

EXERCISES TO IMPROVE FUNCTIONAL STABILITY FOR PADDLERS

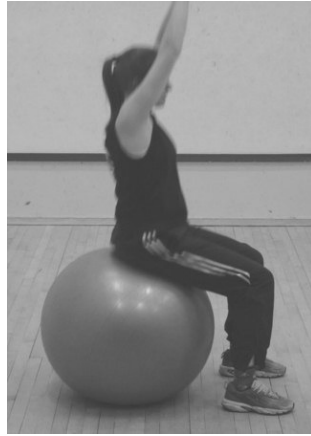
*BCU in partnership with Joanne
Elphinston*

Useful Tips for the Exercises

- Ensure you have the correct size of swiss ball – inflated to the right pressure.
- Quality, control & balance are top priority
- Have a mirror to check your positions
- Train with a partner – watch each other
- Experiment by introducing the swissball to different exercises.
- As ever a small amount of core stability work every day is the key

Seated Balance

Recruit abs
Raise one leg and hold



Leg Raise and Rotate

Recruit Abs; Raise knee; then full leg; then rotate.



Wall Press

Press away from ball at chest height
Maintain trunk position.



Wall Press

Aim: Trunk and shoulder stabilisation

- **Technique:** Stand with ball against wall at mid chest height. Arms straight and trunk upright. Keep balloon posture and lower abdominals in throughout the movement. Slowly bend the elbows so that your trunk moves in towards the ball. Keep shoulders down, neck long, and back neutral. Press back out maintaining good trunk alignment. 10 x
- **Progression:** perform the same movement standing on one leg.

Superman

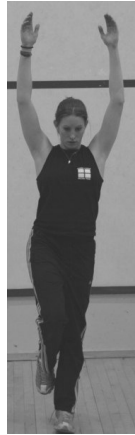


Superman

Aim: maintain stable trunk, use of glutes and scapular position.

- **Technique:** Hands and knees position. Make sure that hands are directly under shoulders, and knees directly under hips. Pull tummy up to spine. Keeping back level, slowly push one heel out behind you until the foot comes off the floor and your leg is out straight. Your hips should still be parallel with the floor, not twisted. Slowly raise the opposite arm out in front of you. As the arm raises, the shoulder blade slides down the back towards the pelvis. Count to 5, then lower the arm and leg. Swap and repeat 5 times each.

Standing Leg Raise



Standing Leg Raise

Aim: train balance and trunk stability

- **Technique:** Stand on one leg, think tall and think of pressing the floor away from your hip. Raise both arms straight above you. Staying steady, lower one arm and take it back up. Lower the other arm and take it back up. Take both arms out to the side, turn your body one way and then the other. Now move free leg forward, back, out to the side and across your body. Swap legs. Repeat 4 x each side.
- **Progression:** perform the same sequence with eyes closed

Seated balance with feet on medicine ball



Seated on swiss ball with feet on medicine ball.

- Level 1: Start with arms above head, and sitting directly onto sit bones. a) Move arms alternately up and down in front of you. b) Move arms alternately down to the side. c) start with arms out in front of you and move one at a time out to the side. d) hands on head, turn head and shoulders in one direction, then the other.
- Level 2. Upright sitting, paddle across knees in wide hand grip. a) Lift paddle above head. b) with paddle above head, keep arms straight and tip slightly to one side and come back up again. c) with paddle above head, turn the head and torso left, and then right

Resistor with paddle

Paddler resists attempts to move



Resistor with Paddle

- Phase 1: One paddler sits on chair or ball holding paddle in front of them parallel to the floor. Arms must be straight.
- Other person stands in front of them, and pulls steadily on one end of the paddle, then the other. Arms of the seated person must stay straight, trunk must stay absolutely still. 5 x each side

Resistor with paddle above head



Resistor above Head

- Lift paddle above head. Same push/pull, with straight arms. Trunk must not move. 5 x each side.
- Progress to Swiss Ball

