

Exercise plan:  
**GTPS exercises - ADVANCED**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**15th Jan 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### Shoulder Bridge 2

Start position is shoulder bridge level one, with a neutral pelvis and the spine rolled away from the mat. Inhale to prepare, exhale to lift one leg into a table top position with your hip at 90-degrees and knee at 90-degrees. Avoid tilting your pelvis from side to side. Inhale as you replace your leg down, ready to repeat on your opposite leg. Exhale, as you roll your spine down vertebra by vertebra to finish.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/r9rgEAB13yM>



### Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7**

Video: <https://youtu.be/Z20XNb0VdEk>



## Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. Only go as far as feels comfortable. This is a lower limb strengthening exercise.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/xASFze7P-Fs>



## Box Step Side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7 | Both sides**

Video: [http://youtu.be/7QR\\_lew1f7Y](http://youtu.be/7QR_lew1f7Y)



## Box Step Front

Step onto a box or step, placing both feet on the step, and then step down using the same leg that you lead with.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/EI739ijbGUU>