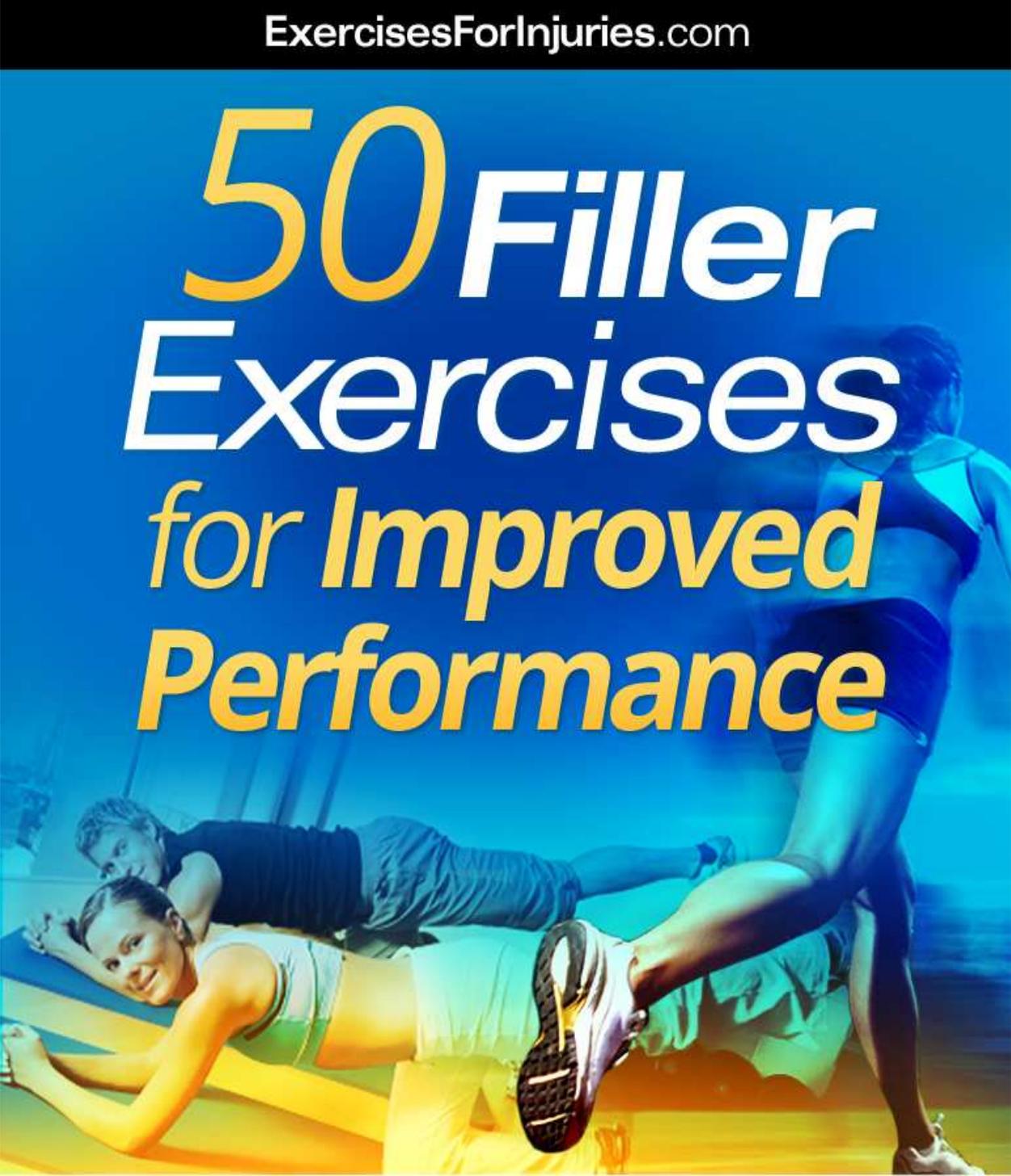


ExercisesForInjuries.com

# **50 Filler Exercises** *for Improved Performance*



*Get Pain Free and Enjoy Life*

**Rick Kaselj, MS**

## Table of Contents

<a href="#">Exercise Considerations</a> .....	1
<a href="#">Disclaimer</a> .....	2
<a href="#">Legal Notice</a> .....	3
<a href="#">Preface</a> .....	4
<a href="#">Chapter 1: Introduction to Filler Exercises</a> .....	5
<a href="#">Chapter 2: Feet Filler Exercises</a> .....	6-7
<a href="#">Chapter 3: Knee Filler Exercises</a> .....	8-9
<a href="#">Chapter 4: Ankle Filler Exercises</a> .....	10-12
<a href="#">Chapter 5: Hip Leg Swing Filler Exercises</a> .....	13-16
<a href="#">Chapter 6: Hip Mobility Filler Exercises</a> .....	17-20
<a href="#">Chapter 7: Hip Rotation Filler Exercises</a> .....	21-25
<a href="#">Chapter 8: Hip Foam Roller Filler Exercises</a> .....	26-31
<a href="#">Chapter 9: Hip Squatting Filler Exercises</a> .....	32-36
<a href="#">Chapter 10: Mid Back Foam Roller Filler Exercises</a> .....	37-40
<a href="#">Chapter 11: Mid Back Extension Filler Exercises</a> .....	41-43
<a href="#">Chapter 12: Mid Back Rotation Exercises</a> .....	44-52
<a href="#">Chapter 13: Shoulders Hanging Filler Exercises</a> .....	53-56
<a href="#">Chapter 14: Shoulders Filler Exercises</a> .....	57-61
<a href="#">Chapter 15: Neck Filler Exercises</a> .....	62-63
<a href="#">Chapter 16: Wrap Up</a> .....	64
<a href="#">About Rick Kaselj</a> .....	66-66
<a href="#">About Healing Through Movement</a> .....	67-69

**Title:**

50 Filler Exercises

**Edition:**

1st edition (January 2015)

**Author:** Kaselj, Rick, 1973 –

**Keywords:** filler exercises

All rights reserved, except for use in a review. The reproduction or use of the content from this book in any form (electronic, mechanical, or other) is prohibited. Photocopying or scanning any information into a storage or retrieval system is forbidden without the written permission of the publisher and author.

**Published by:**

**RK Exercises For Injuries**

Suite #2289 - 3151 Lakeshore Rd

Kelowna, BC V1W 3S9

Canada

E-mail: [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com)

Webpage: [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)

Phone: (888) 291-2430

Fax: (604) 677-5425

**Exercise Considerations**

---

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

### ***Disclaimer***

---

**50 Filler Exercises** is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

## Legal Notice

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle.

If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property. This will lead to felony charges, fines, possible prison time and bad karma. Just to be clear, you may NOT edit this document, extract from it, change the contents or offer it for sale in any way shape or form.



### ***Preface***

---

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

#### **Pass this Book On**

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

#### **Guarantee**

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com) and I will refund your money.

#### **Contact Me**

Please let me know what you think of this book. Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com) or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com) . Your feedback and ideas will help with the content of future editions and books.

A handwritten signature in black ink that reads "Rick Kaselj". The signature is written in a cursive, flowing style.

# Chapter 1: Introduction to Filler Exercises

Hey, this is Rick Kaselj from ExercisesForInjuries.com. I wanted to welcome you to 50 Filler Exercises to help improve performance. Now before we get to the exercises I want to give you little bit of a background when it comes to filler exercises and this program.

***Filler exercises are exercises that you can do in between your sets that will help your recovery from injury, will help address your muscle imbalances, and then also try to prepare your body for the exercise you are going to do or that you are going to do later in your program.***

An example that I am going to through is the **Vertical Hanging Exercise**. With myself, I don't have full range of motion in my shoulders. So if I am going to do an exercise that involves over head work like a snatch exercise early in my program and in between sets of doing the snatch, I will do the vertical hanging exercise in order to increase the range of motion in my shoulder so the exercise will be easier for me. It helps when it comes to addressing my muscle imbalances. It helps in improving my range of motion and decreases the risk of injury for me when I am doing that exercise. That is an example of a filler exercise being used in action and the benefits of filler exercises.

Now a little bit of housekeeping side of things like how many repetitions to do, I just do a couple of repetitions. It might be like 5 repetitions or 10 repetitions. Length of hold might be 10 to 20 seconds but I will go into that with more details with each of the specific filler exercises.

Now remember, don't go crazy just because you are seeing some benefit by doing a couple of repetitions does not mean you are going to get a lot more benefit by doing 500 repetitions. It's most likely that you are going to irritate something and lead to an injury if you are doing too much. Try to stay in that area where the exercise is a benefit as opposed to being harmful.

If you are doing any of these exercises and it leads to pain and irritation, make sure you are doing the technique right. If you are doing the technique right and it's still irritating things or making things painful, discontinue the exercise and get someone to take a look at it.

There you go. That's a little bit of a background on the 50 Filler Exercises for increased performance. Now you know why you do them. I have got an example of a Filler Exercise being used in action and benefits of it. A little bit of talking about the reps, sets and time, trying to not overdo it, making sure the exercise ends up being beneficial. And if you have any pain doing in the exercises, get it looked at. Well there you go. So now we will jump into the 50 Filler Exercises.

## Chapter 2: Feet Filler Exercises

When it comes to the 50 Filler exercises, we will start off with two exercises in the feet.

### #1 - Toe Curls and Open the Feet

What I am going to get you to do is curling the toes as much as you can and then opening and extending the toes as much as you can and curling them and extending them.



**Toe Curls and Open the Feet**

What we are trying to do is work on that full range of motion in the toes and also get those toes moving because when it comes to any of the exercise we do, any type of the squatting or leg exercises, it all starts with the feet. If we can wake them up in order for them to grasp the ground better, then they will perform better when it comes to the exercises.

### #2 - Full Bodyweight Squat with No Shoes

What we will do is we are just loading up the feet and waking up those feet. When it comes to the shoes, our shoes wrap around our feet and desensitizing our feet. And if we can get out of those shoes and go through the exercise, we are waking up those feet and they can assist and help us perform the exercises. You do just a couple of repetitions when it comes to the full bodyweight squat.



### **Full Bodyweight Squat with No Shoes**

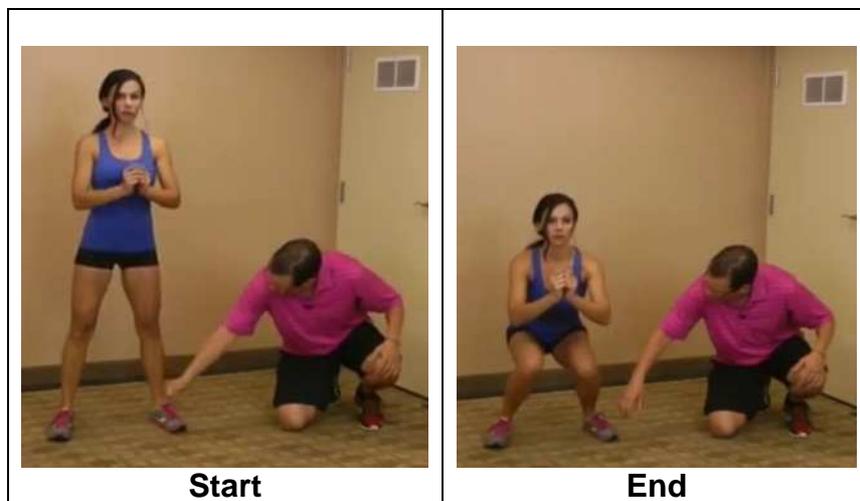
I will get you to do about 5 repetitions. What we are really trying to make sure is that the weight is even on the feet. We are not collapsing in the feet. It's even through the front of the foot, side, and through the heel and we are trying to wake up those feet.

## Chapter 3: Knee Filler Exercises

### #3 - Bodyweight Squat

Filler exercise that I do for the knees is a Bodyweight Squat. This can be done with the shoes or it can be done without the shoes but the big thing that I am focusing on is the tracking side of the squat. I will get you to do a couple of body weight squats.

What we are looking at is:



We don't want those knees to collapse in.



We don't want those knees to be too far out or too bow legged.



**We want to make sure they are nice and over that second toe and we are going through that squat.**

What we do is we are trying to activate those muscles through more and more range of motion of the squat when it comes to the hips and specifically when it comes to the knees. Because what I find with a lot of people is they are strong through a certain part of the range but what we need to do is increase the range that they have the strength and that first step is to activate those muscles. And as they increase the depth that they go in that squat, they are activating more muscles and they are layering the strength on top of it.

## Chapter 4: Ankle Filler Exercises

Now we are moving on to the ankle side of things. We are going to work on ankle mobility and loosening up the ankles.

### #4 - Knee to Wall with Toe on Wall

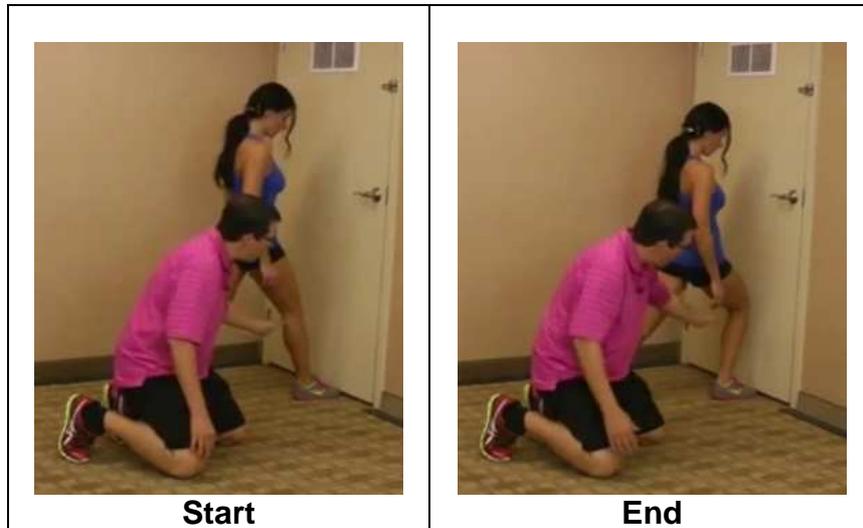
We are going to start with the toe up against the wall. The weight is even on the foot and we are bringing that knee towards the wall and then coming back.



### Knee on the Wall

And what we are looking at is just loosening up that ankle joint, lubricating that joint, loosening up, and improving that movement when it comes to that ankle.

### #5 - Knee to Wall with Knee In



**Knee In**

You are going to bring the knee in and then coming back to the start and then bringing the knee in again. We are just really going to focus on one of them. You would do about 5 repetitions.

### #6 - Knee to Wall with Knee Out



**Knee Out**

What we are doing is we are focusing on different parts of that ankle joint because some people are getting stiffer at different ranges and motion of that ankle. They might be fine going strictly forward and back but as we start bringing that knee in or moving that knee out it is targeting or loosening things up more in other people.

*I can end up progressing by moving her foot back. Let's say you don't feel anything, she could move her foot back from the wall and then go through that again.*

When it comes to my clients, what I will suggest to them is I will ask them how it ends up feeling. If they don't feel anything just bringing that knee to the wall with the toe up against it, I will get them to bring it back and see if that improves things. I will see how they feel when it comes to bringing that knee in or bringing that knee out.

*The big thing that I am watching for is if there is any **knee pain**.*

I am going to take a step back and make sure that the technique is good. And if the technique is good and right and if it still leads to irritation or pain when doing exercise, I am going to discontinue the exercise because sometimes people gets irritation when they bring that knee in or bring that knee out depending on their knees or if they have had or suffered from an anterior knee pain or patellofemoral knee syndrome.

### #7 - Toe Raise

This is done best on a step or the bottom step of a staircase. You have your legs about a hip width apart and then I am coming up and then dropping the heels down.



#### Toe Raise

From on a step, I would go all the way as far down as I can until I get a light stretch and then I would come back up and then all the way down. So I am working on activating those ankle muscles throughout the range of motion and then also loosening up that ankle joint more and loosening up that ankle joint more when it comes to load or weight bearing on it.

## Chapter 5: Hip Leg Swing Filler Exercises

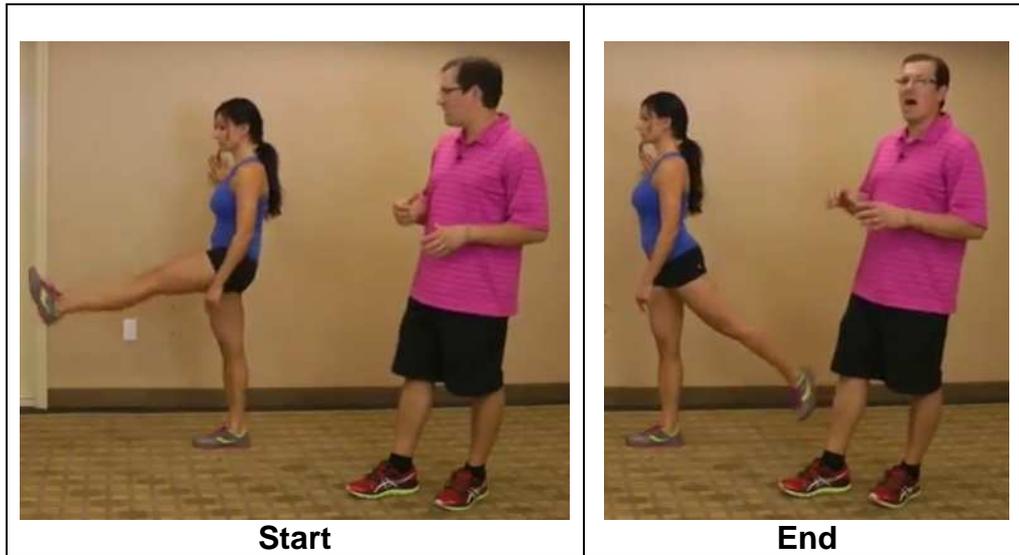
Moving on to the hip what I would do is a variety of leg swings and there are four different types of leg swings. And when it comes to leg swings, I am progressively going further looking to the point where I feel light stretching and then in the next repetition I am trying to go further and further.

