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### ***Disclaimer***

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**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.

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. The information was accurate to the best of his knowledge. It is presented AS IS.

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### ***Preface***

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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.

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# 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 you recover from injury, will help address your muscle imbalances, and will also prepare your body for exercise you are going to do now, or that you are going to do later in your program.***

An example that I am going to go through is the **Vertical Hanging Exercise**. I personally don't have a 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, 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. This helps when it comes to addressing my muscle imbalances. It helps with 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 to prepare you for this program; like how many repetitions to do. I just do a couple of repetitions. It might be five repetitions or 10 repetitions. Length of hold might be 10 to 20 seconds, but I will go into that with more details for each of the specific filler exercises.

Remember, don't go crazy just because you are seeing some benefit by doing a couple of repetitions. That 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 with excessive repetitions, and that could lead to an injury. 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 is 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. You have read an example of a Filler Exercise being used in action and the benefits of it. We covered a little bit about the reps, sets and time, trying to not overdo it, and making sure the exercise ends up being beneficial. If you have any pain while doing the exercises, get it looked at. 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 curl the toes as much as you can, then opening and extending the toes as much as you can. Repeat 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

Now what we will do is, we are loading up the feet and waking up those feet. When it comes to shoes, our shoes wrap around our feet and desensitizing them. 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 five repetitions. We are really trying to make sure is that the weight is even on the feet. We are not collapsing in the feet. All through the front of the foot, side, and through the heel we are trying to wake up those feet.

## Chapter 3: Knee Filler Exercises

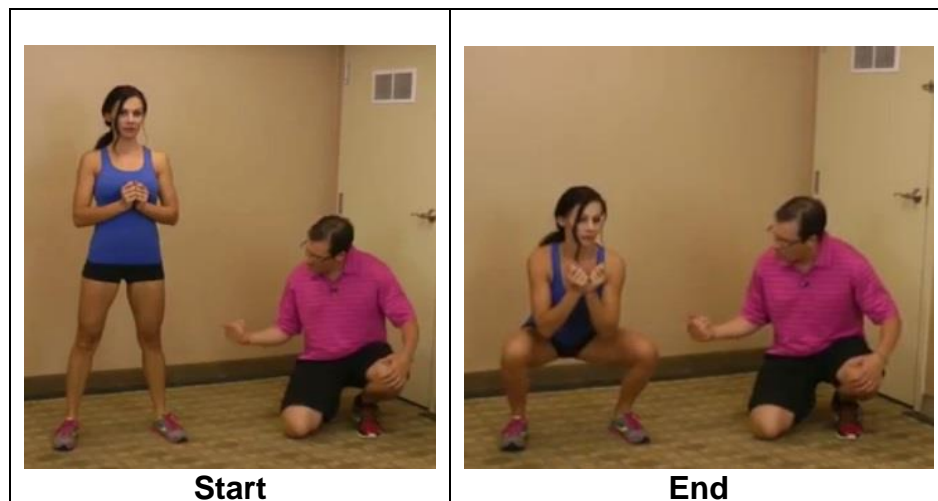
### #3 – Bodyweight Squat

The filler exercise that I do for the knees is a Bodyweight Squat. This can be done with shoes or it can be done without 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.

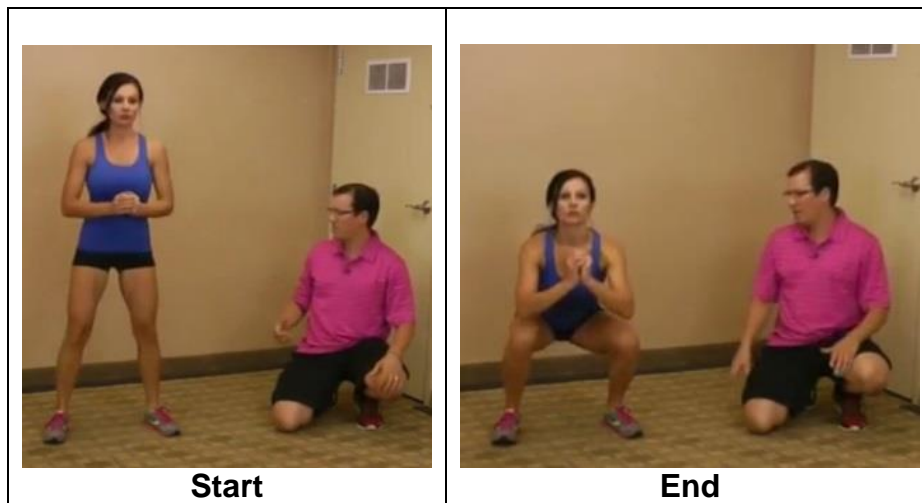
**What we are looking at is:**



**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 over that second toe while we are going through that squat.**

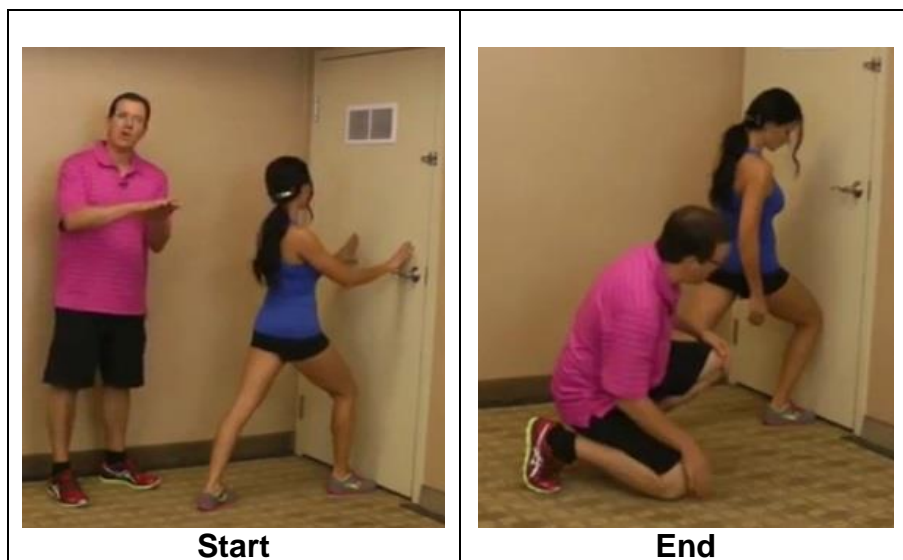
We are trying to activate those muscles through a greater range of motion during the squat, this is when it comes to the hips and specifically when it comes to the knees. What I find with a lot of people is, they are strong through a certain part of the range, but what we need to do is increase their range of strength, and the first step is to activate those muscles. As they increase the depth of the 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. 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 toward the wall and then come back.



