporting arm down to the ground. Do not make a hollow back.

9. Rotator Cuff



Rotate arm from inside to outside and vice versa (both arms)
Don't move your elbow from your torso.
3 x 20 times, 90 sec pause between sets

Thanks to:

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