### #8 - Forward and Back Leg Swing



**Forward and Back Leg Swing (front view)**

We are looking at doing 5 repetitions going further and further. And I will get you to put the hand up against the wall. I am not worried about the stability side of things. I want the focus to be on the exercise and the movement.

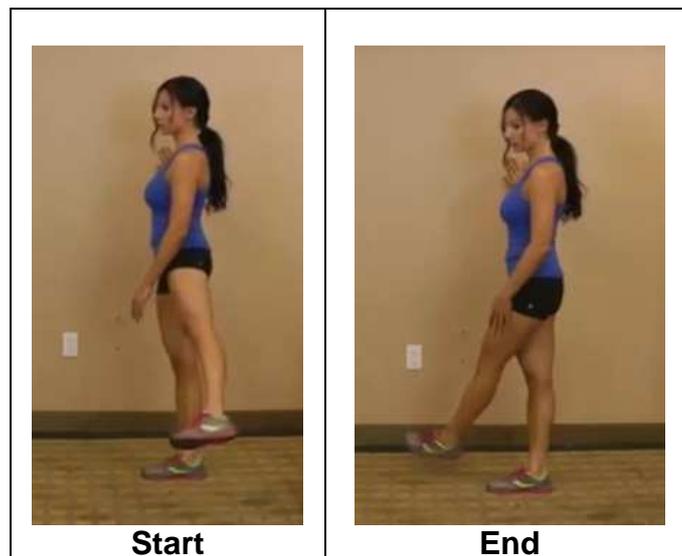


**Forward and Back Leg Swing (side view)**

You are going to swing your leg forward and back and progressively going further and feeling light stretching in the hips. I don't want access movement in that pelvis area. I want to feel more in the hip area, in the front, and in the back.

**#9 - Side to Side Leg Swing**

I am looking at coming across the body and then coming out to the side and I am looking at bringing that leg out to about 45 degrees.

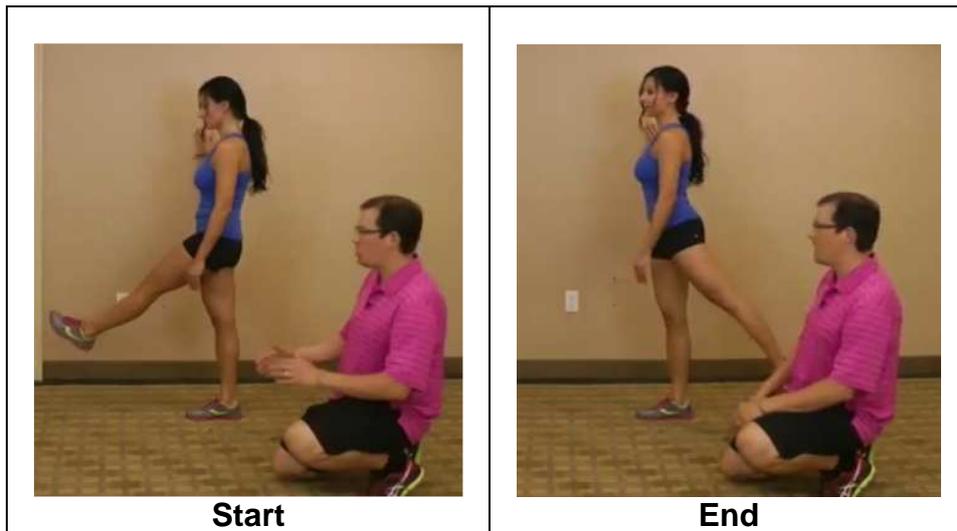


**Side to Side Leg Swing**

I don't need to bring it out any further. There is not a lot of movement in that pelvis. I am looking at loosening up that hip. I might feel a light stretch of the inside of the thigh and outside of the thigh depending on what leg or direction I am swinging.

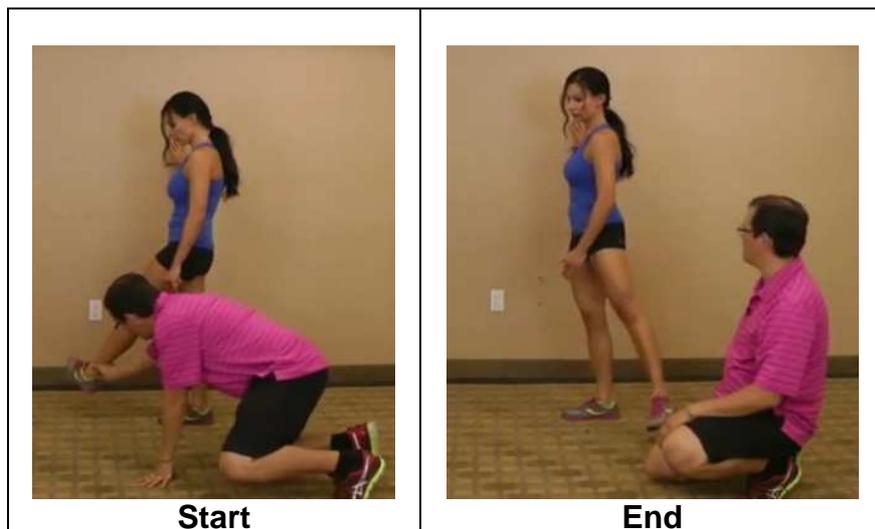
### #10 - Diagonal Leg Swing

Now bringing together two different movements and coming diagonally.



Diagonal Leg Swing

And then what I can do in order to make it more challenge, I can add some rotation.



Diagonal Leg Swing with Rotation

You can come across rotating the leg in and then rotating it out on the way back. Just bringing it out diagonally and focusing on two planes of movement and then when I start adding that rotation then I'm incorporating three planes of movement.

And the big problem with people is that they tend to be tight in that rotation. The reason why they are being tight is because they have poor stability in that abdominal area or core area and the body has to compensate by tightening up those hip rotators in order to get that stability in the back.

What we want to do is work on that core stability but then also loosen up those hips especially in that transverse plane rotation but then through all the planes, forward and back, and sagittal plane side to side, and that frontal plane.

### #11 - Big Diagonal Swing

With this one now I am getting movement in that opposite. Now I am starting to get more rotation in that supporting leg and I am working that leg swing leg and then also that supporting leg in order to work on loosening up the supporting leg and the leg swing leg.



### Big Diagonal Swing

Do 5 repetitions. I wouldn't go over 10 repetitions. So when it comes to what I would do for this one, let's say doing any type of squatting, exercising front or back squat, loosening up the hips through leg swing, I find it helping when it comes to the depth that you can do the squat.

What you can do is just try the leg swing Filler exercises just on one side and see if it feels different, if you end up having better and easier movement on that side that you have done the exercise on compared to the other side. If it feels better and you get better depth and your get better performance, it is probably something that you should incorporate into your exercise program.

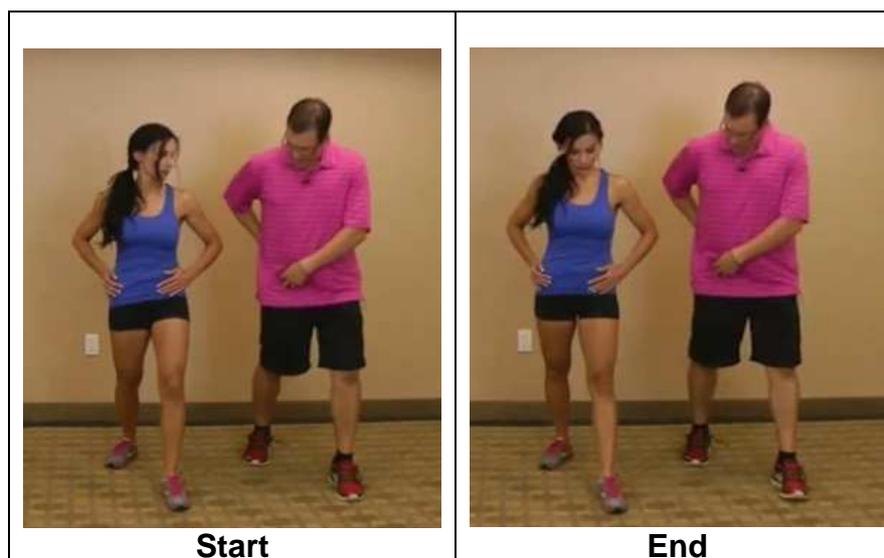
## Chapter 6: Hip Mobility Filler Exercises

Another set of filler exercise that you can do with the hip is the mobility exercises, loosening up that hip joint to get a little bit more movement when it comes to the hip joint because a lot of times for people this can be lacking when it comes to any type of their squatting exercises.

They might be great for the first half of the exercise but definitely last 25% they are losing depth. They are focusing too much on the quads because they lack that hip mobility and movement in the hip.

### #12 - Forward Standing

I have got a split stance. I am rocking that hip forward and then I am rocking it back.

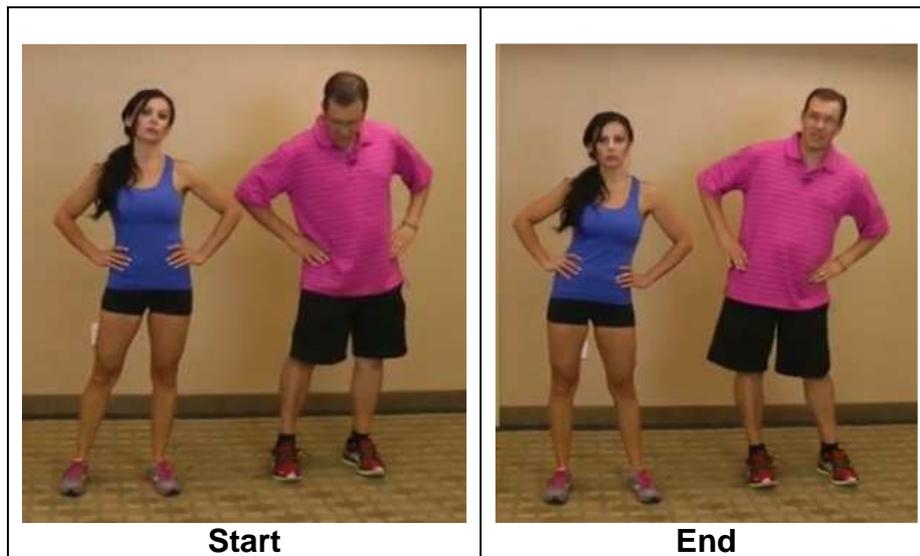


#### Forward Standing

I am not necessarily looking for a hip flexor stretch. I am looking at more of loosening up that hip joint and just rocking that hip forward and back. Do about 5 repetitions. We are loosening that hip in the forward direction.

### #13 - Side to Side

You go hip width with the legs and then I am rocking to one side and I am rocking to the other.



### Side to Side

I am focusing on that movement happening in the hips and I am loosening up that joint when it comes to side to side for 5 repetitions.

Now I am going to go with a wider stance because what is being normal movement with us humans is being like 45 degrees forward, 45 back, and out to the side as well about 45. We want to work on having good movement throughout that 45 range.



### Side to Side with wider stance

Out to the side and then rocking in and then rocking out, back and forth, there is no movement in the spine. The movement is happening in the hips and not side bending. It all happens in the hips and you should be feeling it in the hip joint.

## #14 - Standing Hip Rotations

Standing and then rotating in the hips. I am trying to have that movement mainly in the hip area as opposed to in the back or in the upper body.



**Standing Hip Rotations**

For some people, they don't feel too much when it comes to this one. What I will get them to do just like the other ones is standing wide feet hip rotation so moving the feet a little bit further, rotating and then rotating. We are working in on that transverse plane.

## #15 - Standing Wide Feet Hip Rotations

You can see with the first one, that forward standing hip mobility, we are working in that sagittal plane, that forward and back plane, specifically forward. With the side to side hip mobility and the wide leg side to side hip mobility, we are working on that frontal plane.



**Standing Wide Feet Hip Rotations**

## 50 Filler Exercises

---

Looking at that standing hip rotation and standing wide feet hip rotation, we are working on that transverse plane and loosening up that joint to have more movement and just like I mentioned in the leg swing filler exercises. With this one what you can do is do the exercise on one side performing your leg exercises, your squatting exercises, and see how it feels. If it feels like easy to do, more comfortable, and you are having more depth on that one side, then it is something that you should do and focus in on.

Now the type of people that should not do this hip mobility stuff; if you have any type of hip labrum issues, if you have any hip arthritis issues, if you have any hip replacement or partial hip replacement, these are the exercises that I would not give to you.

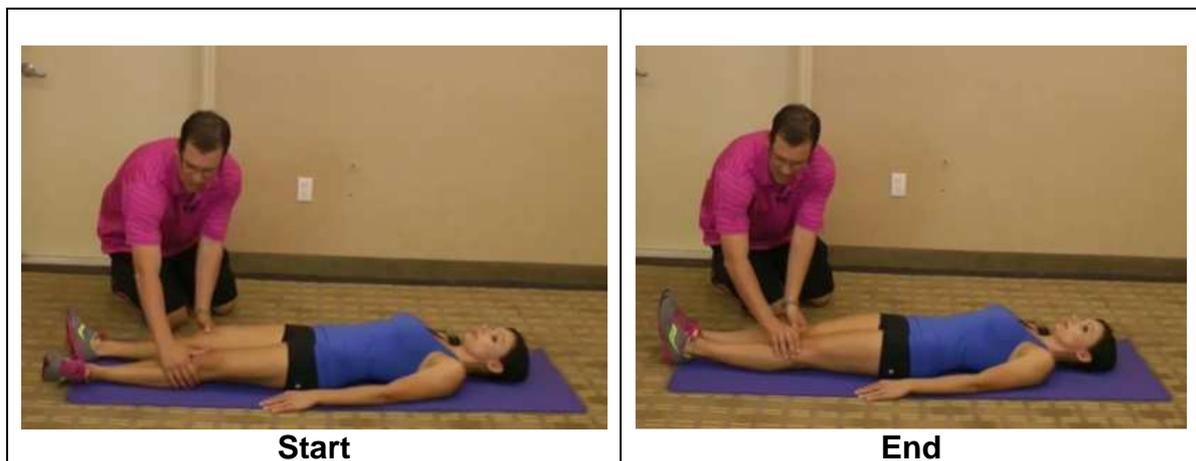
If you have a good healthy hip joint, you can give these exercises a go. But if you have a serious injury, arthritis, or a type of fall or fracture in that thigh bone then these are the exercises that I would not do.

## Chapter 7: Hip Rotation Filler Exercises

Now moving on to the mat and doing some more hip filler exercises. I am going to get you to lie on your back. Now what we are going to work on is dynamically stretching those internal and external rotators of the hip and we are looking at the unweighted with the one that we will be doing.

### #16 - On the Back Rotate Hip In and Out

I am going to get Orsy to lie on her back and to drop her legs out to the side and then in as much as you can, out to the side and in. I am trying to go progressively further and further. I am finding that point where I feel light resistance, coming back, and then out again for about 5 repetitions.



On the Back Rotate Hip In and Out

### #17 - On the Back Wide Legs Hip In and Out

The legs are straight underneath the hips and then the next progression would be on the back wide legs hip in and out. Moving the legs about 45 degrees out to the sides, it could be like 30 to 45 degrees and then same thing, rotating out, rotating in and rotating out.



**On the Back Wide Legs Hip In and Out**

We are looking at all that movement happening in the hips, loosening up the hips specifically those internal and external rotators of the hip which tend to be tight in most people from sitting so much, driving so much and also for poor core activation endurance and strength that they have.

**#18 - Knees Rocking Side to Side**

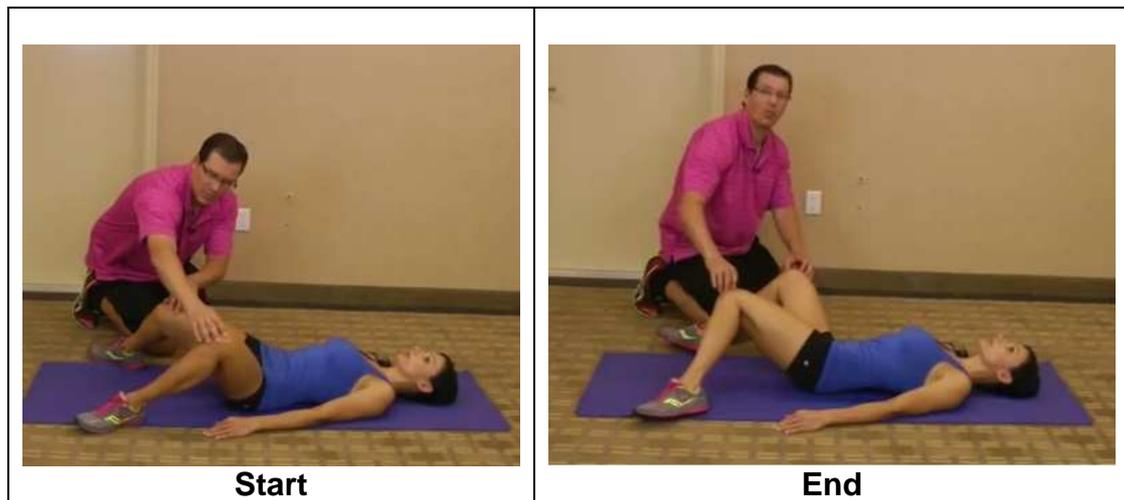
You are on your back with knees rocking side to side. Just rocking the knees side to side and focusing more when it comes to the hips, the movement happening in the hips. If the knees are 12 O' clock, I am roughly rocking to 2 O' clock to about 10 O' clock and going back and forth. There is little bit of movement going in the low back and in the pelvis rocking back and forth but I want most of the movement in those hips.



**Knees Rocking Side to Side**

### #19 - Wide Knees Side to Side

Now I bring the legs out further and I am going out to the side and then out to the side and then we are really starting to focus on those internal and external rotators of the hip.