**Knee on the Wall**

Our goal is to loosen up that ankle joint, lubricating the joint, loosening up and improving that movement when it comes to that ankle.

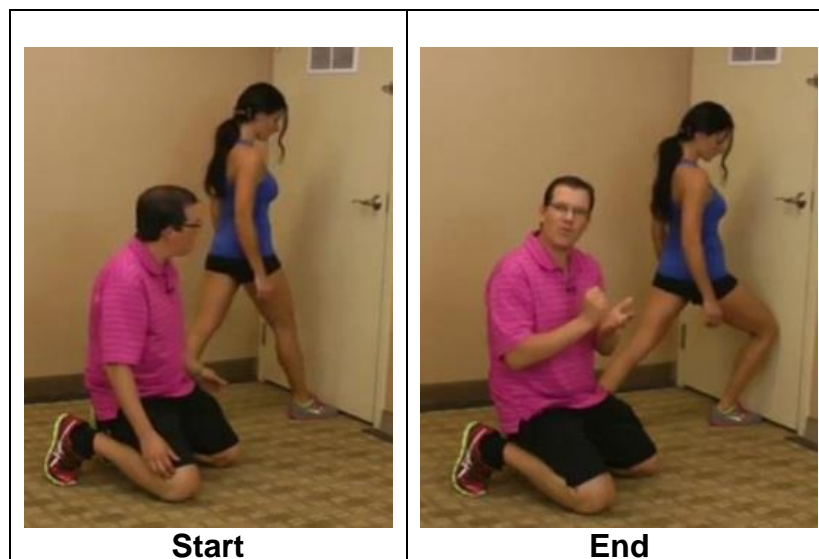
### #5 – Knee to Wall with Knee In



### Knee In

You are going to bring the knee in and then come back to the start, and then bring the knee in again. We are really going to focus as we do this. Do about five repetitions.

## #6 – Knee to Wall with Knee Out



### Knee Out

Now 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.

***Let's say you don't feel anything as you do this movement, you could move your foot back from the wall and then go through it again.***

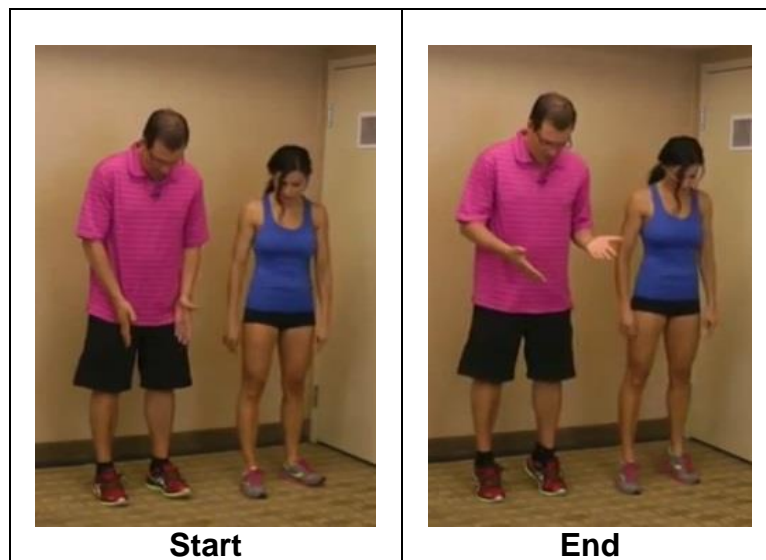
When it comes to my clients, I will ask them how it ends up feeling. If they don't feel anything just bringing that knee to the wall with the toe up against it, I will get them to bring it back and see if that improves things. I will see how they feel when it comes to bringing that knee in or bringing 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 the exercise, I am going to discontinue the exercise because sometimes people get irritation when they bring that knee in or bring that knee out depending on their knees, especially if they have had 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, then coming up and then dropping the heels down.



**Toe Raise**

On a step, I would go 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 when it comes to load or weight bearing on it.



## Chapter 5: Hip Leg Swing Filler Exercises

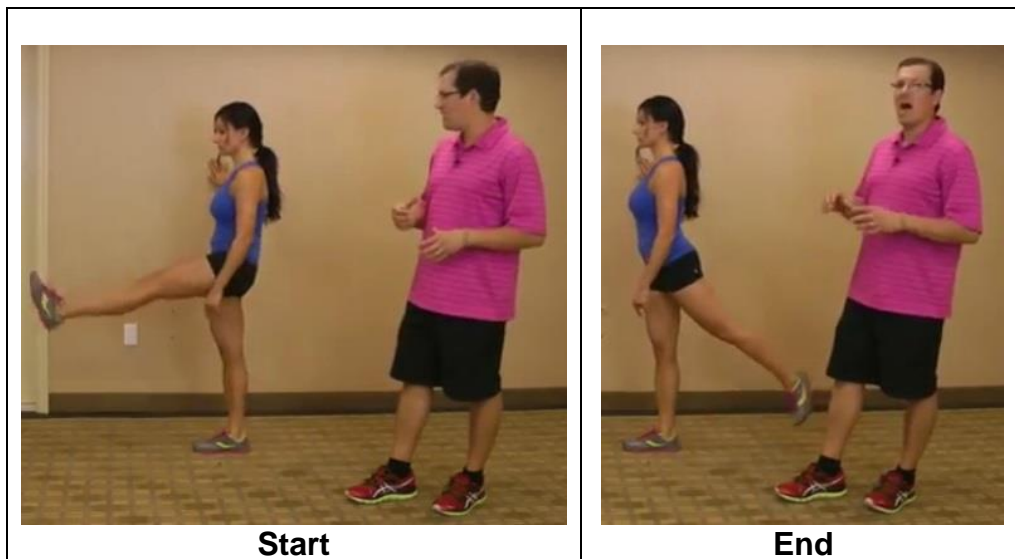
Moving on to the hip, I recommend a variety of leg swings. There are four different types of leg swings. And when it comes to leg swings, I am progressively going further to the point where I feel light stretching, and then in the next repetitions I am trying to go further and further.

