

Youth Dance Academy  
Physiotherapy – body conditioning exercises

1. Foot & arch - strengthening {30 per foot}
2. Foot, ankle & calf – strengthening & alignment (using exercise band) {10 per leg}
3. Backs of legs – squeezes {30 both legs & 10 per leg individually}
4. Hamstrings – strengthening {5 per leg}
5. Hamstrings – stretching / lengthening back of knee (using exercise band) {5 per leg}
6. Core strength - central (squeezing cushion between knees) {5 building to 10}
7. Core strength – (incorporating spine curl) {5}
8. Core strength – (from dead fly – alternating legs) {5 per leg}
9. Back – strengthening #1 {5 building to 10}
10. Back – strengthening #2 {5 building to 10}
11. Star stretch – lengthening along limbs and across back {alternating 4 per side}

REST POSITION FOR BACK

EXTRA & INDIVIDUAL EXERCISES

12. Inner thigh – engaging {5 per leg}
13. Outer-side of leg – stretching {5 per leg}
14. Back of leg – stretching out hamstring {5 per leg}
15. Upper back – twists {5 per side alternating right & left}
16. Upper back – stretches {5 per side alternating right & left}
17. Back and arms – strengthening (using exercise band) {5 building to 10}

**Exercises:**

**1. Feet:**

Sitting in chair or on floor – feet flat on floor.

Metatarsal work – pull toes backwards, keeping them on floor and toes facing ceiling. Can use fingers on toes to help keep them flat – no curling toes.



**2. Calf muscles – using resistance band**

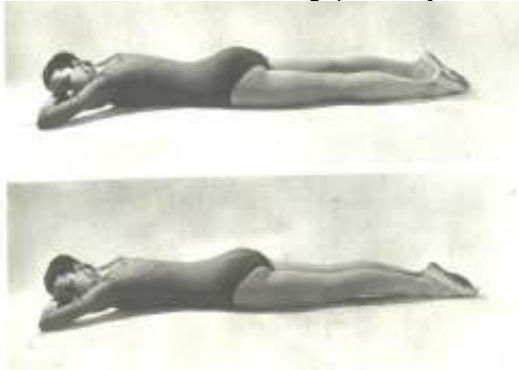
Sitting working leg out in parallel, other leg relaxed. Resistance band wrapped around arch and toes of working leg.

Flex and point each foot one at a time. Slowly going through the foot and keeping the ankle in perfect alignment.

**3. Backs of legs:**

Lying on front with pillow under armpits and lower back:

Nipping the buttocks & releasing (watch you do not 'tuck under')



**4. Hamstrings - strengthening:**

Bending & stretching lower leg (hamstrings).



**5. Hamstrings – lengthening out back of knee – using resistance band**

Lying on back, knees bent with feet flat on floor, band around centre of foot – working leg. Foot flexed (focus on extend through the heel).

Extend working leg, keeping foot flexed focus on pushing through heel. Keeping leg straight raise to ceiling – heel is pushing towards ceiling. (Do not stretch leg towards chest). Use the resistance band and the image of heel to ceiling to help extend back of knee. Slightly relax back leg – breath in – and as breath out extend leg by pushing heel towards ceiling & lower. Relax and repeat.

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Pictures show leg & foot positions without resistance band



**6. Core strength - central:**

Lying on back, knees bent with feet flat on floor, hold a pillow between knees using inner thigh muscles throughout exercise (squeeze inner thighs together):



Curve up from floor only as far as you can go without letting stomach 'pop' out (breath out on effort, pushing stomach towards back of spine) should not go any further than half way. Reach arms towards (and past) legs). Then relax down.



\* If you find you have a lot of tension in neck – lay on a towel and holding the corners of towel next to your head use this to help you roll up – see below.



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**7. Core strength – incorporating spine curl:**

Lying back, legs bent in feet flat on floor. Breathe in – on out breath squeeze and zip and curl up through spine to 'bridge'. (Do not go into arch – back remains long). Breathe in and on out breath zip and squeeze and extend right leg – long, thighs in line. KEEP BOTH HIPS TOGETHER DO NOT ALLOW HIP OF EXTENDED LEG TO DROP. Breathe in and bend leg back in. Breathe out and curl down through spine. Relax and repeat other leg.