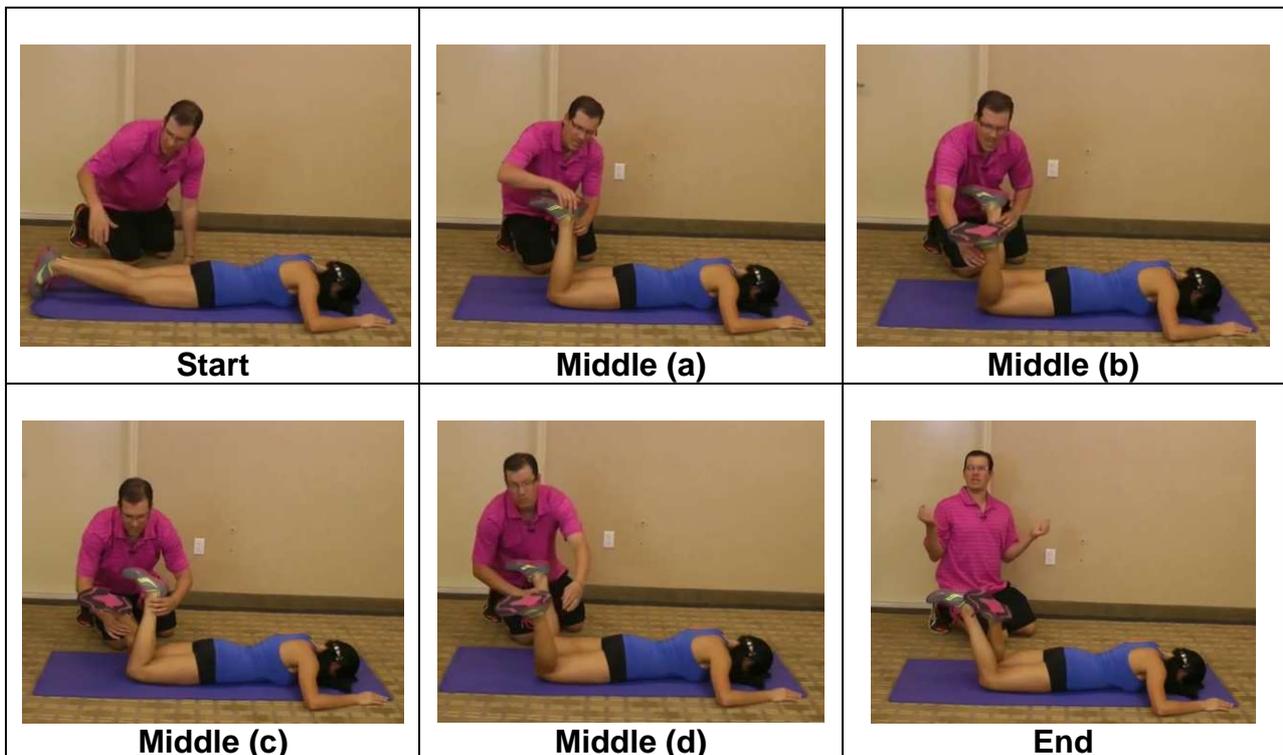
#### Wide Knees Side to Side

With these couple of exercise, like the first two that I went to, it's something that you can quickly easily do like just before you go to bed to regain that internal external rotation in the hip.

When it comes to this exercise if I do any mat work and I take a break between that mat work, I will do those knee rocking side to side. And then this third group of exercise is, if I can't do any exercise on my stomach, I will quickly use these filling exercises during my rest periods.

## #20 - Heel In and Out

I will get Orsy to move on to her stomach. On stomach, heel in and out, legs underneath the hips, I am bending through the knees and she is going to drop the knees to the side and then bringing the knees across as far as she can and back, going back and forth. It's slow and controlled, it's not a race.

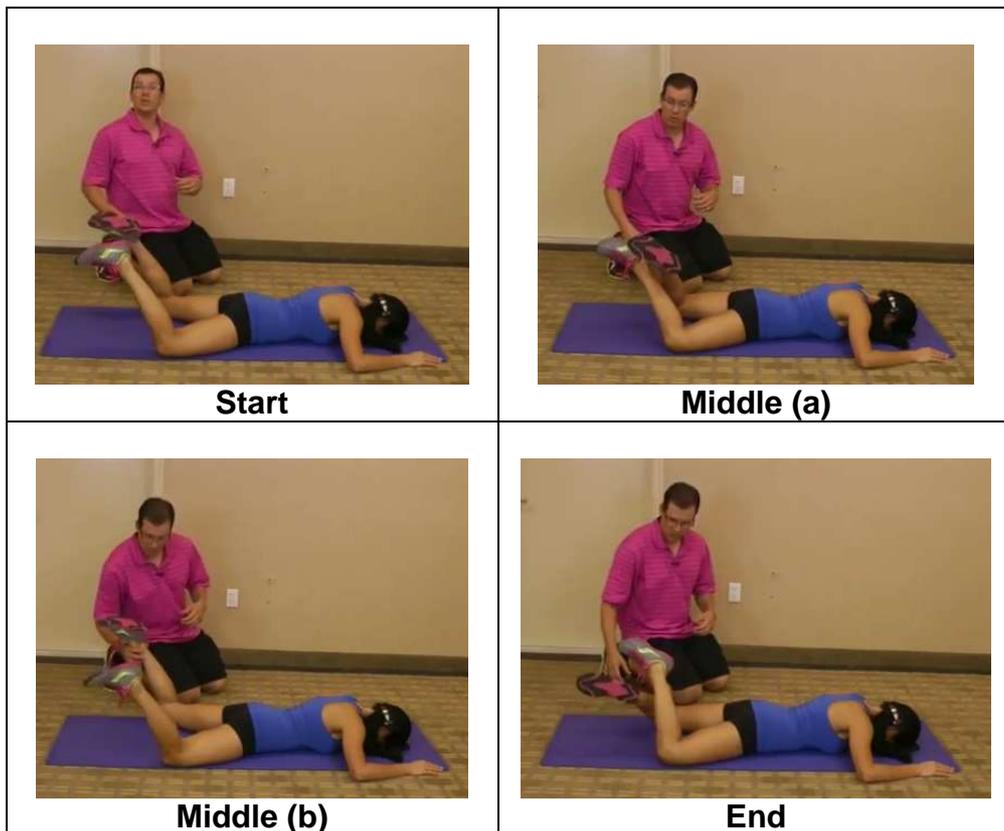


### Heel In and Out

We are looking at finding where she gets resistance like a light stretch in the hip joint muscles and then when she gets that point going in the exact opposite direction about 5 repetitions on each side.

## #21 - Wide Heels In and Out

To make it more challenging is she can move those knees a little further apart, and then she is doing internal external rotation, scissoring back and forth for 5 repetitions.



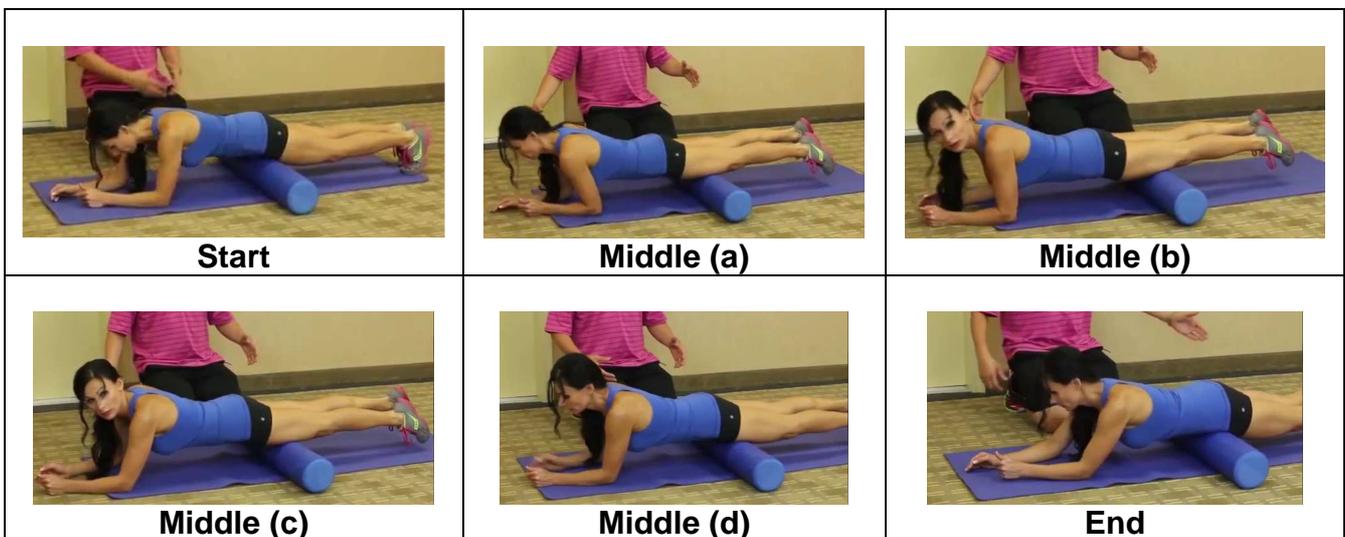
### Heel In and Out with Knees further apart

And just like with the hip joint mobility ones that I talked about, when it comes to these exercises if you have any injury or specific damage that's happened in that hip joint, these wouldn't be appropriate exercises. And examples would be any type of fracture or labrum tear, osteo-arthritis, rheumatoid arthritis, any type of damage or hip replacement, partial or total hip replacement, this would be another set of exercises that would not be appropriate for you.

## Chapter 8: Hip Foam Roller Filler Exercises

Now we are moving to a set of foam rolling exercises specifically around the hip. It tends to be progressive in nature so I start with foam rolling the quads. I will get Orsy to start off.

### #22 - Foam Rolling the Quads

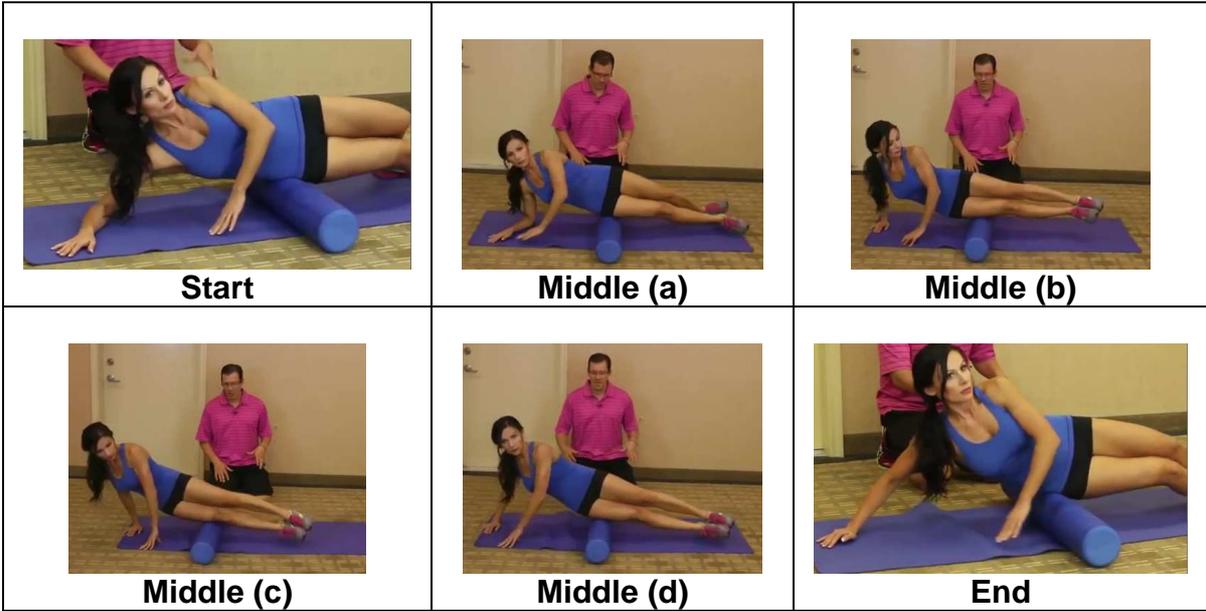


#### Foam Rolling the Quads

She can start off with her hip joint or just above her knee. She is rolling out the quads. Slow and controlled, coming up as high as she can up to the pelvis then going back. Slow and controlled, self-massaging out that quadriceps and then I would do 5 repetitions to the quads.

### #23 - Foam Rolling the IT Band

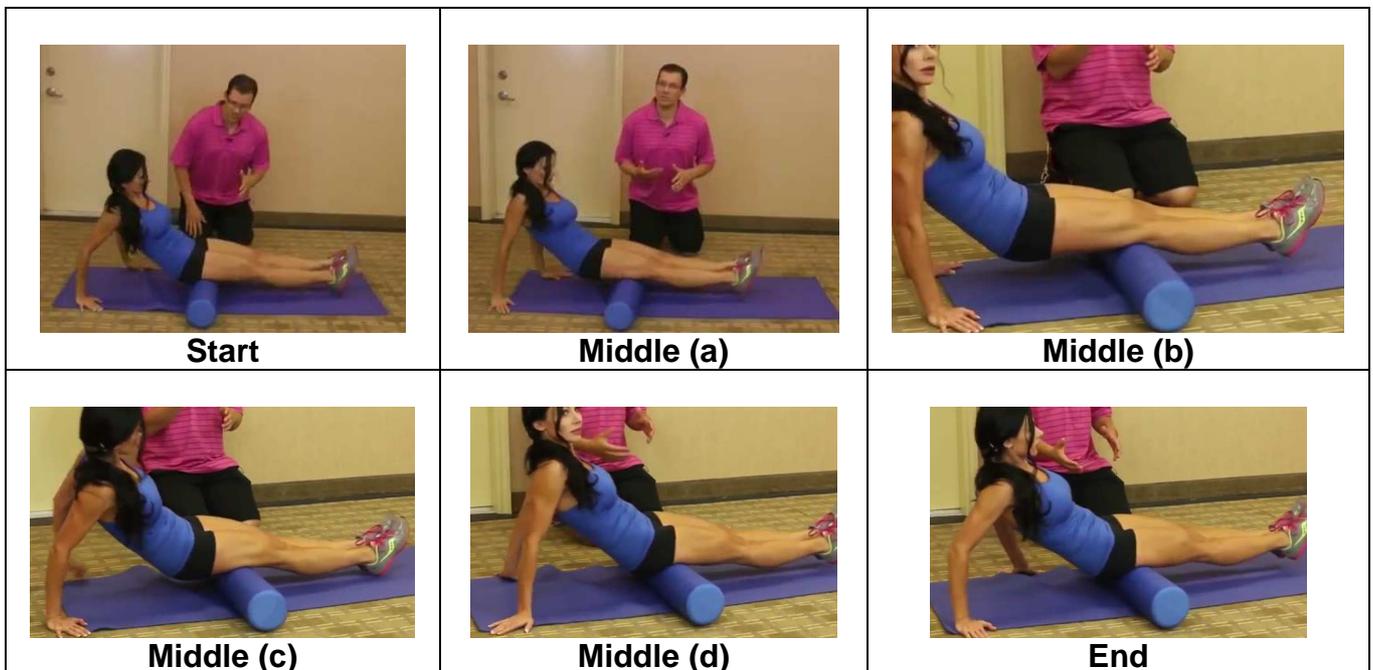
This filler exercise is like a little routine that I go through throughout the whole pelvis area and thigh area. Starting at the top of the pelvis coming all the way just above the knee joint, and then coming back down and then back up. Do 5 repetitions to kind of self massage that IT band.



Foam Rolling the IT Band

## #24 - Foam Rolling the Hamstring

Moving on to the hamstring, sitting on it starting on the seat bones and then going down.

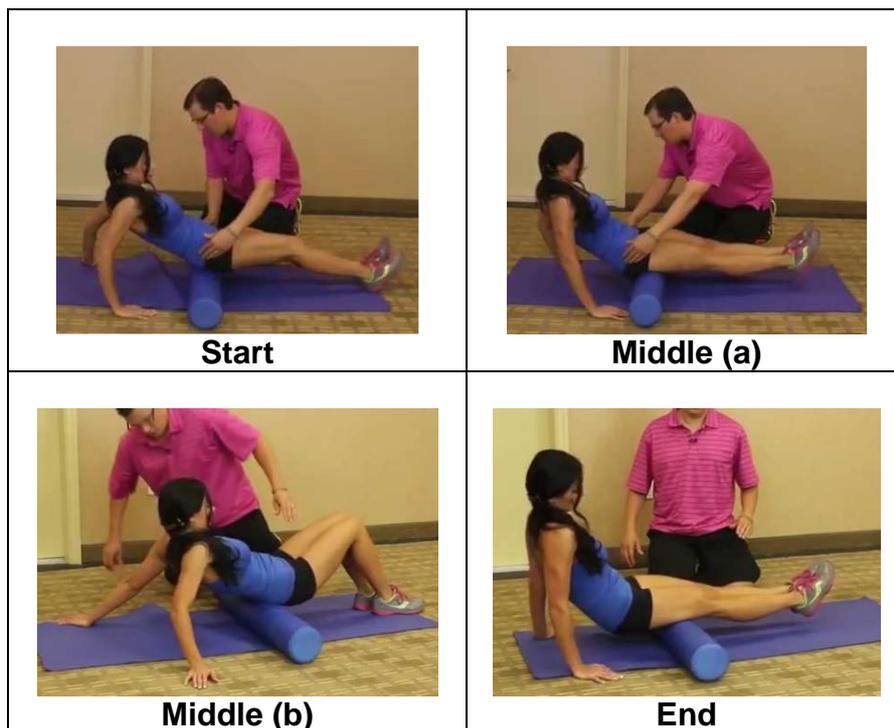


Foam Rolling the Hamstring

Starting off with the sit bones the ischial tuberosities and then coming all the way just above the knees and then going back. I have loosened up the quads, I have loosened up the IT band, I have loosened up the hamstring.