### #8 – Forward and Back Leg Swing



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

We are looking at doing five repetitions going further and further. I will get you to put your 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.

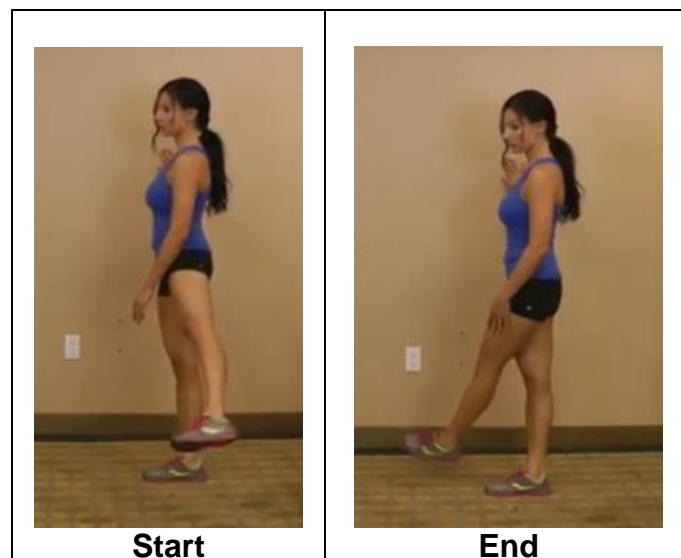


### Forward and Back Leg Swing (side view)

You are going to swing your leg forward and back and progressively go further to 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

We want the leg to come across the body and then bring it out to the side, bring that leg out to about 45 degrees.

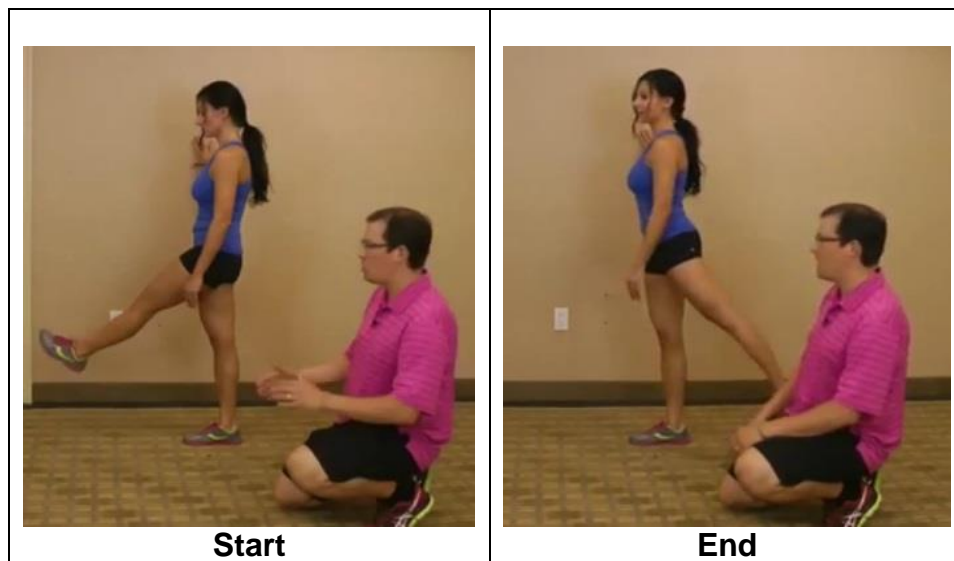


### Side to Side Leg Swing

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.

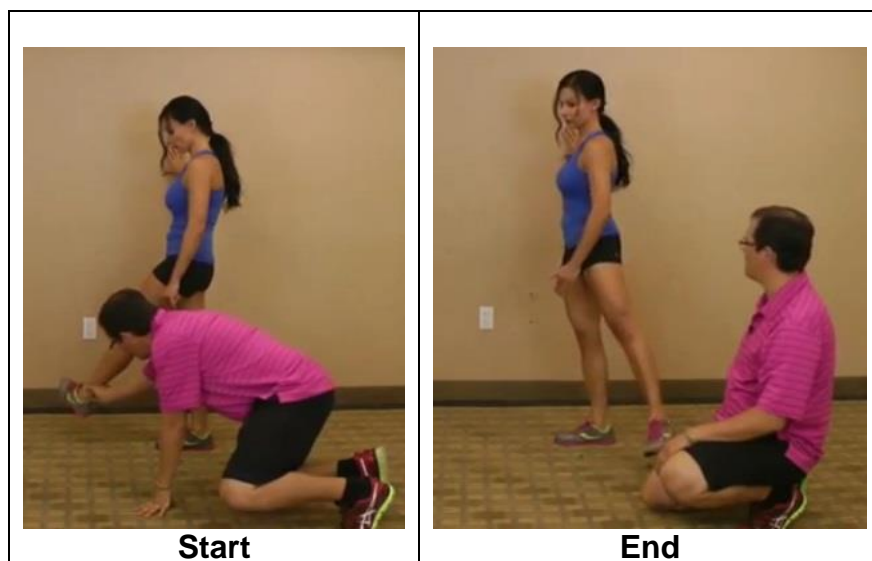
### #10– Diagonal Leg Swing

Now bringing together two different movements and move diagonally.



