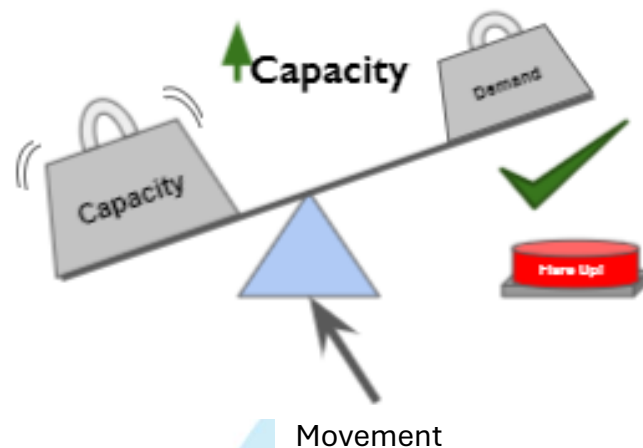


# WEEK TWO

## Education Topic: Functional Capacity Versus Demand



- The imperative to be able to build your functional capacity is **movement proficiency**.
- You cannot increase your capacity without a strong foundation of movement proficiency - just like building a house...this is the first step.

### Homework

#### Continue with:

1. 10 Hip Hinges and Passovers 3-4 times a day
  - Spread throughout the day e.g., morning/lunch/afternoon
  - Do NOT do 30-40 at once
2. Apply the hinge and sit to stand pattern everywhere possible

#### Try to:

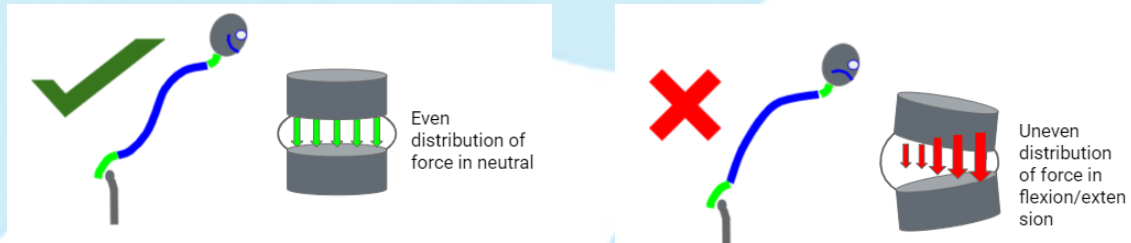
3. Be aware of shoulder positions when reaching
4. Work on challenging stability movements:
  - ❖ Wall Angels
  - ❖ Banded Walk
  - ❖ Balancing
  - ❖ Calf Raises

#### Extra Activities:

1. How can you manage a flare-up?

# WEEK TWO

## Education Topic: Neutral Spine



## Homework

### Continue with:

1. 10 Hip Hinges and Passovers 3-4 times a day
2. Apply the hinge and sit to stand pattern everywhere possible
3. Work on challenging movements:
  - ❖ Wall Angels
  - ❖ Banded Walk
  - ❖ Balancing
  - ❖ Pull Aparts
  - ❖ Scap Push-ups
  - ❖ Calf raises

### Extra Activities:

1. How do you find your neutral spine?
2. Why do we want to move with our neutral spine as much as possible?