### #25 - Foam Rolling the Gluteus Maximus

She would end up starting like again and then going up just above the top of the pelvis.

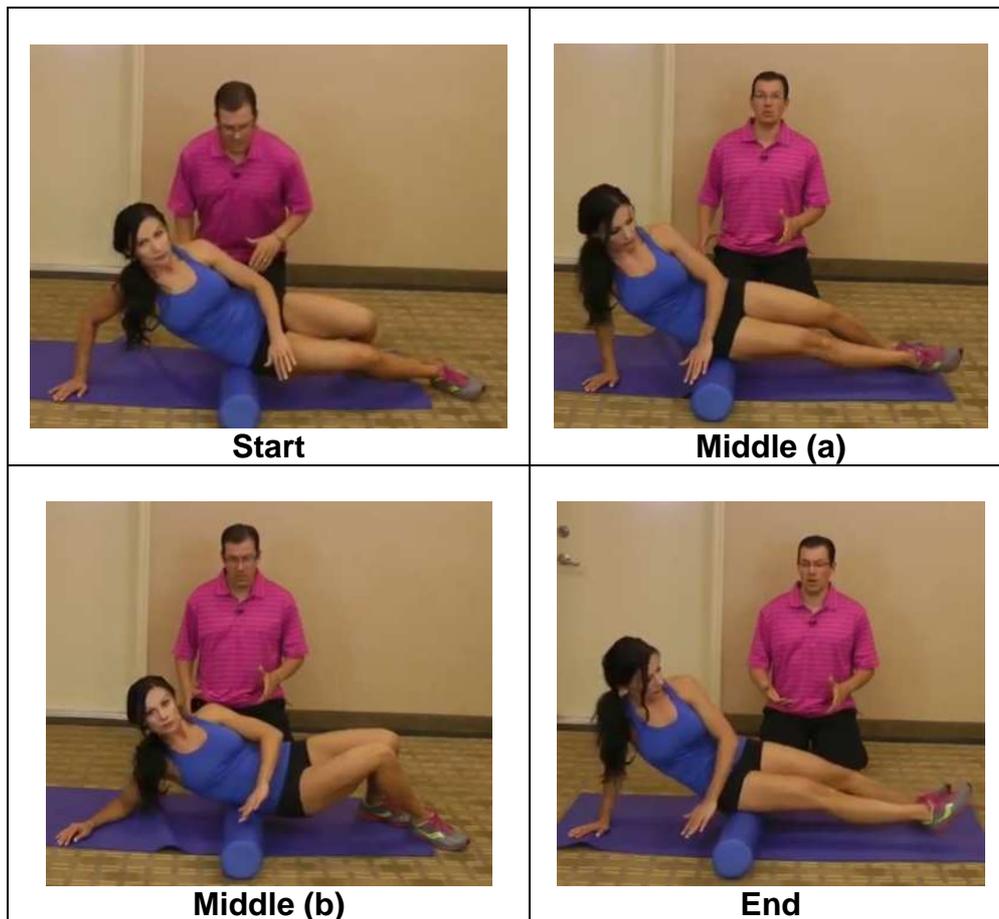


### Foam Rolling the Gluteus Maximus

You are coming to sit bones and then coming back down all the way to the top of the pelvis. Sit bones to the top of the pelvis, I have hit gluteus maximus.

## #26 - Foam Rolling the Gluteus Medius

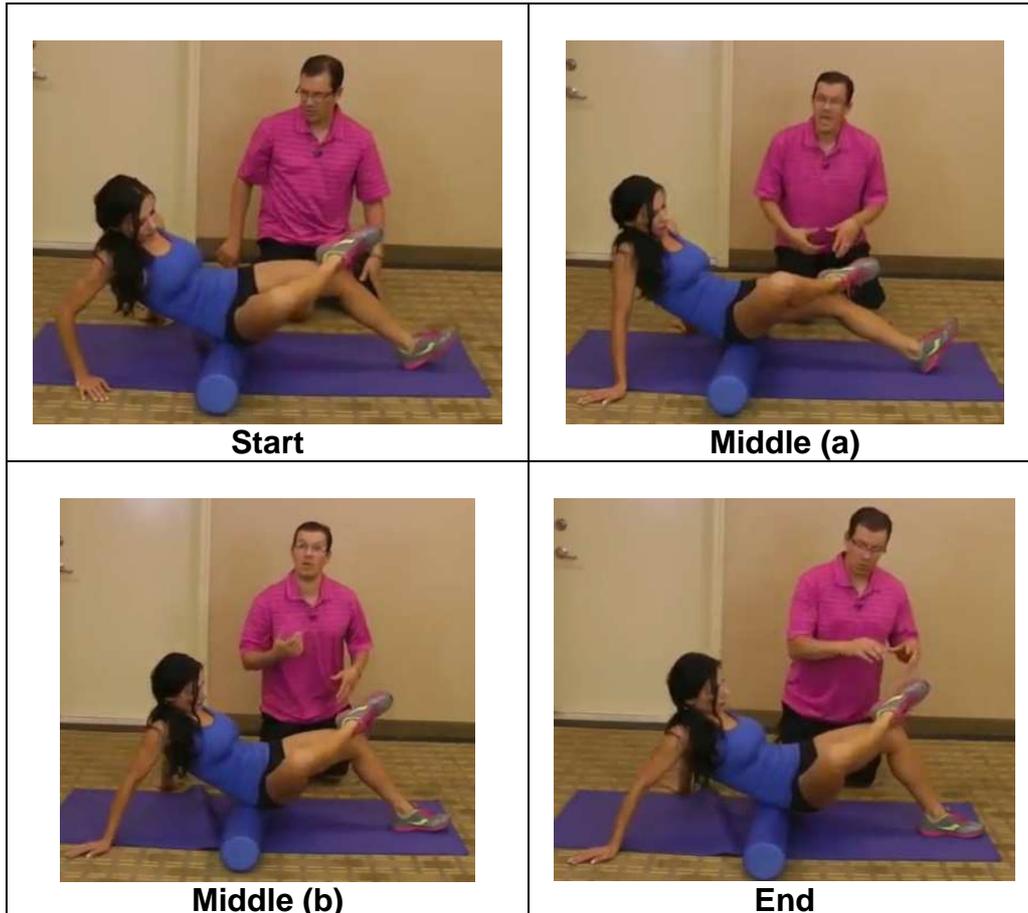
Now I would focus on more of one side. You can roll the foam roller or you can move yourself a on that gluteus medius, top of the pelvis, down to that sit bones smooth and controlled self-massaging things. I am not doing 50 repetitions because you can irritate the muscle.



Foam Rolling the Gluteus Medius

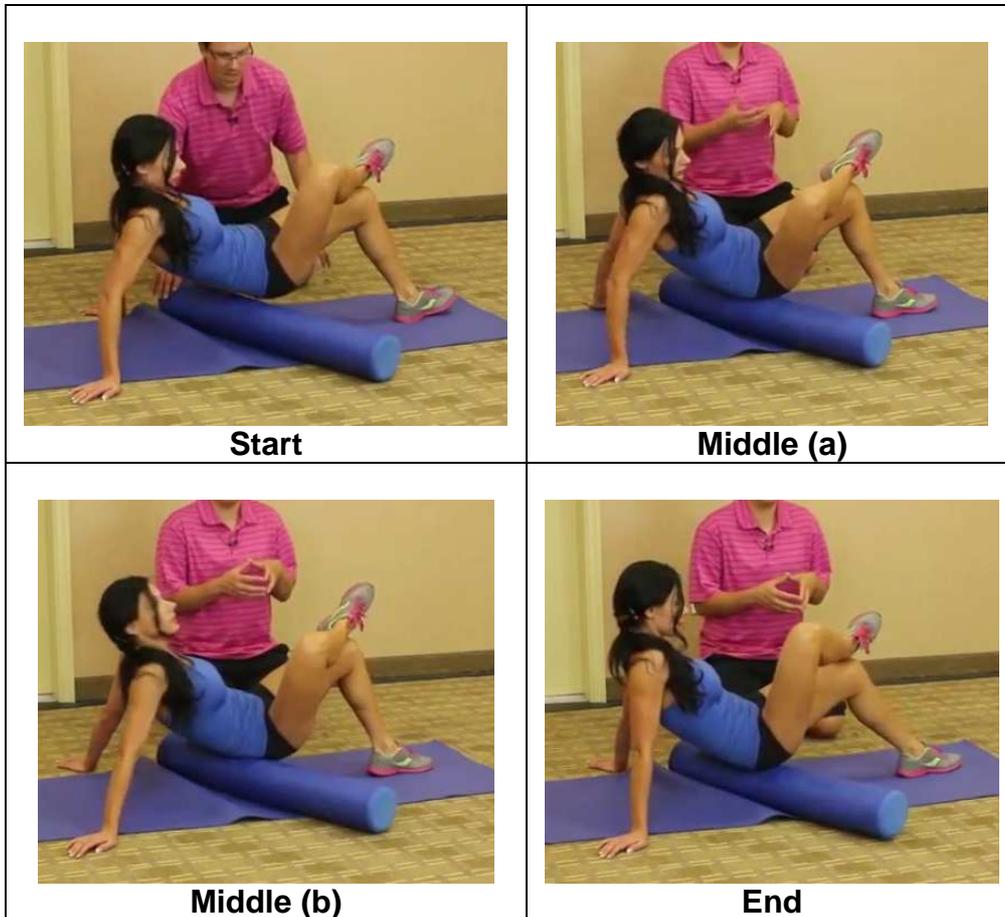
## #27 - Foam Rolling the Piriformis

I will get you to take this leg and put it into figure 4 and then you are shifting your weight into that and then we are targeting that piriformis more. So going into this figure 4 positions it opens up that hip joint on that right side and then it exposes that piriformis more.



Foam Rolling the Piriformis

If I want to hit it better, I can move the foam roller to like a 45 degree angle and that will end up hitting that piriformis area more.



### Foam Rolling the Piriformis at 45 Degree Angle

Those are the 5 Filler Exercises that you can roll through that target the hip. Loosening up the hip ends up helping when it comes to recovering between sets and between exercises that you have done. It also prepares you for any type of exercises involving the hip.

Once again, you will give it a go and see how it is working for you. Try going through just on one side and then see how you do when you are doing your leg exercises. Do you have better movement? Do you perform better? Is it easier to move? If it is, it's a good chance that incorporating these exercises, these foam rolling ones around the hip, will end up helping you out.

## Chapter 9: Hip Squatting Filler Exercises

Now we are going to do another set of filler exercises for the hip but what we are working on is improving that squat depth. And with that squat depth what it does is it loosens up that hip joint so we can get more movement in the hip. It also decreases load on the knee and decreases load on the back.

Other things that we working on is really targeting those hip muscles especially glute max which is a large muscle and we put more load on it as opposed to knees and the hips, our knees and the back that ends up being good thing. And then working on that activation, endurance, and strength in those hip muscles through greater range of motions which is a good thing and it helps more when it comes to performance.

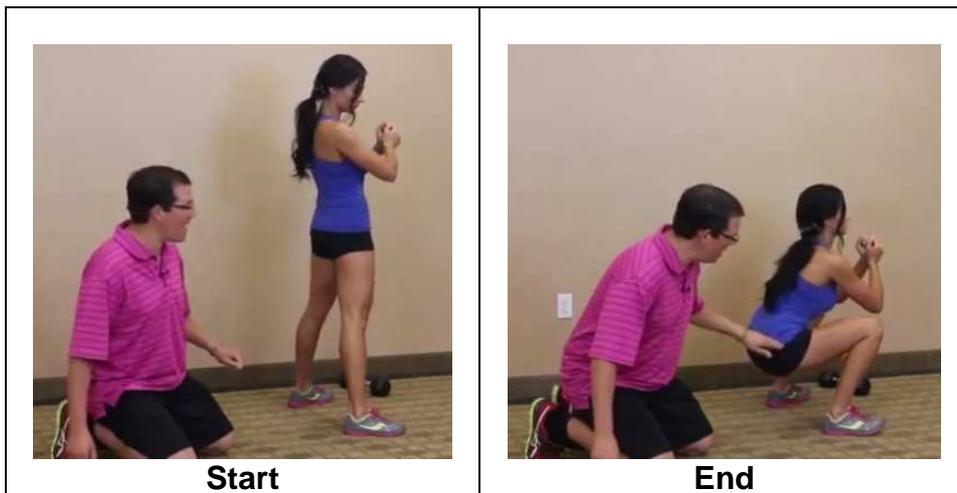
### #28 - Progressive Squat with Focus on Depth

I will get Orsy to go into a deeper squat definitely focusing on the hips, I want the hips below the knees. Coming back up and then coming back down again and back up. When that hip joint passes that knee joint we get more glute activation.



**Progressive Squat with Focus on Depth (Front View)**

She is coming down, hips just passing the knees coming back up doing the best she can to keep that shin vertical but it will be challenging to keep it completely vertical.

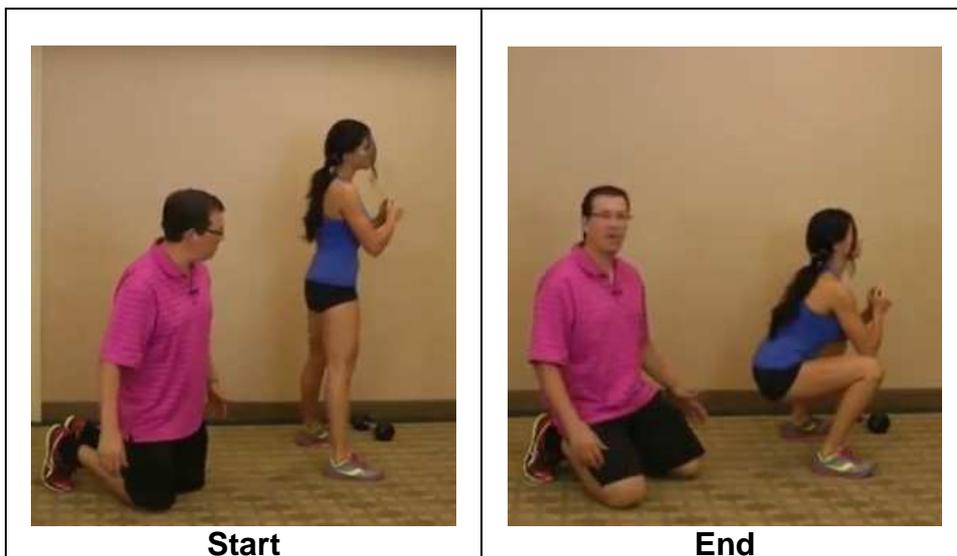


**Progressive Squat with Focus on Depth (Side View)**

There the back stays nice and solid and coming up through that movement. And she is trying to as she goes through the 5 repetitions going a little bit deeper and a little bit deeper when it comes to that squat.

### #29 - Hold Bottom Position Squat

I am going to get Orsy to hold that bottom position. We are looking at like 5, 10, 15 seconds holding that bottom position for whatever length that you can where it feels challenging to the muscles but it's not painful.



**Hold Bottom Position Squat (Side View)**



**Hold Bottom Position Squat (Front View)**

I will get you to come out of that position Orsy and then we will the front and go into that hold bottom position squat. We are adding a little bit of weight through that hip joint and getting that hip joint used to being in that bottom position and putting some tissues under tension for a period of time so it will loosen up more and more.

### **#30 - Hold Bottom Position Squat with Knees Pressed Out**



**Hold Bottom Position Squat with Knees Pressed Out (Side View)**

Orsy is going to come down and she is going to bring those elbows in the knees and then push the knees out. We emphasize more in those hips and stretching out and loosening up those hips. Once again we are holding it for 5 seconds to 15 seconds. We are looking at stretching out those tissues in the hips. We are not looking for pain and irritation.



**Hold Bottom Position Squat with Knees Pressed Out (Front View)**

Next, we will face the front. Coming down pressing the elbows out, elbows pressing the knees out, stretching out those hips more for 5 to 15 seconds hold. I can end up doing a couple of repetitions no more than 5.

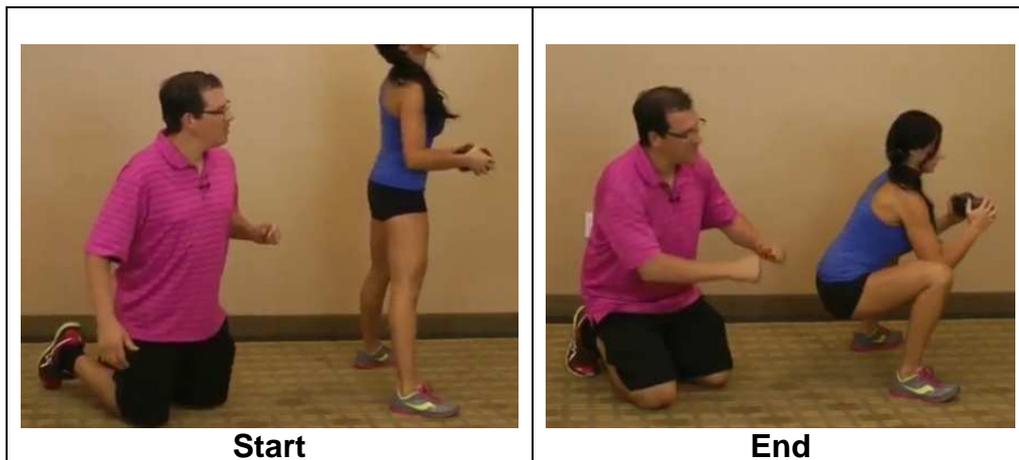
**#31 - Hold Bottom Position Squat with Weight**

I can progress on to adding load or adding weight. Orsy would come down into that bottom position and push those knees out while holding that weight.



**Hold Bottom Position Squat with Weight (Front View)**

With the weight I am putting more stress on the tissues to help them relax and stretch and open up those hip joints so they can get more movement. I can use a dumbbell, I can use a plate whichever you have available to you.