**Diagonal Leg Swing**

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



**Diagonal Leg Swing with Rotation**

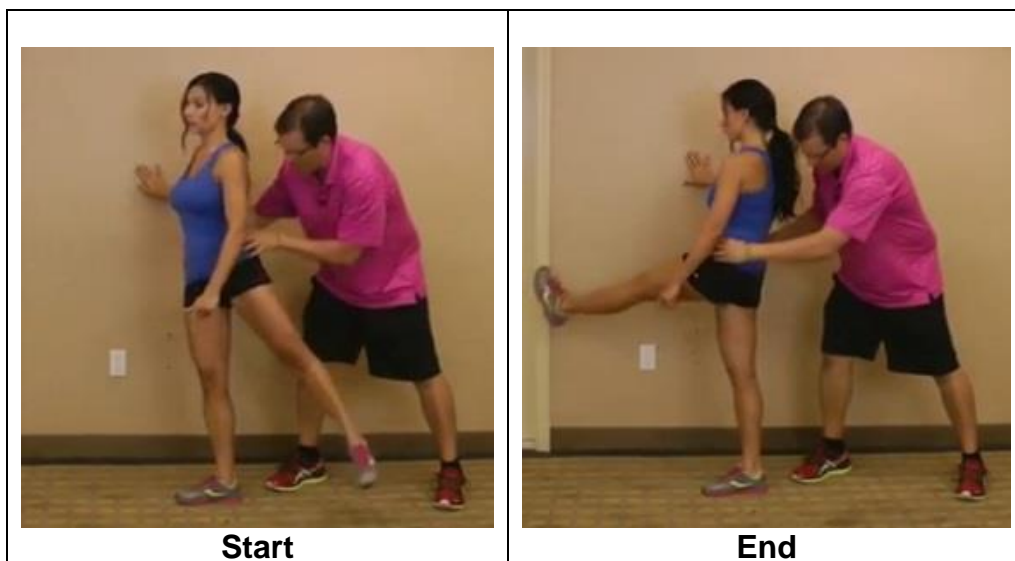
You can come across rotating the leg in and then rotating it out on the way back. Just bringing it out diagonally and focusing on two planes of movement, and then when I start adding that rotation I'm incorporating three planes of movement.

The big problem for people is that they tend to be tight in that rotation. The reason why they are tight is because they have poor stability in that abdominal area (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, and also loosen up those hips, especially in that transverse plane rotation; 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 I am getting opposite movement. Now I am starting to get more rotation in that supporting leg, and I am working the leg that is swinging as well as the supporting leg in order to work on loosening up both legs.



#### Big Diagonal Swing

Do five repetitions (I wouldn't go over 10 repetitions). I would use these exercises while doing any type of squatting - front or back squat, to loosening up the hips through leg swings, I find it helps when it comes to the depth that you can do the squat.

You can 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 the side that you have done the exercise on, compared to the other side, if it feels better and you get better depth and you 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, because a lot of times this is lacking for people when it comes to their squatting exercises.

They might be great for the first half of the exercise, but definitely for the 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.

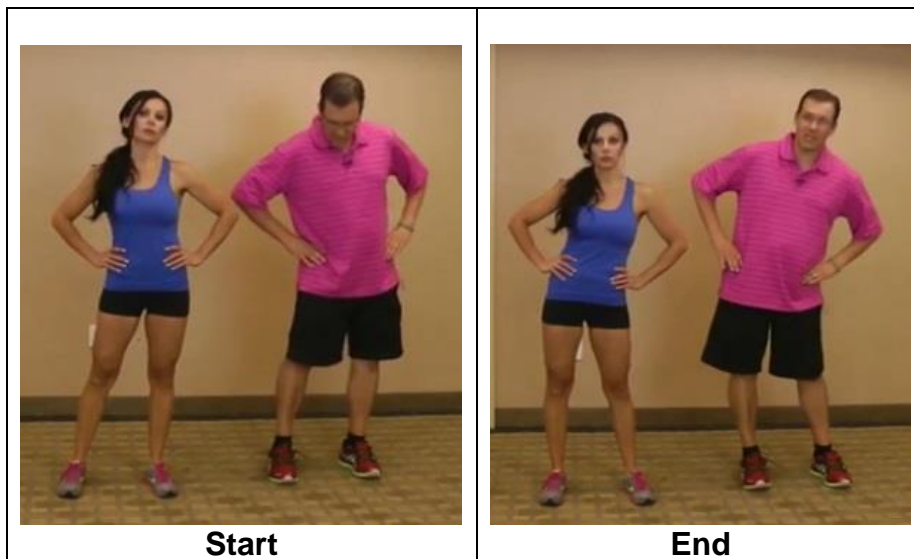


#### Forward Standing

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 five 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 five repetitions.

Now I am going to go with a wider stance, because normal movement with us humans is about 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.



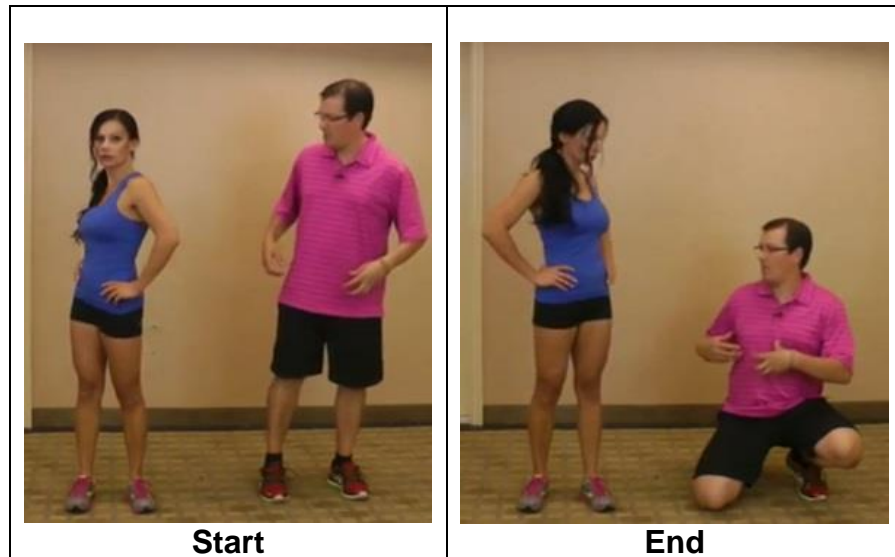
### Side to Side with wider stance

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**

Some people don't feel 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

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 you can do the exercise on one side, perform your leg and squatting exercises, and see how it feels. If it feels easy to do, more comfortable, and you are having more depth on that one side, then it is something that you should do.

