



## Prehab/Core Strength Programme

At least one Prehab/Core session should be completed per week, on top of all other training; Handball sessions, speed, endurance, flexibility, etc.

Below are two sample sessions, with a detailed description of each exercise also listed:

Session 1		
Exercise	Reps	Sets
Stability Ball Bridging Leg Curl	8 each leg	3
Side Lying Stabilisation	30 secs each side	3
Supine Stabilisation	Hold for 30 secs	3
Back Extension Arm and Leg Raise	8 each side	3
Wood Chop	8 each side	3

Session 2		
Exercise	Reps	Sets
Stability Ball Stabilisation Hip Flexion	8 each leg	3
Single Leg Bridging	20 sec hold then switch legs	3
Side Lying Stabilisation Hip Abduction	8 leg raises then switch sides	3
Back Extension Rotations	8 each side	3
Single Leg Wood Chop	8 each side	3

## 1) Stability Ball Bridging Leg Curl



### Tips:

- Position the feet securely on the stability ball with the hands on the floor.
- Lift the hips off the floor until the legs are in line with the torso then flex the legs to bring the ball towards the hips & return back to the start.
- Return to the floor after each rep, or keep the body off the floor.
- Vary the position of the hands on the floor to assist with balance & place the hands across the chest to progress the exercise.

### Cautions:

- Do not raise the body too high off the floor
- If you have a history of neck or upper thoracic injury, seek professional advice prior to commencing this exercise.

## 2) Side Lying Stabilization



### Tips:

- Start with the forearm flat on the ground & the elbow under the shoulder. The hips & shoulders should face forward with the neck in line with the spine.
- Keeping the legs together, lift the hips off the ground until the body is straight & balanced.
- Either hold the raised position for the prescribed period of time, or return the hips to the floor after each rep.

### Cautions:

- Do not round the spine or allow the shoulder blades to lift off the ribs.

### 3) Supine Stabilization



#### Tips:

- Start with the feet on the box & the arms behind the body. Keep the neck in line with the spine, particularly as the hips are raised.
- Lift the hips off the floor until the body is straight
- Either repeat the movements continuously or pause at the extended position for a period of time.

#### Cautions:

- If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this exercise.

### 4) Back Extension Leg-Arm Raise



#### Tips:

- Extend the opposite arm & leg as far off the ground as comfortable while keeping the neck in line with the spine.
- Allow the spine to extend as required & repeat the movements with both arms in an alternating fashion. Vary the position of the arms to change the emphasis on the shoulder muscles.
- To increase the resistance for the exercise, hold weights in the hands.

#### Cautions:

- If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing this exercise.

## 5) Wood Chop



### Tips:

- Start with the medicine ball next to the ankle with the torso slightly rotated. A dumbbell may be used as an alternative form of resistance.
- Extend the legs & raise the ball above the head then take the medicine ball to the outside of the other ankle.
- Increase the resistance or the speed of the movement to progress the exercise. Repeat this pattern to both sides.

### Cautions:

- Control all phases of the exercise.

## 6) Stability Ball Stabilization Hip Flexion



### Tips:

- Position the hands on the stability ball with the body straight and the neck in line with the spine.
- Maintaining a rigid torso, flex one hip at a time in alternating fashion.
- To adopt correct lower limb mechanics for running, dorsiflex the ankle as the hip is flexed.

### Cautions:

- Ensure the stability ball is positioned on a non-slip surface.
- Do not allow the spine to flag as the hips are flexed.

## 7) Single Leg Bridging



### Tips:

- Start with one foot on the ground, the other leg straight & shoulders in contact with the ground.
- Lift the hips off the ground until the thighs are in line with the torso then control the movements back to the start position.
- Either return the hips to the ground after each rep, or keep the hips off the ground throughout the completion of the exercise.
- Another variation is to hold the position for the prescribed duration.

## 8) Side Lying Stabilization Hip Adduction



### Tips:

- Start with the forearm flat on the ground & the elbow under the shoulders. The hips & shoulders should face forward with the neck in line with the spine.
- Keeping the legs together, lift the hips off the ground until the body is straight & balanced then raise the top leg.
- Either hold the raised position for the prescribed period of time or return the hips to the floor after each rep.

### Cautions:

- Do not round the spine or allow the shoulder blades to wing or lift off the ribs.

## 9) Back Extension Rotation



### Tips:

Extend & laterally flex the spine while keeping the neck in line with the spine. The extension & lateral function should occur along the length of the spine.

To increase resistance for the exercise, hold weights in the hands.

### Cautions:

- If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing this exercise.

## 10) Single Leg Wood Chop



### Tips:

- Start with the leg slightly flexed & the medicine ball above the head.
- Flex & rotate the torso & take the medicine ball across the body to the inside of the ankle. Extend the other leg to assist in maintaining balance & to control the spinal flexion.
- Fully extend the hips & raise the medicine ball above the head and the completion of each rep.
- The flexion should be distributed throughout the knee, hips and the spine.

### Cautions:

- Keep the knees slightly flexed.
- If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing this exercise.