### Hold Bottom Position Squat with Weight (Side View)

You can see her coming down, knees passing the hips and elbows are pushing the knees out. She has got little bit more load through the tissues in the hip in order to get more movement in that hip and looking at no more than 5 repetitions with 5 to 15 seconds hold.

With those ones, give them a go. If you have people to be cautious of when it comes to these ones, if you have any hip issues like anything that has affected that hip joint, be cautious of these deep squat exercises.

## Chapter 10: Mid Back Foam Roller Filler Exercises

Now progressing on to the mid back and looking at mid back mobility, thoracic mobility, specifically when it comes to anterior sagittal plane, moving into forward direction pressing on the back of that mid back.

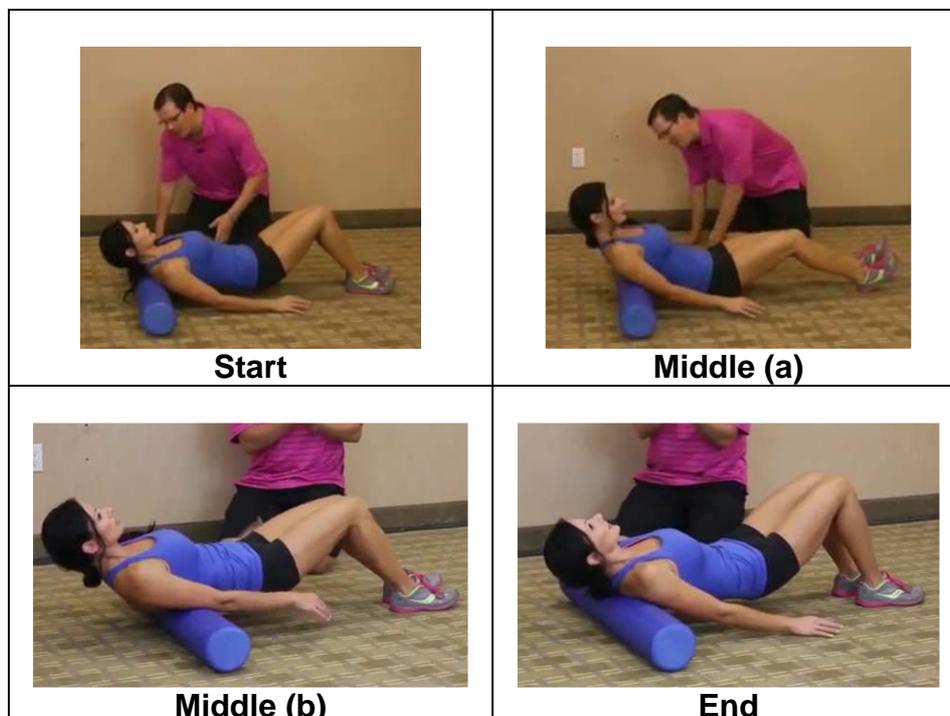
A lot of people tend to be stiff in that mid back and that stiffness in the mid back will affect any type of over head exercises, any type of shoulder exercises, and hip exercises. It tends to be a really big problem that a lot of people have. It will become stiff and that stiffness will put more stress in the shoulder, more stress in the back and leading to irritation, pain and injury in those areas.

You want to take a break especially like if you are doing an over head exercise, loosen up that mid back in order to make over head exercises easier.

I will go through these 4 Progressive Foam Roller Exercise.

### #32 - Foam Roller Mid Back with Hands to the Side

Put your hands to the side. You are going to about mid shoulder blade and then you are rolling that foam roller up, up to about just lower part of that rib cage.

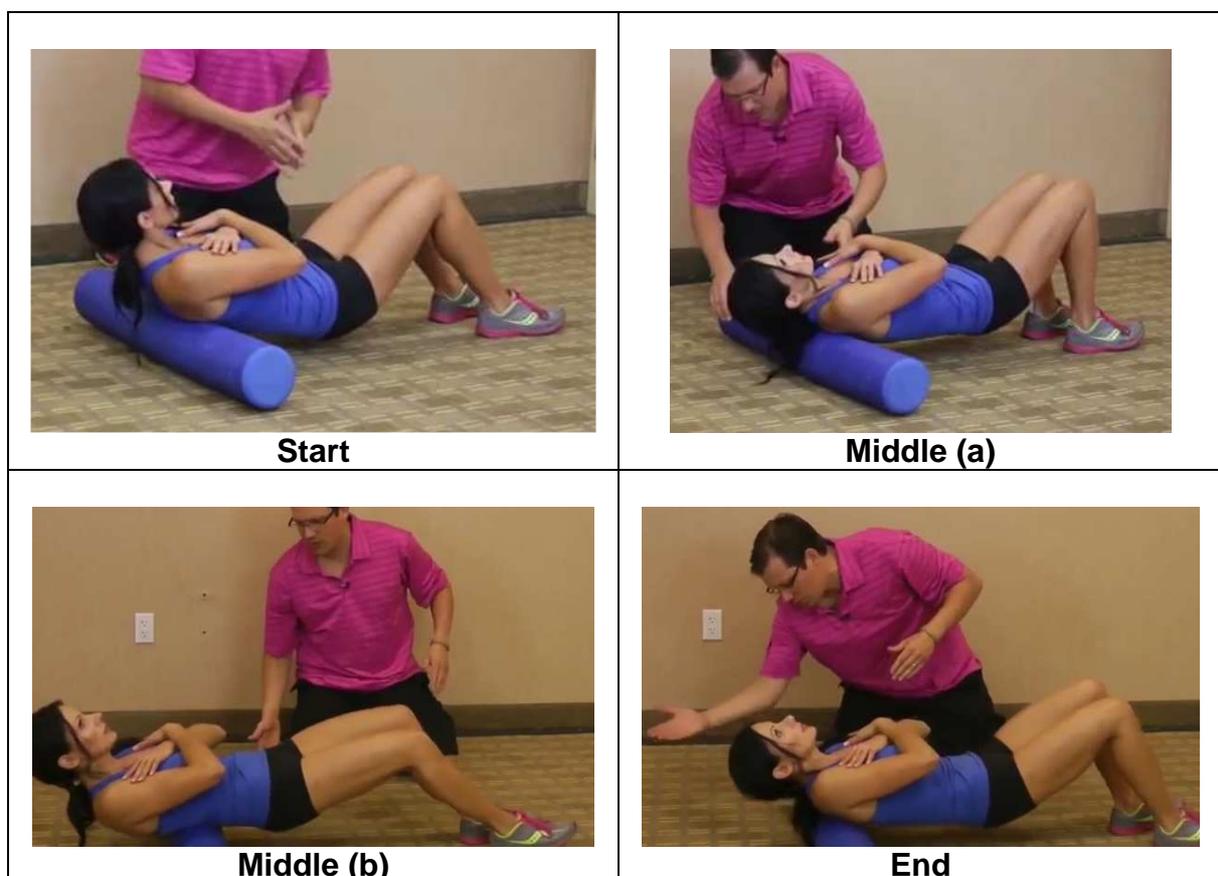


Foam Roller Mid Back with Hands to the Side

We do not want to go on that low back and then you are coming back. Mid shoulder blade to that lower mid back area up to about just lower part of that rib cage. We don't want to give into that lower back. I am going 5 repetitions. I want a nice and straight alignment.

### #33 - Foam Roller Mid Back with Arms Cross

To make it more difficult, we can progress the foam roller mid back with arms across so going from mid back rolling up to up to about just lower part of that rib cage. We don't want to go low back.

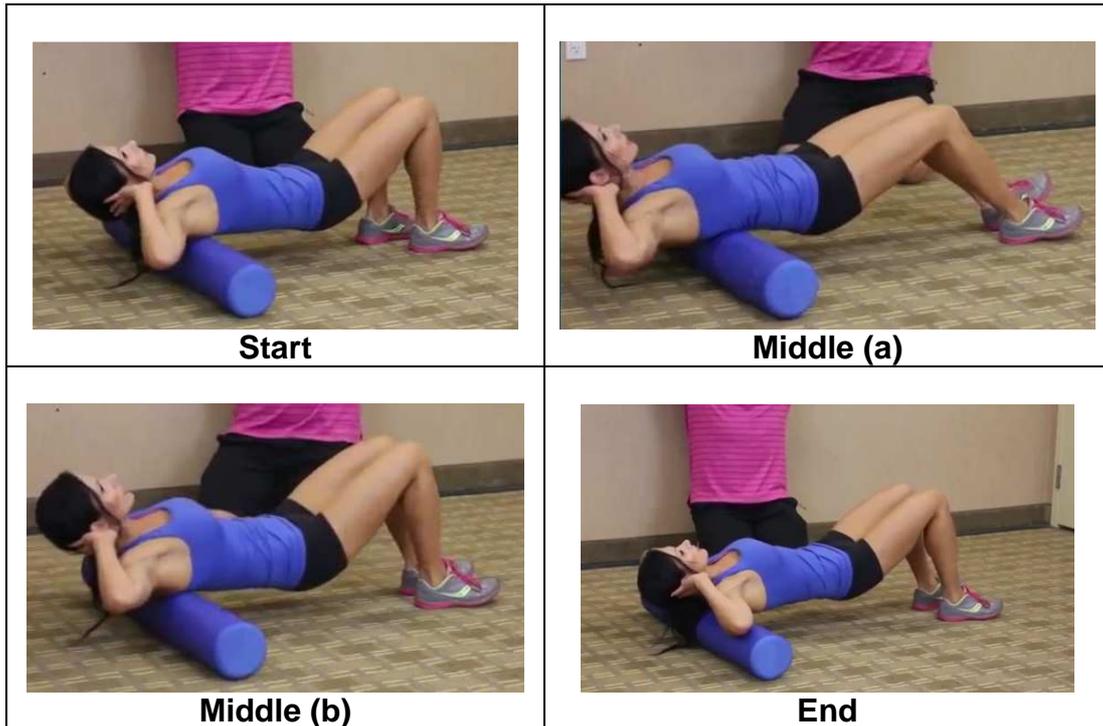


### Foam Roller Mid Back with Arms Cross

With the arms crossed, we are putting more load through that mid back area and putting more pressure through that mid back area. And we want to try to keep that head in good alignment and the whole body is in nice straight alignment.

### #34 - Foam Roller Mid Back with Full Nelson

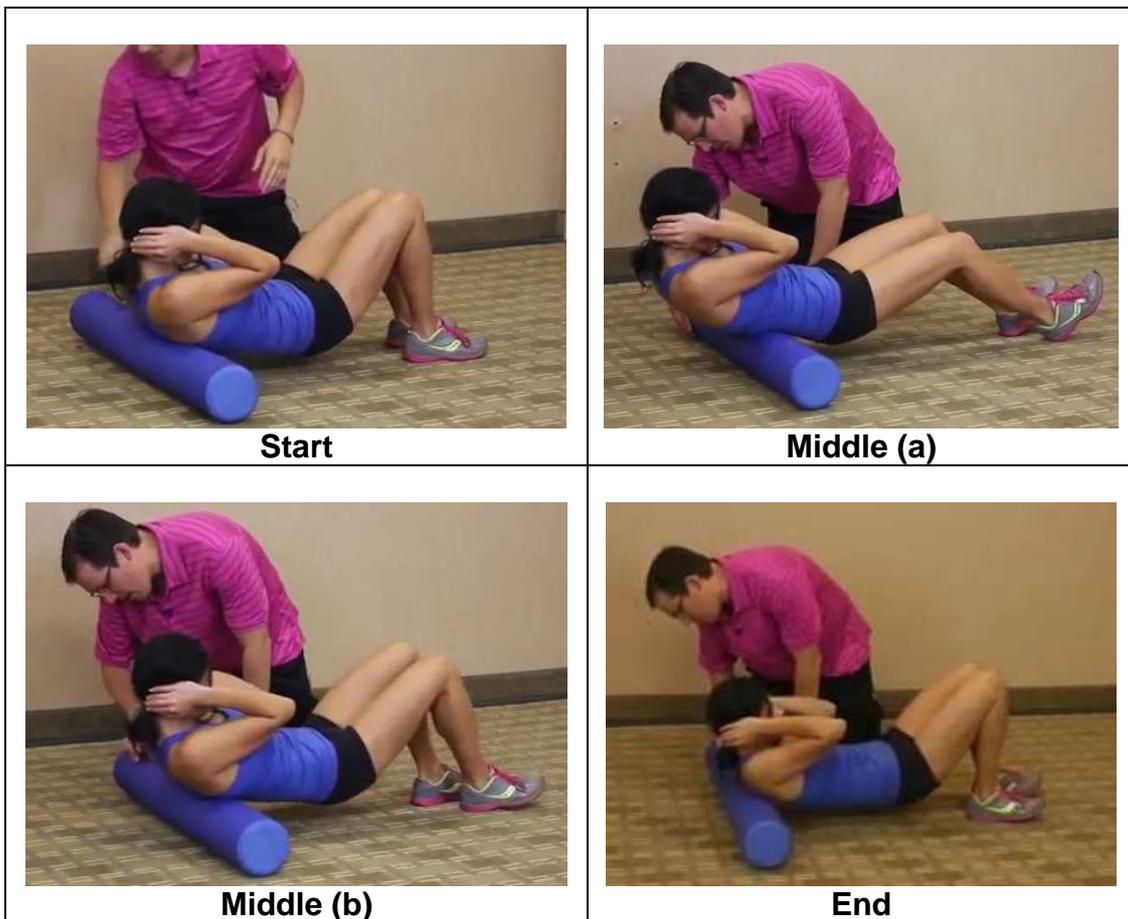
Orsy will put her hands, finger tips to the side of her head and behind her head. If you are having difficulty in holding the head up, you can put those hands in behind your head and almost use those hands to cup the head. Foam rolling it up to the mid shoulder blade and to that lower rib part. Looking at 5 repetitions, you could go up to 10 repetitions.



Foam Roller Mid Back with Full Nelson

### #35 - Foam Roller Mid Back with Elbows In

Bring the elbows in and bring that head forward and now you are going through that and mid shoulder blades again. Now we have kind of exposed more of the mid back area and we are able to get that foam roller better into that mid back area and loosen things up in that sagittal plane forward and back of that thoracic spine.



### Foam Roller Mid Back with Elbows In

What I recommend to do is give those a go. Do one set of over head exercises without doing these filler exercises. And then do the filler exercises and compare and see if you feel better by loosening up that mid back. If it ends up helping when it comes to your performance, then give it a go.

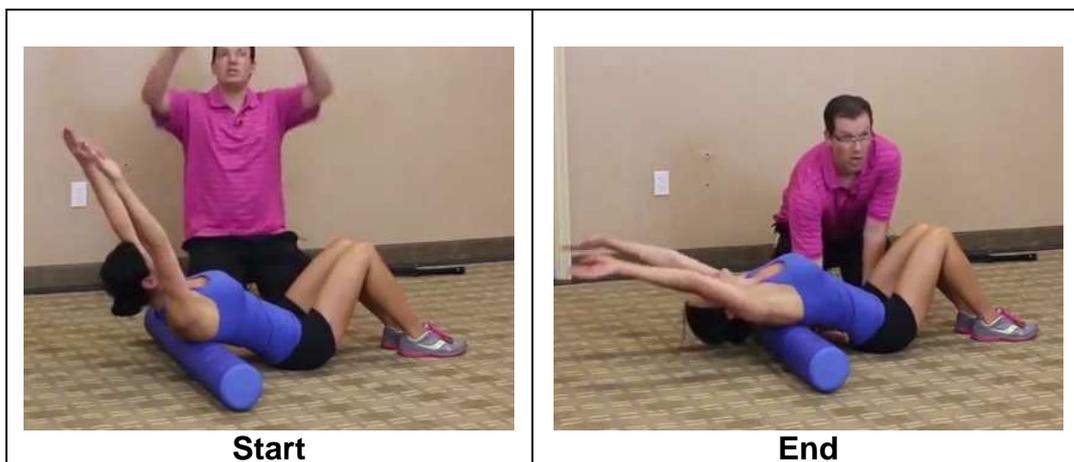
Now people who should not do this; if you have any type of specific diagnosed injury in that thoracic area, I wouldn't do it. If you have frequent rib dislocations in that thoracic area, I wouldn't do it. If you are having osteoarthritis in that thoracic area or fracture of that thoracic area, these wouldn't be appropriate exercises for you.

## Chapter 11: Mid Back Extension Filler Exercises

With the filler exercises before what we focused in on is anterior thoracic movement. Now we are going to work on posterior extension in the thoracic spine. With this one we are going to work through the three progression exercises.

### #36 - Arching Over Foam Roller

Orsy is finding that mid back area, she is bringing her seat down. She is not arching through that low back, the curve stays the same. She is bringing the arms over head. She is trying to keep that head in line with the rest of her spine and definitely in line with her arms and working on that extension on that thoracic spine.



### Arching Over Foam Roller

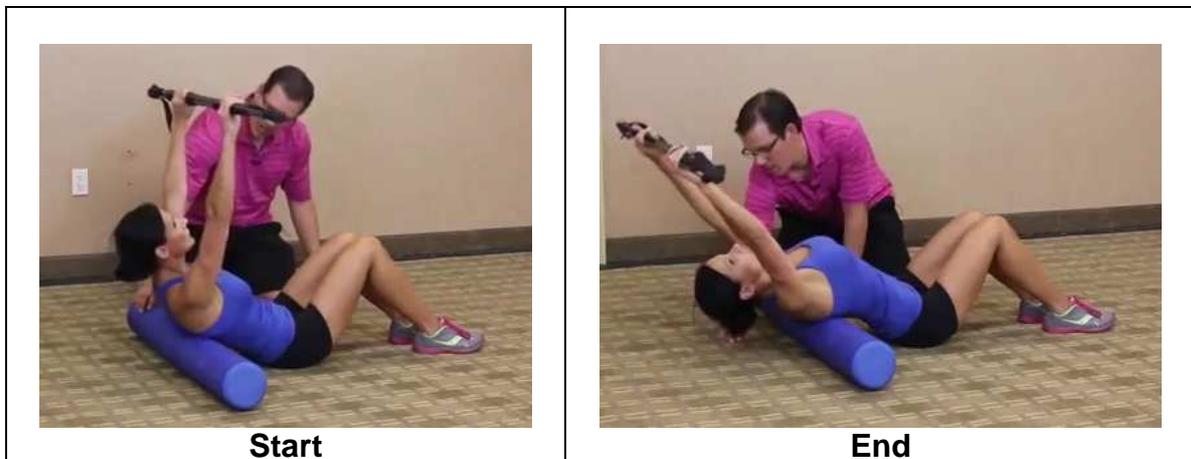
Now what she can do is slowly creep or move that foam roller so she can move in the up a segment two and then drop her seat down, back stays the same arching over. I don't want to bring that head back too much, try to keep it in line with the spine and definitely in line with the arms.