There are people that should not do these hip mobility exercises; 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.

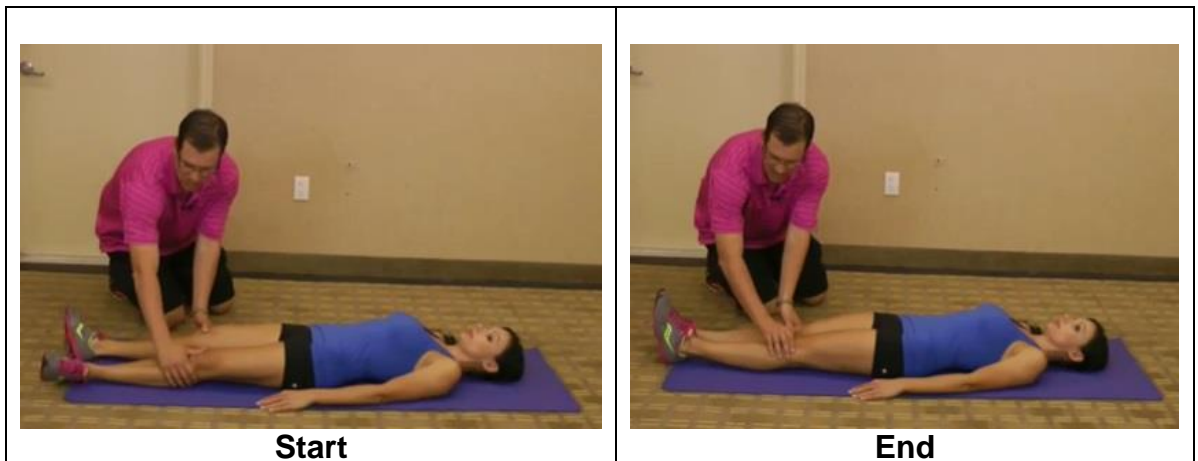
If you have a good healthy hip joint, you can give these exercises a go. But if you have a serious injury, arthritis, or a type of fall or fracture in that thigh bone then these are the exercises that I would not do.

## 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. We are going to work on dynamically stretching those internal and external rotators of the hip.

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

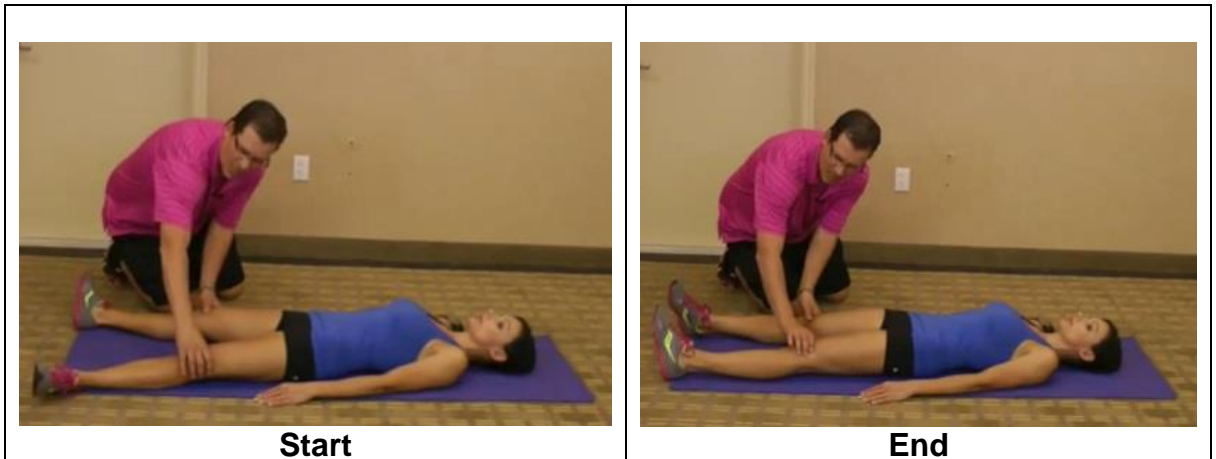
In the image below, I get Orsy to lie on her back and to drop her legs out to the side; and similarly, as much as you can, drop your legs out to the side and then back in. I am trying to go progressively further and further. I am finding that point where I feel light resistance, come back, and then out 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 30 to 45 degrees) and then same thing, rotating out, rotating in and rotating out.