Over the top

Rock backwards and forwards



Over The Top

Aim: Train the lower abdominals in a lengthened position;
shoulder stability

Technique: Kneel behind the ball with your hands on it. Roll over the ball, walking with your hands on the floor until your thighs rest on the ball. Find your balloon posture, with your tummy pulled up to your spine. Head should be level with spine, looking straight down at floor. Keeping this balloon posture, and using only your shoulder muscles, pull your body forward over your hands. Now push back the other way, making sure the back does not sag downwards. 2 x 5

Lunge



Lunge

Aim: strengthen glutes, control trunk, pelvis and knee alignment.

- **Technique:** Take a long step forward, and lift the heel of the back leg. Squeeze the front buttock and slowly drop the back knee partly to the floor. Knee should stay in line with hip and ankle. Hips should remain level and facing forward. Do 5 with one leg forward, then 5 with the other leg forward.
- **Progression:** Hold swiss ball in hands in lunge position. As you lower yourself to the floor, move the ball to the side by turning your shoulders. Keep your head looking straight ahead and keep your pelvis facing straight ahead. Don't let the knee move out of line.

Lunge and Twist

As for lunge using paddle, bar or med ball



Shadow

One leads, other follows



Elbow Raise



Elbow Raise

Aim: To teach secure scapular strength in the forward glide position.

- **Technique:** Lie on stomach, propped up on elbows. Make sure elbows are straight under shoulders. Push the floor away with your elbows, so that your chest lifts and you are square across the shoulders. Don't push up so much that your spine curves. Count to 5. 5 x

Ball Overhead



Ball Overhead

Aim: teach lower abdominal activity and trunk stability, feel influence of load on trunk.

- **Technique:** Lie on back with knees bent and ball in hands. Push the ball up to the ceiling. Scoop lower belly down towards spine, and slowly take the ball over the head towards the floor, keeping the lower belly pulled in and lower back on the floor. Exhale and pull the ball back over to the start position, making sure that the lower abdomen does not pop up. Count for 10 during each repetition. 10 x
- **Progression:** add in diagonal patterns, i.e. start with ball over head but slightly to the right, and bring it over towards opposite hip.

Diamond Arm Raise



Diamond Arm Raise

Aim: scapular stability.

- **Technique:** Lie on front with arms above head in diamond shape. Move shoulder blades towards your toes and gently lift one hand and forearm off of the floor by rolling at the elbow. Maintain the shoulder blade away from your ears, and lower arm. Count to 5 .Repeat with other arm. 5 each side
- **Progression:** Lift elbow as well as forearm.

Straight up Hamstrings



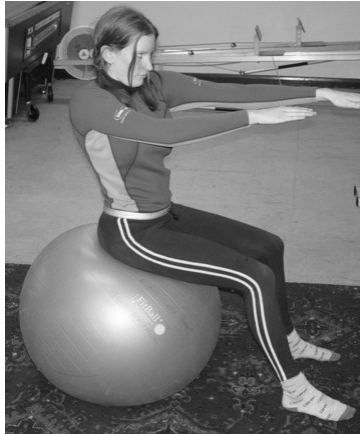
Straight Up Hamstrings

Sit on chair with one foot on swiss ball. Sit up on to tailbones. Push the ball away with your foot until you feel a stretch in the back of your thigh/knee/calf, but you are still up on your sit bones. Move the ball in and out 4 times and on the last one hold for count of 10.

Progression: Same position as above. Straight up trunk with foot pushing the ball out until you feel a stretch. Put hands on head and turn trunk - one way should feel tight and the other loose.

Trunk Rotation

or with paddle across shoulders



Trunk Rotation

- Sit up on tail bones. Arms straight out in front. Push one arm forward and let it take your thoracic (upper) spine into rotation. Sit tall and upright. (balloon image) Swap sides
- Can be done using paddle or bar across shoulders. Start slowly and build. Don't bounce. Keep knees square to front.