**Arching Over Foam Roller (move it up a segment or two)**

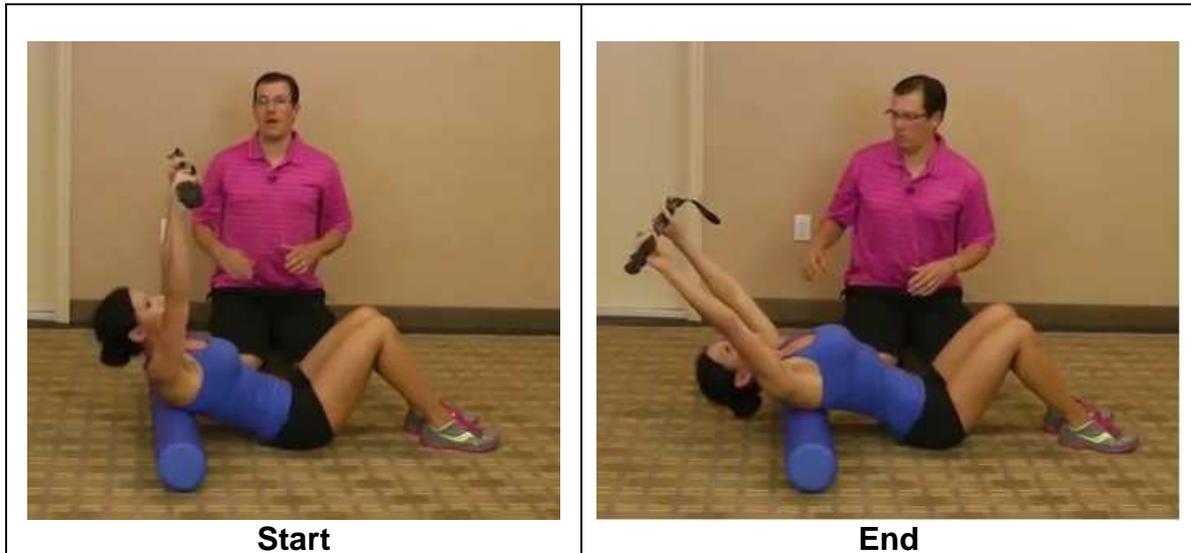
### **#37 - Arching Over Foam Roller with a Bar**

To make it more challenging, we can arch over foam roller with a bar. She can put this in her hands and there is a little bit weight and it kind of forces her to go into a little bit more thoracic extension.



**Arching Over Foam Roller with a Bar**

And as you come up we are changing that position of where that foam roller is. Looking at 5 repetitions but we can work throughout the stiff part of that thoracic spine.



**Arching Over Foam Roller with a Bar (move it up a segment or two)**

### **#38 - Arching Over with Weight**

I don't have the piece of equipment but I can add a weight, I can add a body bar or a barbell in my hands to give me some kind of over pressure or more pressure to get more of an arched extension in that thoracic area.

Now just like I said with the other foam rolling ones they kind of target that mid back. If you have an injury that has changed the structure of those joints, this might not be an appropriate exercise for you. Examples would be like a fracture in that thoracic spine, osteoarthritis, a rib that constantly pops out. If you have those, these exercises probably aren't the best for you to do.

## Chapter 12: Mid Back Rotation Exercises

Okay now moving on to the third set of thoracic mobility stuff for that mid back and now we are working on the rotation side of things. We will be going through three exercises that are targeting that rotation in that thoracic spine.

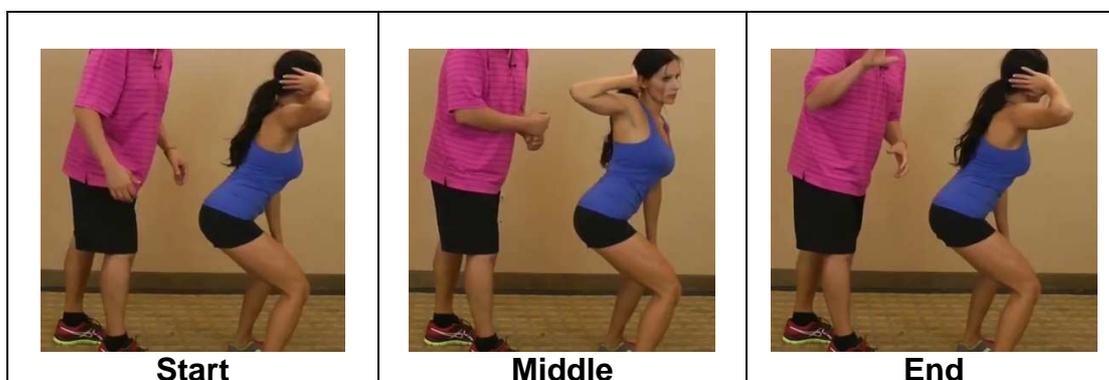
### #40 - Hip Hinged Half Nelson Opening

Bending down in a quarter squat or in a hip hinging position. Hand to the side of the head or in behind the head. Left hand can be on the thigh and then what we are doing is bringing that elbow back. So we are getting light rotation to that thoracic spine, bringing that shoulder back, elbow back, getting a small bit of rotation in that thoracic spine.



**Hip Hinged Half Nelson Opening (Front View)**

Orsy will get to face on her side to show a good quarter squat, good rotation through that thoracic spine, working on that rotation part, going through 5 repetitions. Head stays in line with the rest of the spine, opening up that shoulder rotating through that thoracic spine.



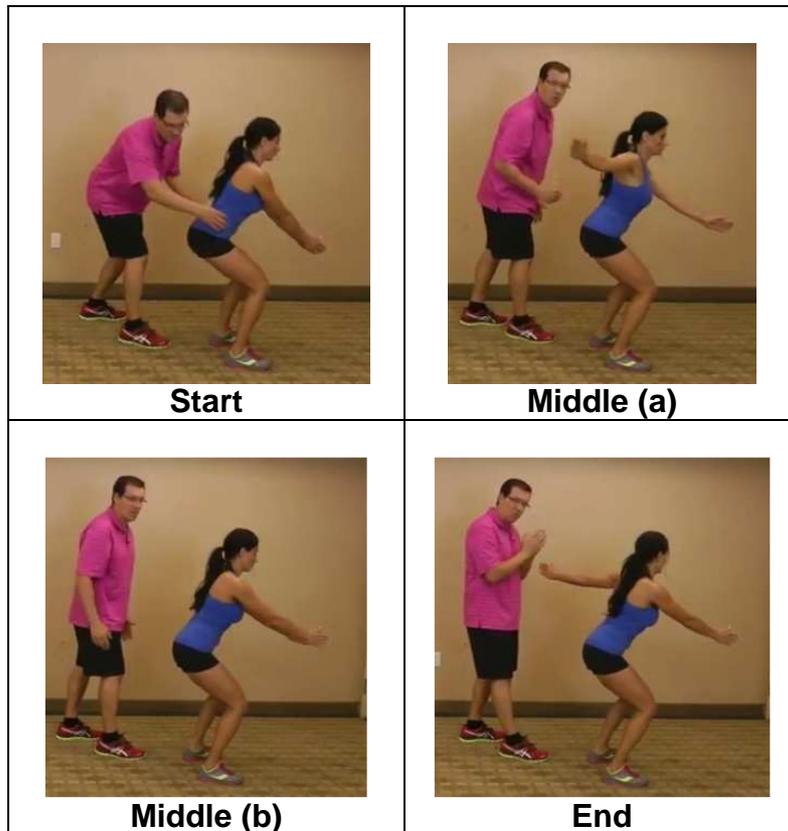
**Hip Hinged Half Nelson Opening (Side View)**

## #41 - Hip Hinge One Arm Opening

In that hip hinging or quarter squat position hands are together out front bringing one arm back and back. So you can start off with just starting with your eyes looking straight ahead and just moving your arms.

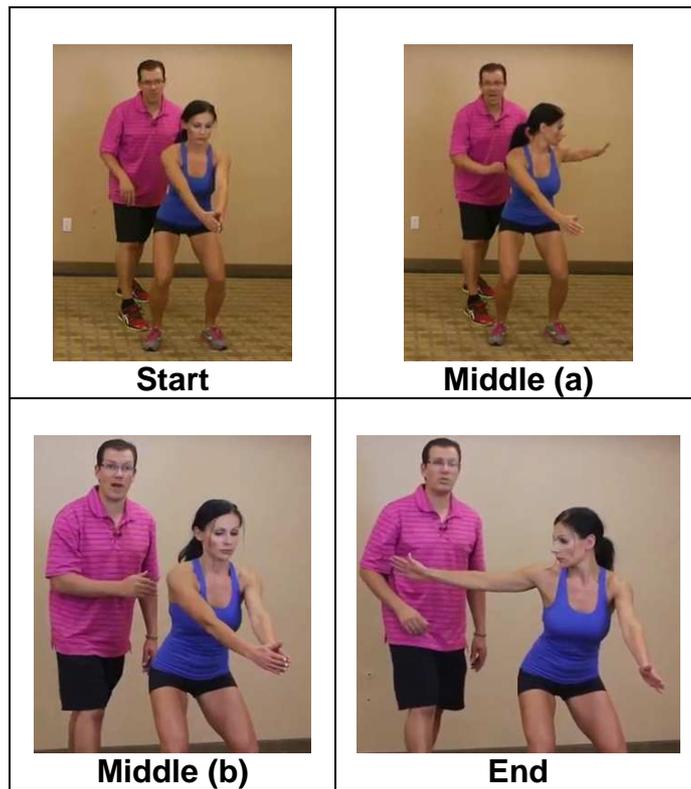


Hip Hinge One Arm Opening Level 1 (front view)

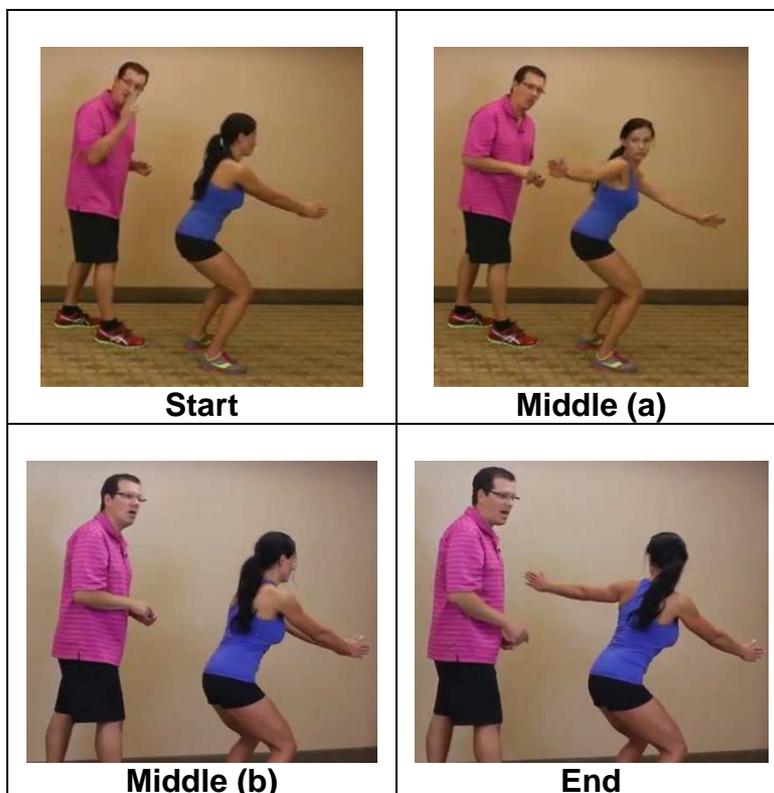


**Hip Hinge One Arm Opening Level 1 (side view)**

And then the progression would be following your hands. If you follow your hand, you can get more thoracic rotation and movement.



Hip Hinge One Arm Opening Level 2 (front view)



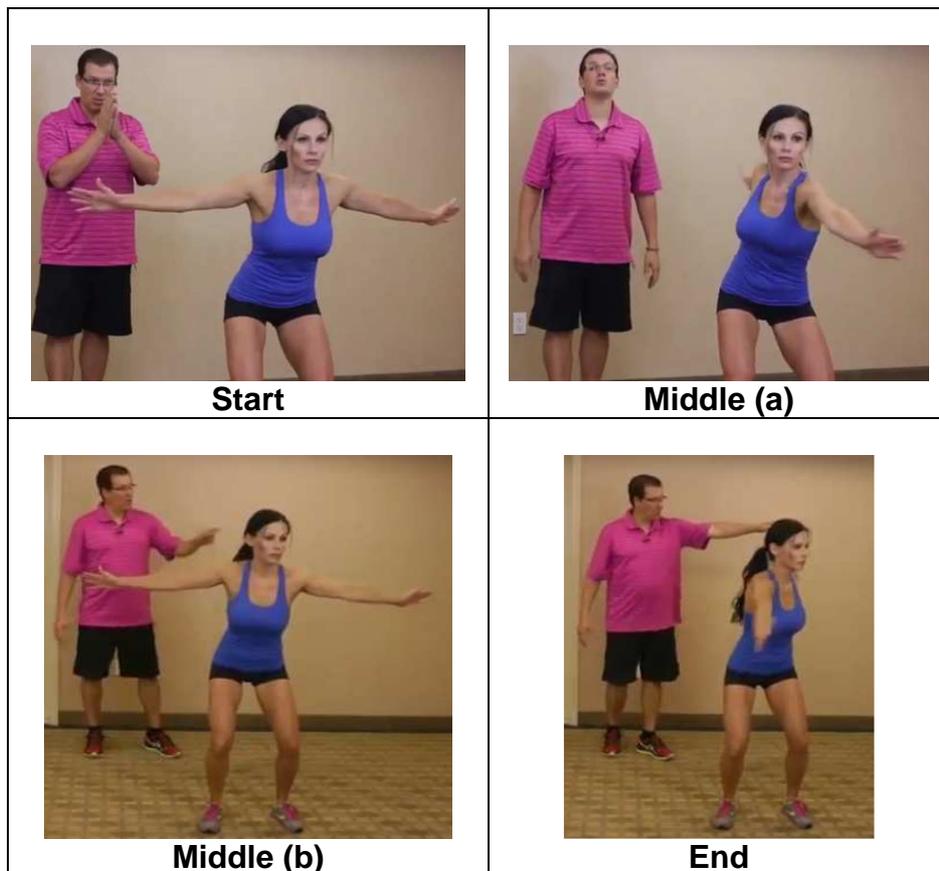
Hip Hinge One Arm Opening Level 2 (side view)

Hinging through the hips that lumbar spine is locked. Opening and alternating the arms, getting that alternative rotation in the thoracic spine.

The first level is looking straight ahead. The next level is following your eyes and getting that rotation in the thoracic spine.

### #42 - Hip Hinged Rotation

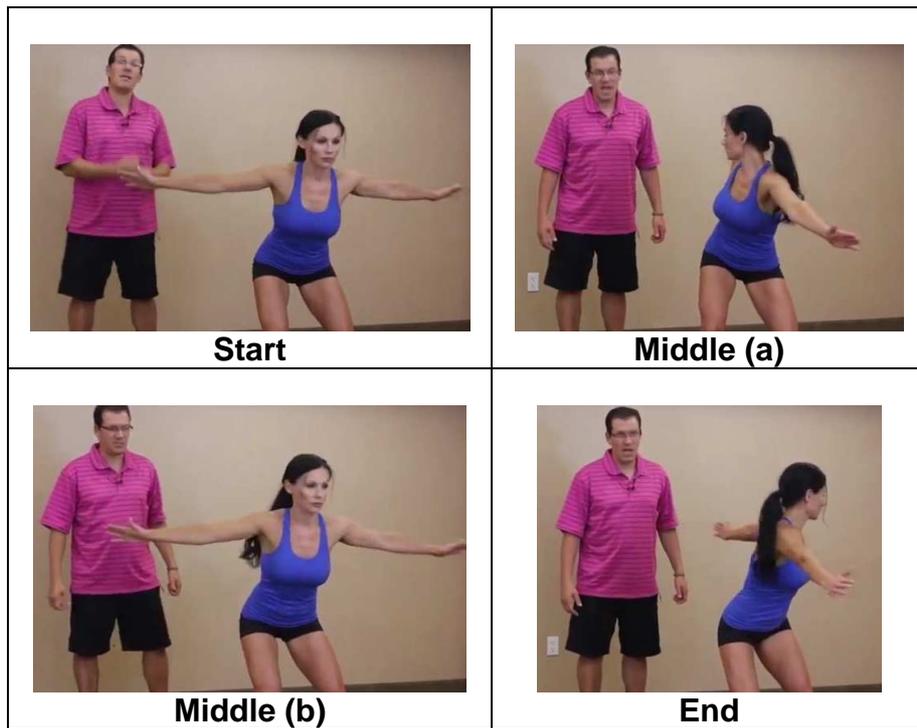
Orsy is going into that quarter squat hip hinged position and she's going to rotate her whole body.