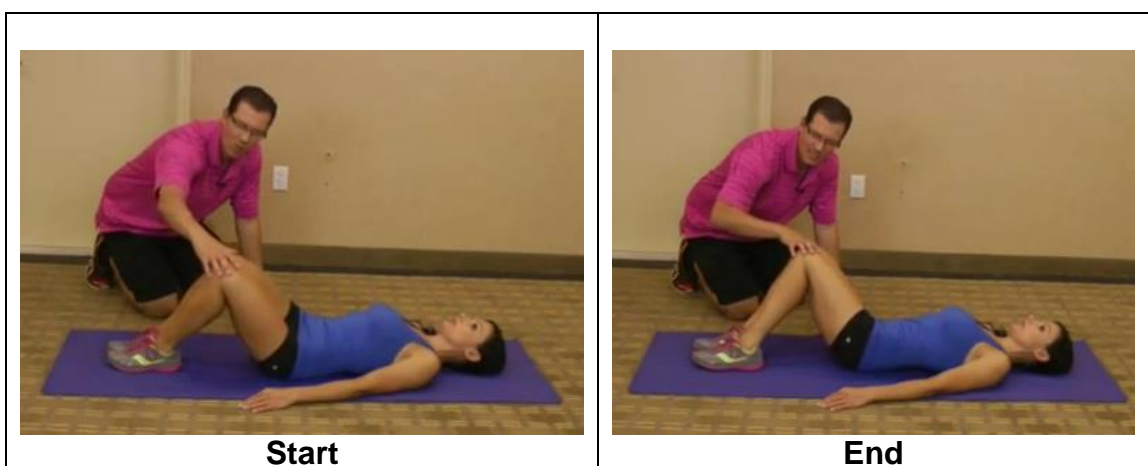


### On the Back Wide Legs Hip In and Out

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 from poor core activation endurance and strength.

### #18 – Knees Rocking Side to Side

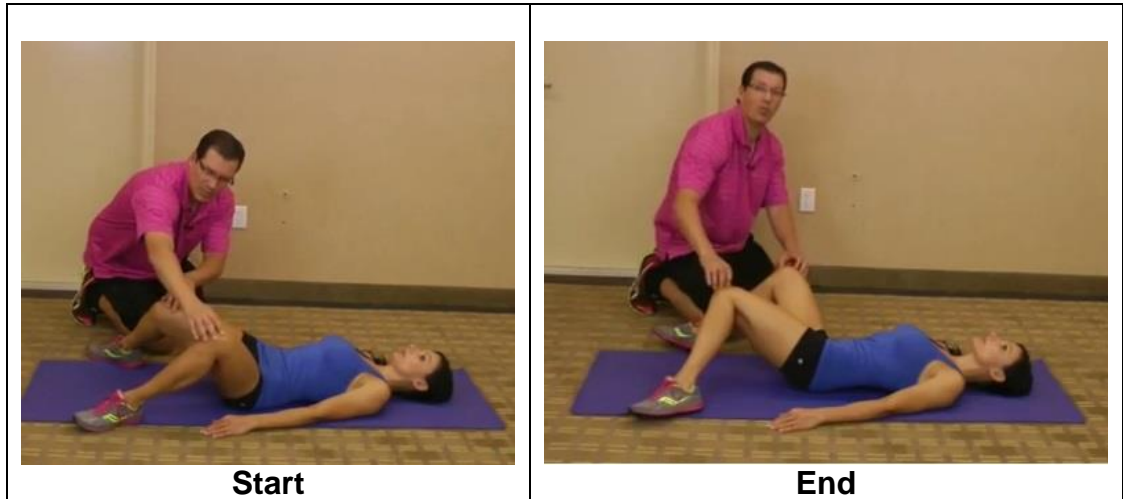
You are on your back with knees rocking side to side. Just rocking the knees side to side and focusing on the hips - the movement should mainly be happening in the hips. If the knees are 12 O' clock, I am roughly rocking to 2 O' clock to about 10 O' clock and going back and forth. There is little bit 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 we are really starting to focus on those internal and external rotators of the hip.



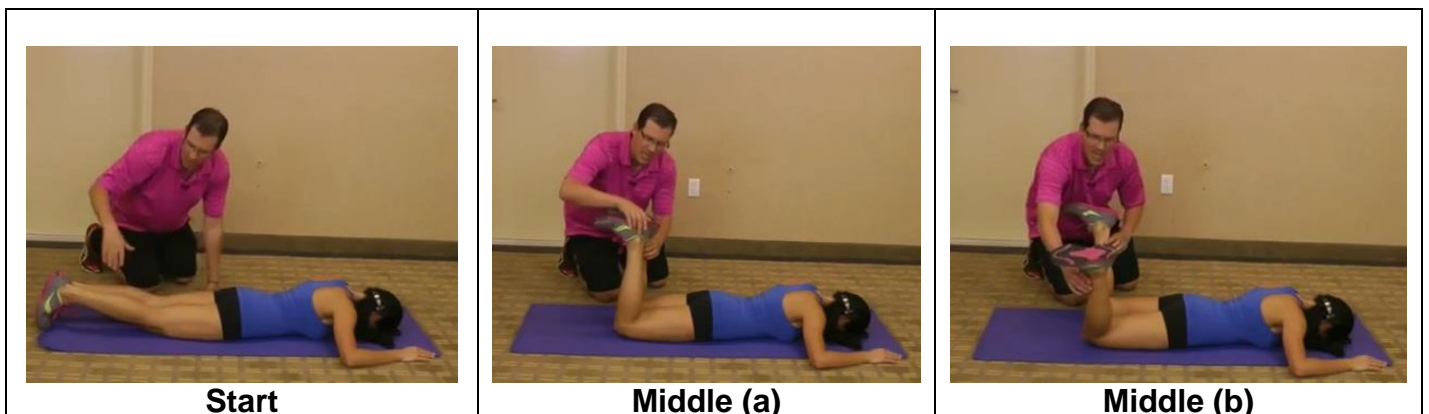
**Wide Knees Side to Side**

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

If I do any mat work, and I take a break between the mat work, I will do knee rocking side to side. If I can't do any exercise on my stomach, I will quickly use these next filler exercises during my rest periods.

## #20 – Heel In and Out

As you see below, I 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.