Do not over arch back – as in picture

**8. Core strength – Dead fly:**

Lying back legs raised arms at side – 'dead fly' position. Breathe in and as breath out zip and squeeze, slowly (keeping angle at knee joint) lower, legs towards floor – keep spine held. At point of tension in core breathe in again and as breathe out bring legs back to starting position. Relax and repeat other side. Begin this exercise by using 1 leg & alternating.



**9. Back – strengthening #1 {5 building to 10}**

Lying in front (place cushion under abdomen to support lower back). Arms in second on floor – lower part of arm bent up 90degrees (level with head). Forehead touching floor.

Breathe in and out. On out breath zip & squeeze – keeping head in line with neck / spine slowly raise upper back – focus on lengthening out the top of the head – will help to keep back long. Only raise the back as far as arms will allow KEEPING the elbows and lower half of arms on floor.



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**10. Back – strengthening #2 {5 building to 10}**

Lying in front (place cushion under abdomen to support lower back). Arms relaxed along side of body – shoulders relaxed towards floor.

Breathe in and out. On out breath zip & squeeze – roll shoulders up and back, raises arms so thumbs are touching side of bottom. Reach backwards with arms (imagine someone is pulling on them). Backwards NOT upwards.

Hold. Breathe in and as you breathe out lower back and arms. Fully relax. Repeat.



**11. Star stretch – lengthening along limbs and across back {alternating 4 per side}**

Lying on front, forehead to floor, arms and legs extended to form 'star' shape. Breath in and as you breath out lift 2 inches only & extend right arm and left leg ALONG floor. Imagine someone is pull arm and leg away from you. LENGTHEN ALONG NOT UP. Relax and repeat other side.



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**Rest position for back**



**EXTRA & INDIVIDUAL EXERCISES:**

**12. Inner thigh – engaging {5 per leg}**

Sitting lean back with weight on lower arms. Legs in 2<sup>nd</sup> on floor – working leg straight other leg bent with foot flat on floor.

Slide working leg into other leg (make sure you pass across centre line of body) & slide back to start position - 2<sup>nd</sup>. Focus on working the inner thigh. Repeat with other leg.

**13. Outside of leg – stretching out {5 per leg}**

Will help to ease out the turn out.

Lying flat on back. Right leg straight, left crossed over right foot on floor.

Move the right leg across to the left as far as possible – feel the stretch along the outside of the leg. Return centre & repeat other side.

**14. Back of leg – stretching out hamstring {5 per leg}**

Place cushion under knee of extended leg



**15. Back - twists:**

Sitting on edge of stool or bed (feet flat on floor). Keep back lengthened and sitting bones in place, right hand on left leg - twist first to left – return centre & repeat to left.

**15b. Back - stretches:**

Same sitting position as 4 – right hand pressing into right side – top of rib cage. Left arm up (5<sup>th</sup>) and side stretch to right. Return to centre and repeat on left.

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**16. Back and arms – strengthening (using exercise band) {5 building to 10}**

Standing in comfortable parallel position (legs slightly wider than hip with apart). Resistance band held in hands (palms facing towards body, arms down).

Breathe in then on out breathe, zip & squeeze. Pull on band slightly to gain resistance, raise arms forward then up to 5<sup>th</sup> (keep arms straight & maintain resistance on band).

Bend arms bringing band down behind head. Hold. Raise arms back to 5<sup>th</sup> and lower. Relax and repeat.



**17. Triceps – stretching (using exercise band) {5 building to 10 each arm}**



**18. Extra calf work**

Lying on front on either table or bed with foot over edge at ankle. Use cushion or pillow under waist & stomach to support lower back.

Breathe in then on out breathe, zip & squeeze; slowly flex Left foot – keeping ankle held and foot in correct alignment. Breathe in then out; slowly point left foot again keeping alignment correct.

**REMEMBER:**

**PRACTISE MAKES PERMANENT**

**IT ONLY MAKES IT PERFECT IF YOU PRACTISE IT PERFECTLY**