#### Hip Hinged Rotation Level 1 (front view)

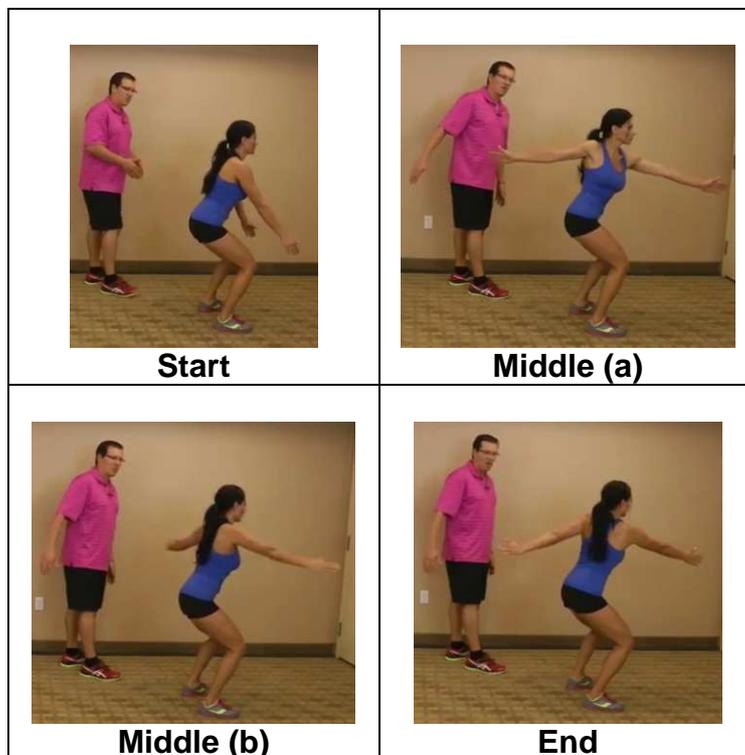
With this one, arms are straight as she bends through. So now she has lengthened out the arms and she's getting more rotation through that thoracic spine in that hip hinged position.

And then the same thing with the progression. You start with the head looking straight ahead and then I can also follow the arms.



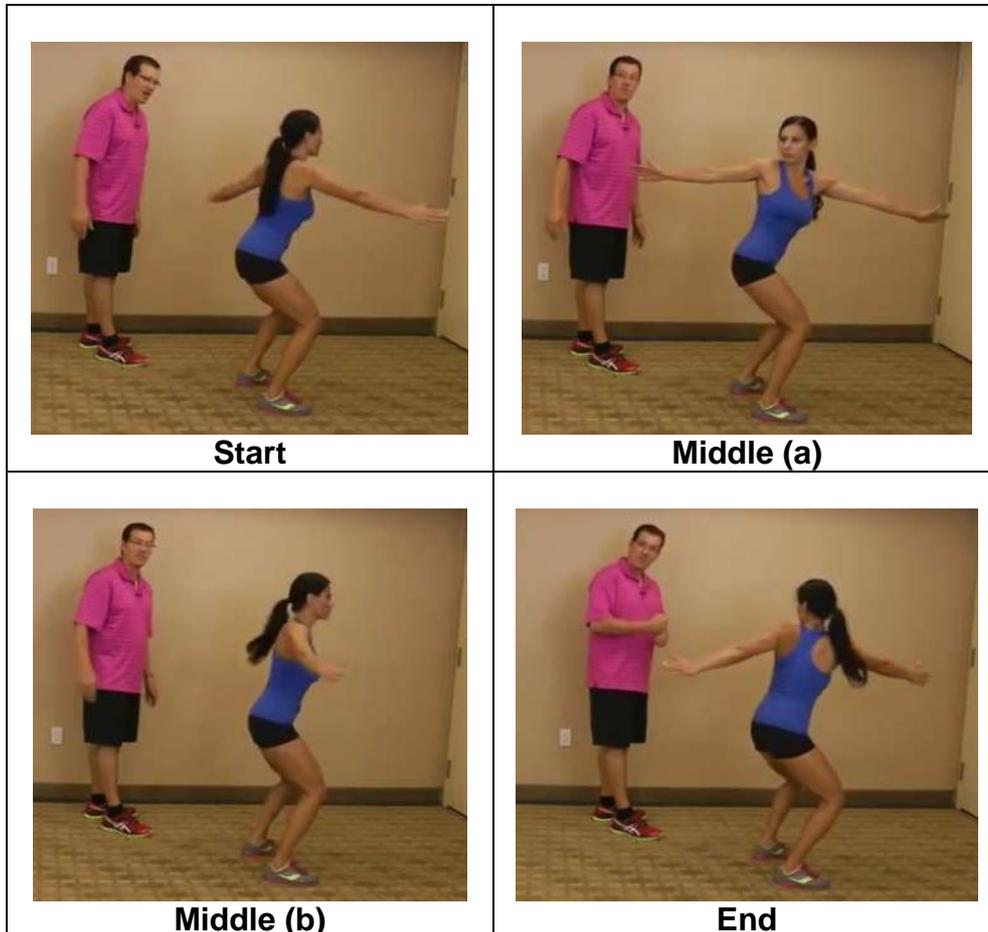
**Hip Hinged Rotation Level 2 (front view)**

I will get Orsy to face on her side and we will through things from the side. Hip hinged position, arms to the side and then we are rotating, eyes straight ahead.



**Hip Hinged Rotation Level 1 (side view)**

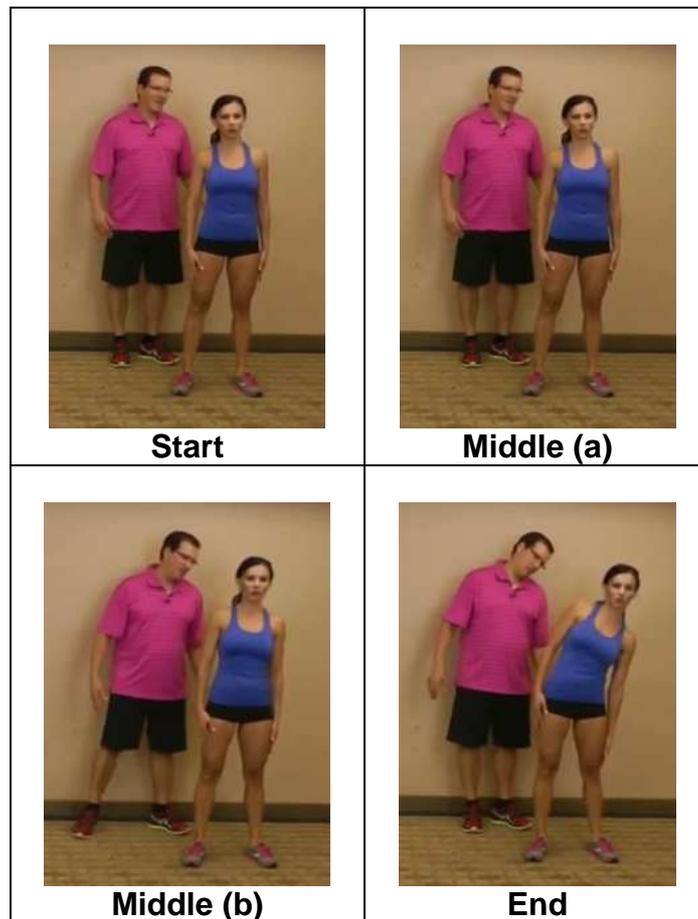
Then I can progress to the following, eyes following the hands and with the eyes following the hands I end up getting more rotation. So now we have worked on the third part when it comes to that mobility in that thoracic spine.



**Hip Hinged Rotation Level 2 (side view)**

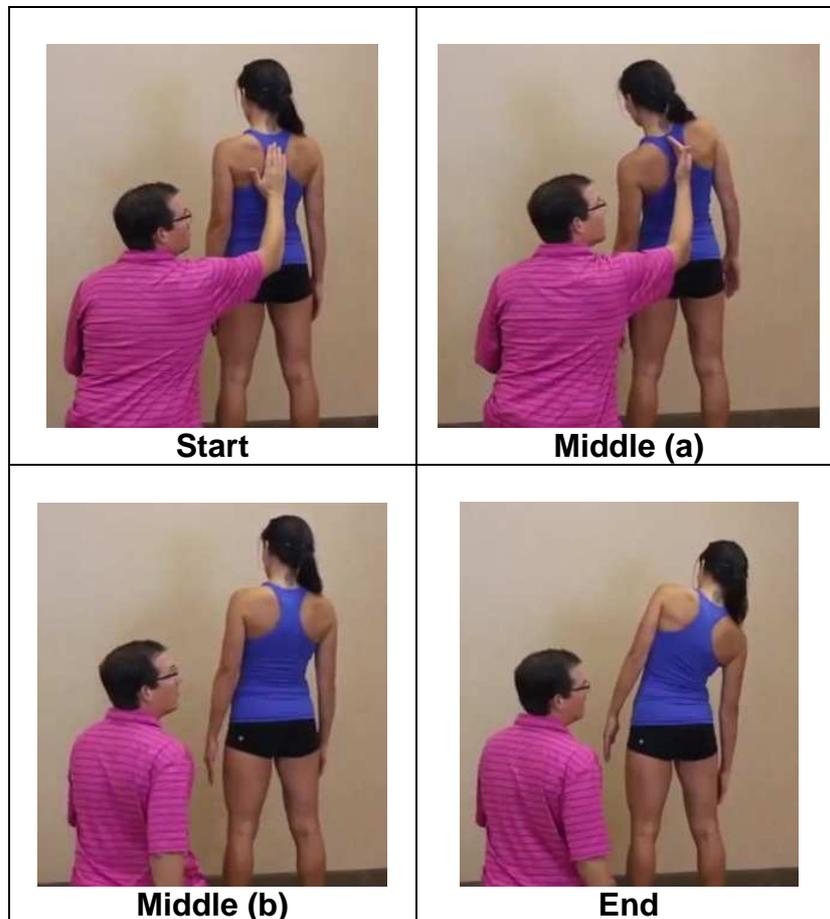
### #43 - Side Bending

Another thoracic mobility exercise but I bunched it up with this and it's just side bending. I will get Orsy to stand hip width apart. She's bending to the side and going back and forth. The big thing is you are focusing in on in that movement happening in the thoracic spine.



Side Bending (front view)

I don't want the movement to happen in the lumbar spine. I want the movement to happen here.



**Side Bending (side view)**

Now we have covered all four directions in that thoracic spine. We have covered anterior, posterior, rotation, and side bending. We are looking at doing like 5 repetitions to loosen things up or you can do 10 repetitions.

And just like the other thoracic mid back mobility ones, if you have a specific injury in the thoracic spine area, this might not be the most appropriate exercises for you to do. But what I would suggest is to try some of these thoracic mobility exercises maybe do a couple of sets without doing your upper body exercises, without doing these thoracic exercises, and then bring in the thoracic exercises and see how it ends up feeling. Is it easier to do the exercise? Is it easier to perform doing your overhead squats or pressing exercises? Do you get better movement, better range, and less stress on your shoulders? If that is the case, then I would end up including these filler exercises.

## Chapter 13: Shoulders Hanging Filler Exercises

Now we are moving on to filler exercise for the shoulders. This ends up being a group of 5 exercises, all starting with the same one and then I could end up doing progressive in nature.

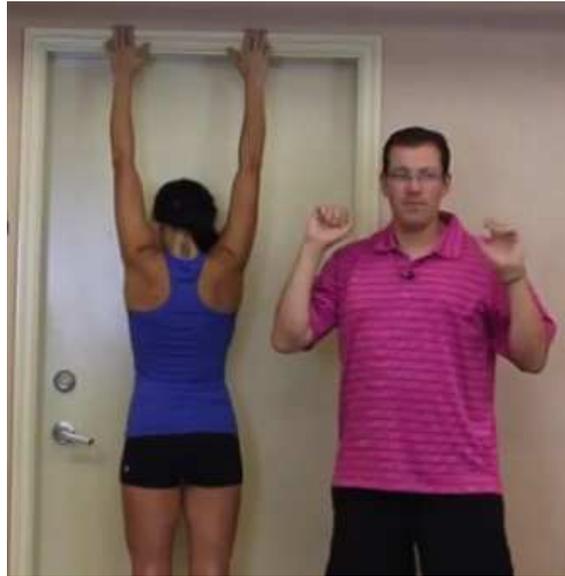
### #44 - Vertical Hanging Exercise

Where we are at isn't exactly ideal but if you are in a gym setting wherein you have a chin up bar or a pull up bar that's where I would end up doing it. For the vertical hanging, what I get people to do is reach for the bar.



**Vertical Hanging Exercise**

So you are reaching for the bar and your arms are about almost like straight up above just like I am hanging and you can see if it feels comfortable or uncomfortable.



### **Vertical Hanging Exercise with hands a little bit further**

If it's uncomfortable, I will end up moving the hands a little bit further.

What I would start to do is just getting the people to hang from the chin up bar or the pull up bar like 25% of the body weight for 15 seconds and then I will get them to relax and come back.

### **#45 - Vertical Hanging with 50% Body Weight**

And then I would progress and go to vertical hanging with 50% of the bodyweight. Same thing, reaching the bar and going with like 50% of the body weight, getting more of a stretch in that shoulder joint holding it for 15 seconds and then take a break.



### **Vertical Hanging with 50% Body Weight**

### #46 - Vertical Hanging with 75% Body Weight

The third progression would be 75% and we are going with one leg. Reaching up and going with one leg, got about 75% of your body weight and stretching through that shoulder. Hold it for 15 seconds and then relax.



Vertical Hanging with 75% Body Weight

### #47 - Vertical Hanging with No Legs

The fourth exercise would be no legs but we are not going to demonstrate it because we are going to end up pulling off the door frame. But I would go with no legs so I get all of my body weight through my hands, specifically through my shoulders.

### #48 - Swinging

I would grab on to the bar and then I would lightly swing myself forward and back.

Now with all of these, what we are doing is we are stretching out the shoulder and we are stretching out more of the ligaments when it comes to the shoulders. So what ends up happening with people with poor posture, lots of sitting, lots of computer work, lots of iPad, lots of phone work, lots of driving, they end up rounding out of the shoulders and what happens is the adaptive shortening of the ligaments in the shoulder blade and they are shortening up.

So it doesn't matter how much stretch you end up doing, it's not really affecting those ligaments in those shoulder blades. But if are doing the vertical hanging, what we are doing is we are stretching out those ligaments and trying to return those ligaments to

the way they used to be before being tightened up because of all the poor posture. And this is a nice way of stretching them out progressively.

Now what I would do with this one is if I am doing some sort of overhead exercise so let's say a snatch exercise and I am doing a bunch of snatch lifting, in between my sets I would end up doing this. After one set I would do the first one which is the 25%. And then the next set would be 50%.

Next one would be one leg. Next set would be no legs and then the next set would end up being the swinging. And what I will find is I have more movement and range of motion and it's easier to get the weight over my head.

So it's something to remember and something to try. I really like this one. It really helps if you are having poor shoulder, poor posture, poor shoulder movement, stiff shoulders, or difficulty in lifting your arms overhead. Definitely give this a go especially in between overhead exercises.

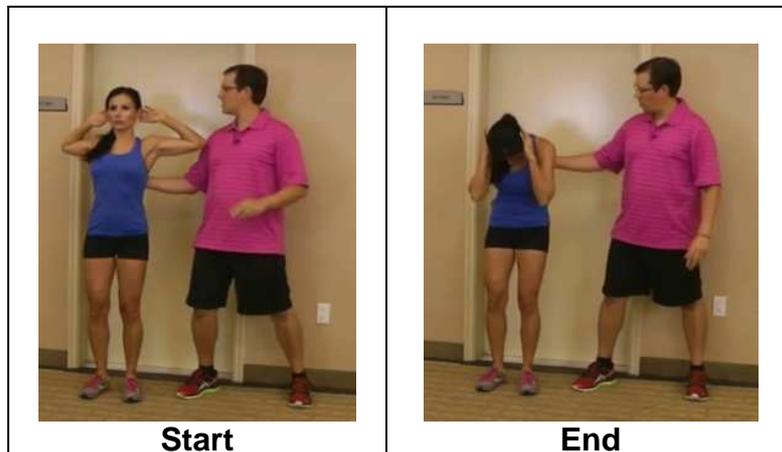
Now people who should not do these set of five exercises are people having excessive movement in their shoulders. If you are hyper mobile, if you are able to pop your shoulder in and out, if you have constant subluxations in the shoulder, if you end up having a labrum tear in the shoulder, this would not be an appropriate exercise for you to do. But if you are having other stuff like a rotator cuff issue and impingement, this would be a good exercise for you to do. Start at the most appropriate level.

## Chapter 14: Shoulders Filler Exercises

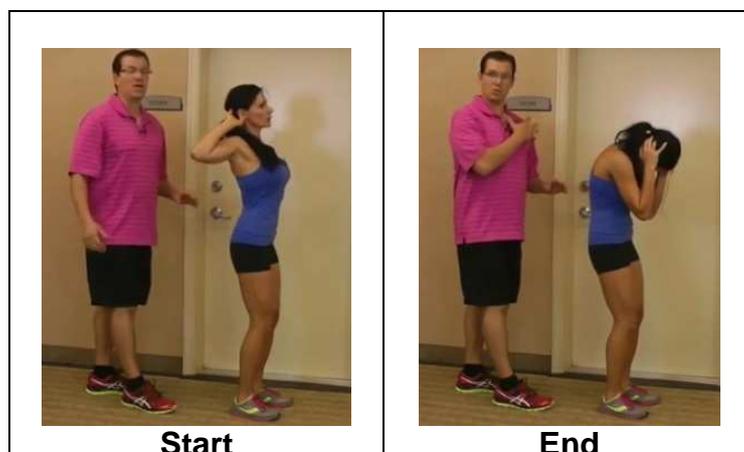
Now couple more when it comes to the shoulder, a couple of filler exercises that you could end up doing.