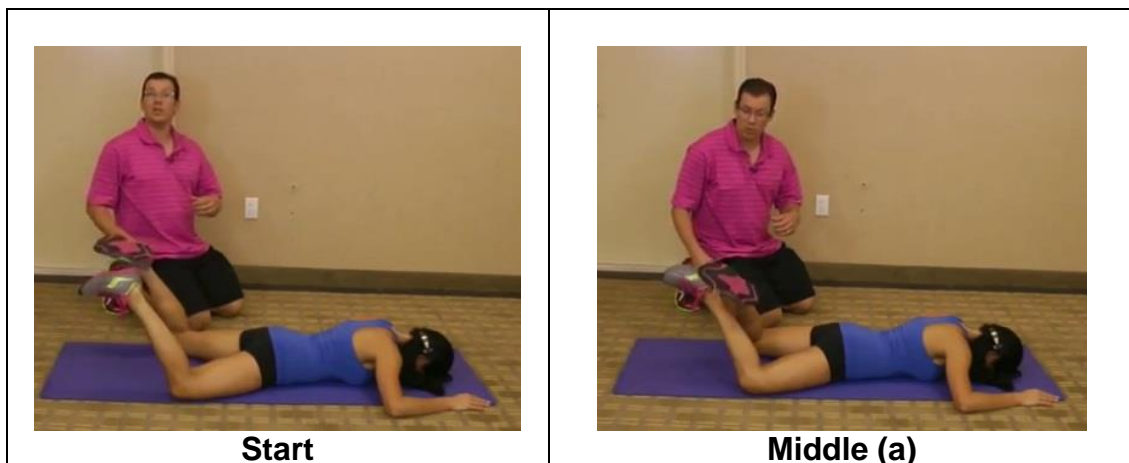


### Heel In and Out

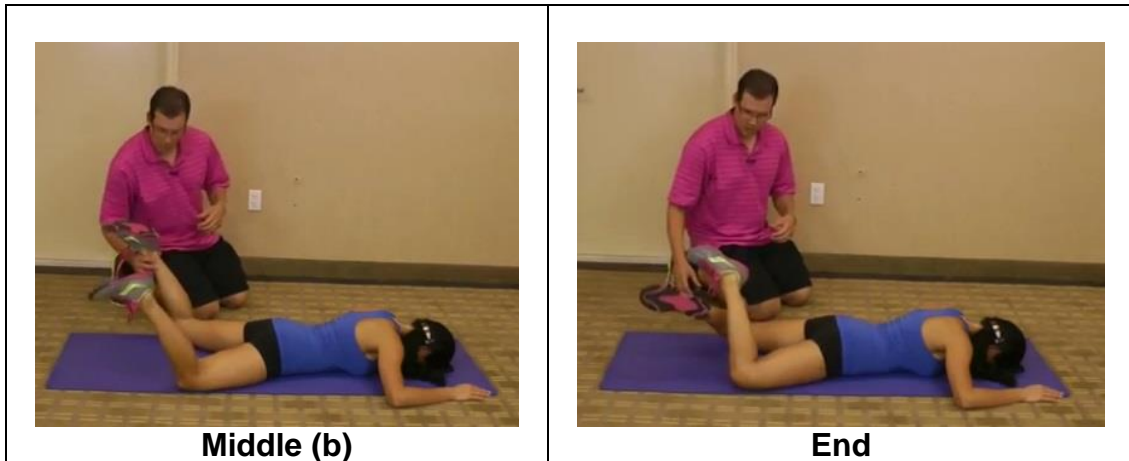
We are looking at finding where she feels resistance, like a light stretch in the hip joint muscles, and then when she gets to that point, she starts going in the exact opposite direction. Do about five repetitions on each side of this exercise.

### #21 – Wide Heels In and Out

To make it more challenging you can move your knees a little further apart. You will notice below that she is doing internal external rotation, scissoring back and forth. I recommend five repetitions.







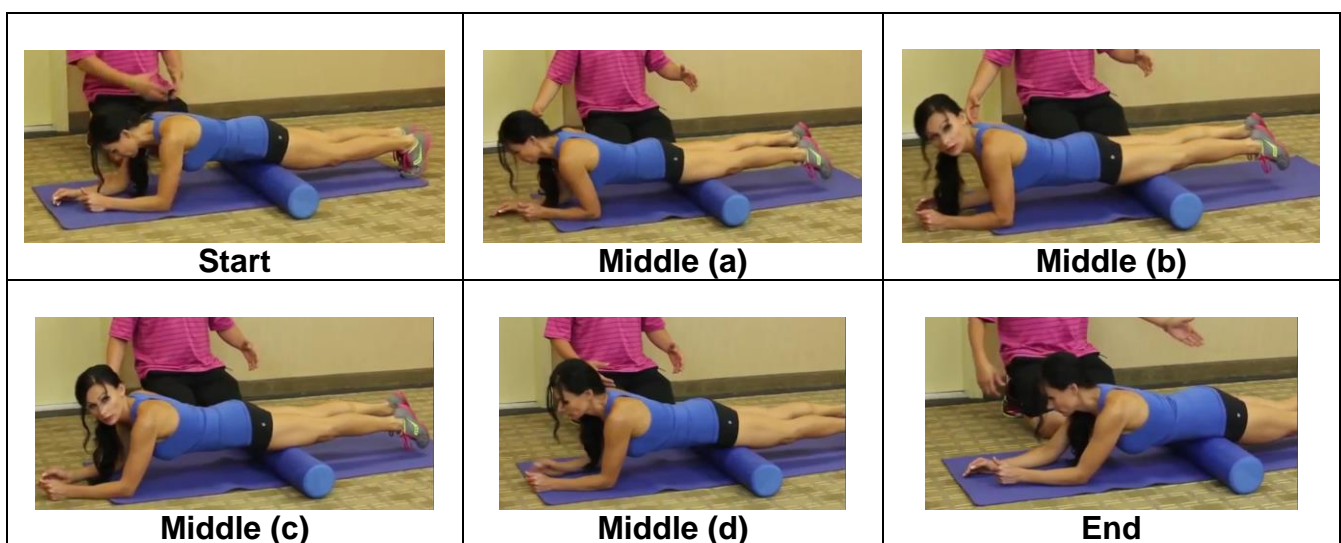
### Heel In and Out with Knees further apart

And just like with the hip joint mobility exercises 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 to do. Examples include, any type of fracture or labrum tear, osteo-arthritis, rheumatoid arthritis, any type of damage or hip replacement, partial or total hip replacement.