### #49 - Elbows and Head In and Open Up and Hands in Full Nelson Position

Bring the elbows in and then dropping the head and the thoracic spine and then opening up and then bringing them back and then again and opening up. You are going to bring the shoulders back a little bit, arching a little bit through the thoracic spine and back. Stretching out the front of the shoulder and working out thoracic mobility.



Elbows and Head In and Open Up and Hands in Full Nelson Position (front view)

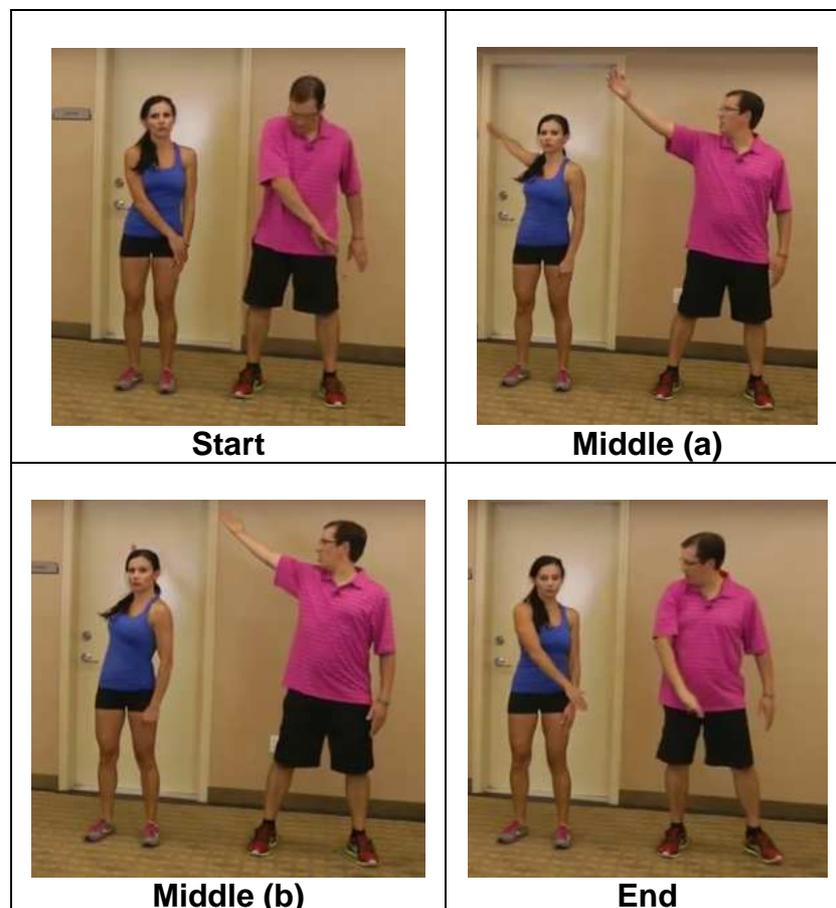


Elbows and Head In and Open Up and Hands in Full Nelson Position (side view)

And then going through it again and collapsing through and then opening up. We are looking at 5 repetitions, loosening up that shoulder, loosening up more of that thoracic spine and stretching out that front of the shoulder.

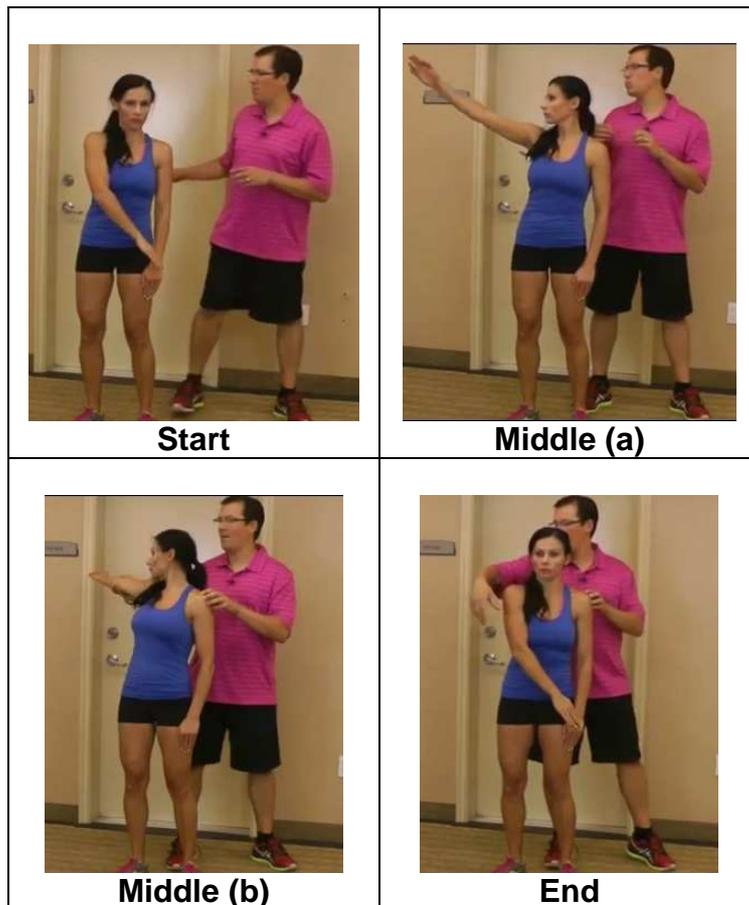
### #50 - Diagonals with Rotating Arm

We will start off with bringing the arm across. It's almost like I am trying to bring my hand into that pocket and then I am coming across the body rotating through the arm and then coming back. We are really trying to focus in on rotating that shoulder and then bringing it in, rotating it in and then rotating it out.



#### Diagonals with Rotating Arm Level 1

We are trying to loosen up that rotation part of the shoulder which tends to be tight and then also opening up that front of that shoulder. You can start off with looking straight ahead that would be like level one.

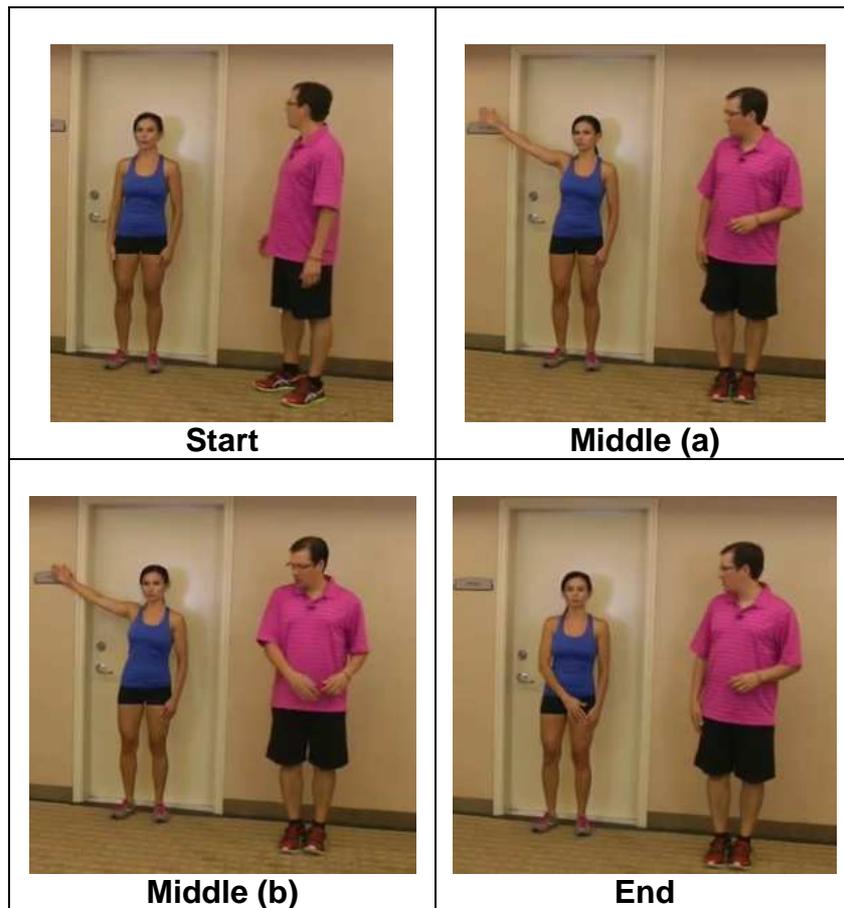


### Diagonals with Rotating Arm Level 2

And then level two would be following the arm and the most important part is that opening up of the shoulder and that rotation of the hand, coming in and then back and opening up.

### #51 - Arm into Door Frame Corner

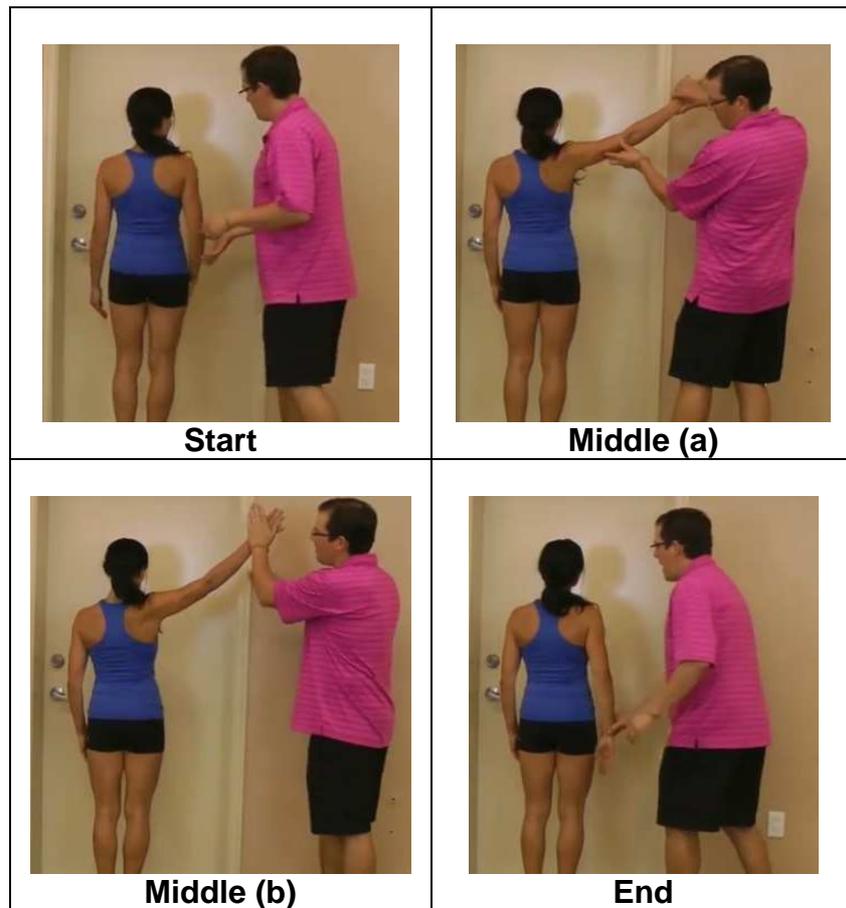
You can use a door frame or you can use some type of machine or a wall. You are bringing your arm out to the side and then you are going to press into the wall. What you are looking at is you are making sure you are using the muscles in the back of your shoulder, you are pushing for about 5 seconds at about 25% of your maximum and just doing 5 repetitions and then coming back down to your side and coming back up. So you are going to spring your arm straight up or from your hip and up.



### Arm into Door Frame Corner (front view)

So just bring the arm out to the side and then it's like she is pressing into my hand and you can see with Orsy we are working with her back here. You can see her muscles activate here which is good then and relaxing.

Where I want the arm is I want it definitely above 90 degrees, I don't want it too high up. I want it to be comfortable. Her arm is straight, pushing, and we are working through that back of the shoulder blade.



### Arm into Door Frame Corner (back view)

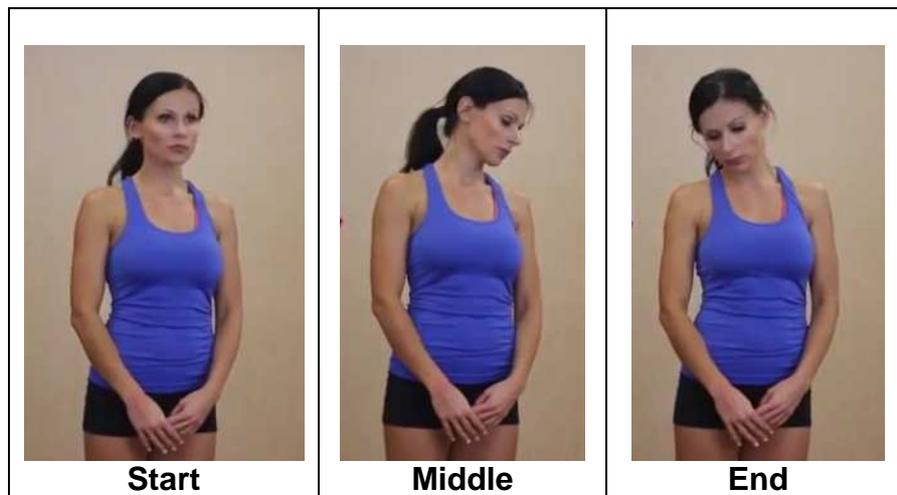
Okay, so there we go. That ends up being three more shoulder exercises that help open up that shoulder and loosen up that rotation part of the shoulder. If you are having issues with that, add these filler exercises to help loosen up that front of the shoulder, help with the rotation of the shoulder, and it will all help improve your exercise that you do and the lifts that you do.

## Chapter 15: Neck Filler Exercises

We are going to go through one last exercise where I am going to target the neck.

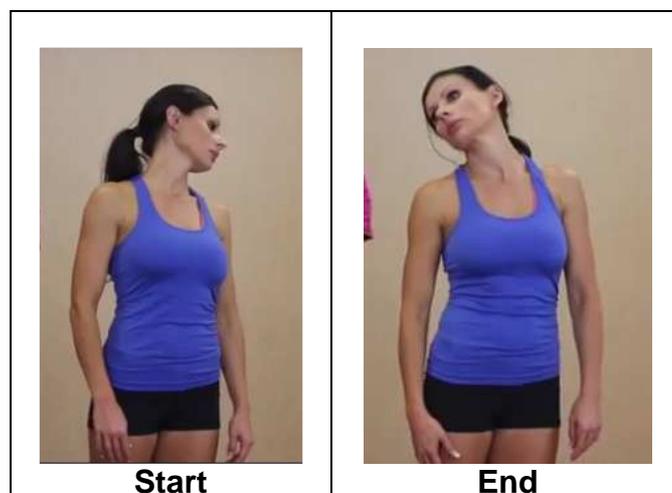
### #52 - Neck Rotations

I will start off with is a little rotations.



**Little Neck Rotations**

And then I end up getting those rotations bigger and bigger. It helps loosening things up in the neck. It helps loosening things up in the mid back because once again all of our device work such as computers, iPads and phones, things end up getting stressed up in the neck.



**Bigger Neck Rotations**

I am looking at about 5 or 10 repetitions. I might do like 5 repetitions, take a break and then do another 5 repetitions in order to loosen things up in the neck. And like what Orsy did, she's starting with small circles or horse shoes and then going bigger and bigger.

And what I find with some people is they might have difficulty following their eyes with the movement so they can keep their eyes in one spot like looking straight ahead and going through that rotation movement. That ends up being easier especially if they start feeling a little bit dizzy going through it. People who should not do it are those with any type of neck injury or poor balance. This would be an exercise that I would probably leave out. The benefit isn't worth the risk.

## Chapter 16: Wrap Up

Well there you go. That ends up being the 50 Filler Exercises plus a couple of extra because I wanted to make sure I at least got 50 and if I got over that's awesome because that means I have over delivered.

There are 50 Filler Exercises that you can do between your exercises, between sets of your exercises when it comes to your performance, your injury recovery, addressing muscle imbalances, and loosening things up so that you can perform better. Give those a go and make sure to let me know how things are going.

You can contact me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Make sure you swing by ExercisesForInjuries.com and enter in your injury and pain there is a good chance that I have a video, an article, or an interview that will help you overcome your injury or pain.

Also, make sure to visit my YouTube channel. Hit "Subscribe". What that will do is every couple of days you will be getting a video where I talk about injury and pain.

Lastly, make sure to visit me on FaceBook, my FaceBook fan page, where I post all kinds of information when it comes to injury and pain.

So that is it. Thank you very much for joining me on this video of 50 Filler Exercises for increased performance.

### About Rick Kaselj



**Rick Kaselj**, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES

Rick Kaselj specializes in active rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given more than 263 presentations to 5031 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavors and travel. He has trained for and competed in the Manitoba Marathon, the 225km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He recently hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)

### About Healing Through Movement



## *Healing Through Movement*

*Fitness • Rehabilitation • Presentations • Publications*

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

#### **How Healing Through Movement can help you:**

**Active Rehabilitation** – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

**Adaptive Fitness** – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

**Adventure Travel Presentations** – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

**Corrective Exercise** – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

**Endurance Training** – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

**Exercise Rehabilitation** – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

**Exercise Rehabilitation Courses** – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

**Expedition Training** – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

**Personal Training** – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

**Post Rehabilitation** – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

**Pool Therapy** – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

### **Where can Healing Through Movement meet me:**

**In Person** – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

**Phone/Online Training** – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, and travel or rehabilitation goals.

### **Founder of Healing Through Movement - Rick Kaselj**

**Rick Kaselj** is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit [www.HealingThroughMovement.com](http://www.HealingThroughMovement.com).



***Healing Through Movement***

*Fitness • Rehabilitation • Presentations • Publications*

#199 – 19567 Fraser Highway  
Surrey, BC V3S 9A4

Phone: (888) 291-2430 Fax: (604)  
677-5425

E-mail:

[info@HealingThroughMovement.com](mailto:info@HealingThroughMovement.com)

Webpage:

[www.HealingThroughMovement.com](http://www.HealingThroughMovement.com)

---