## 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. Orsy will demonstrate.

### #22 – Foam Rolling the Quads

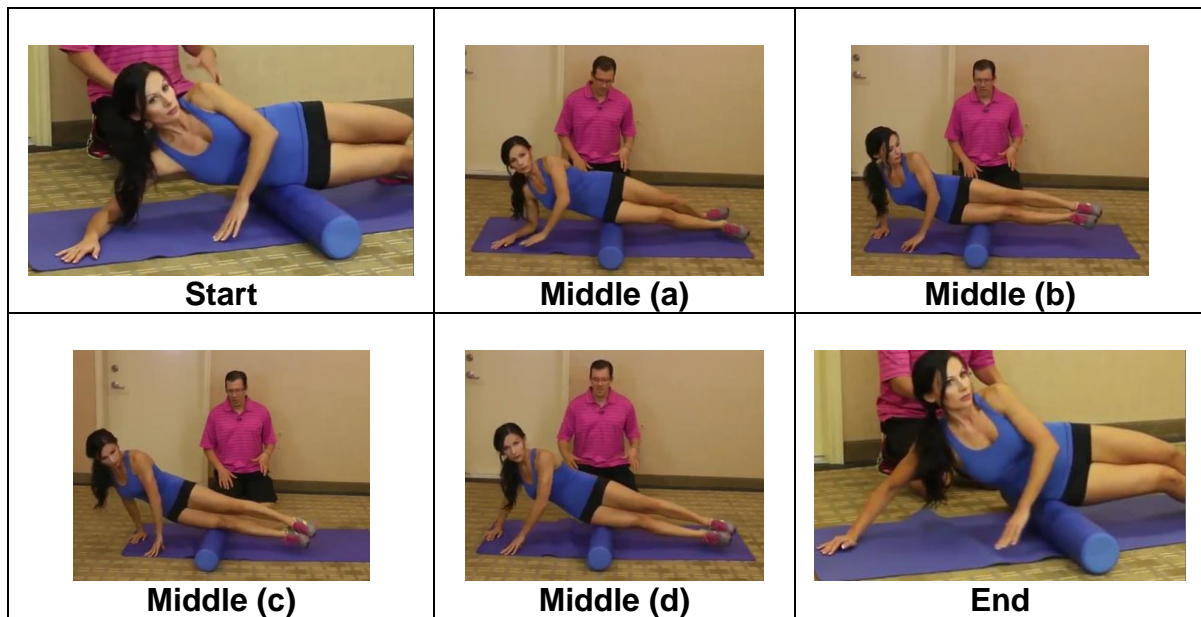


#### Foam Rolling the Quads

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 the quadriceps. I would do five repetitions to the quads.

### #23 – Foam Rolling the IT Band

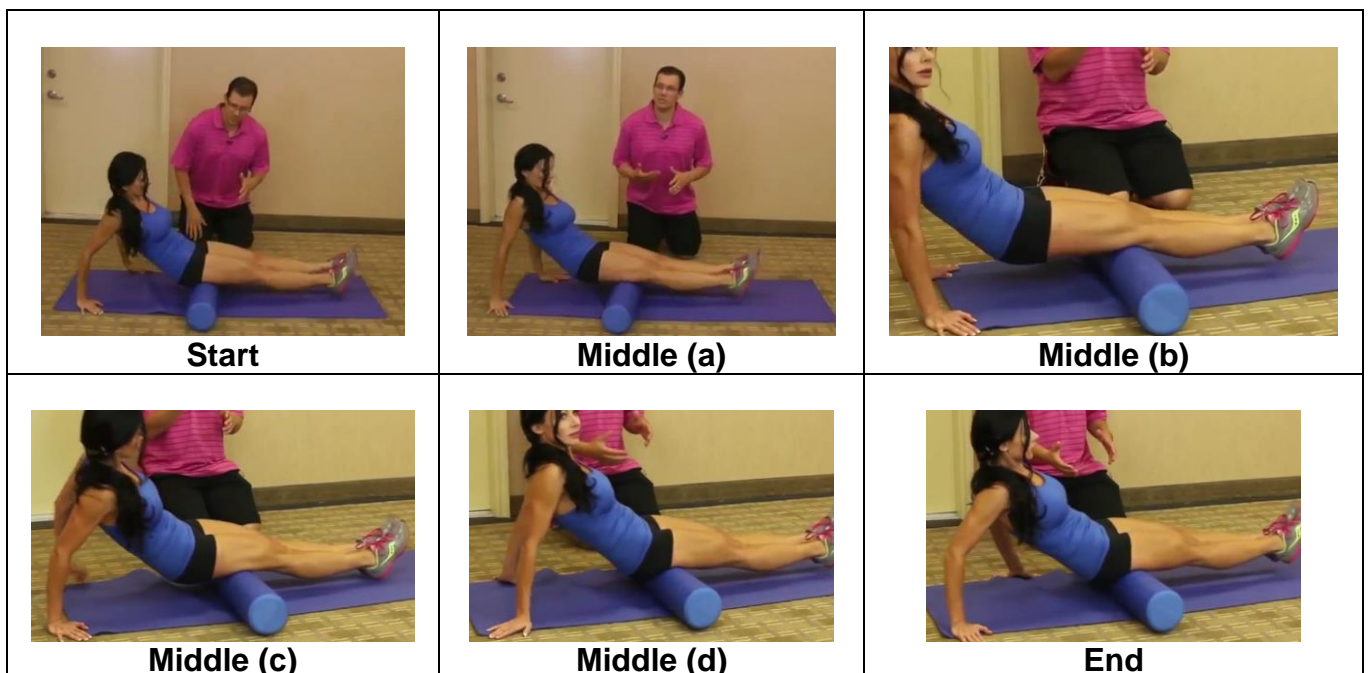
This filler exercise is like a little routine that I go through for the whole pelvis area and thigh area. Starting at the top of the pelvis, coming all the way just above the knee joint, and then coming back down and then back up. Do five repetitions to self-massage that IT band.



Foam Rolling the IT Band

## #24 – Foam Rolling the Hamstring

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

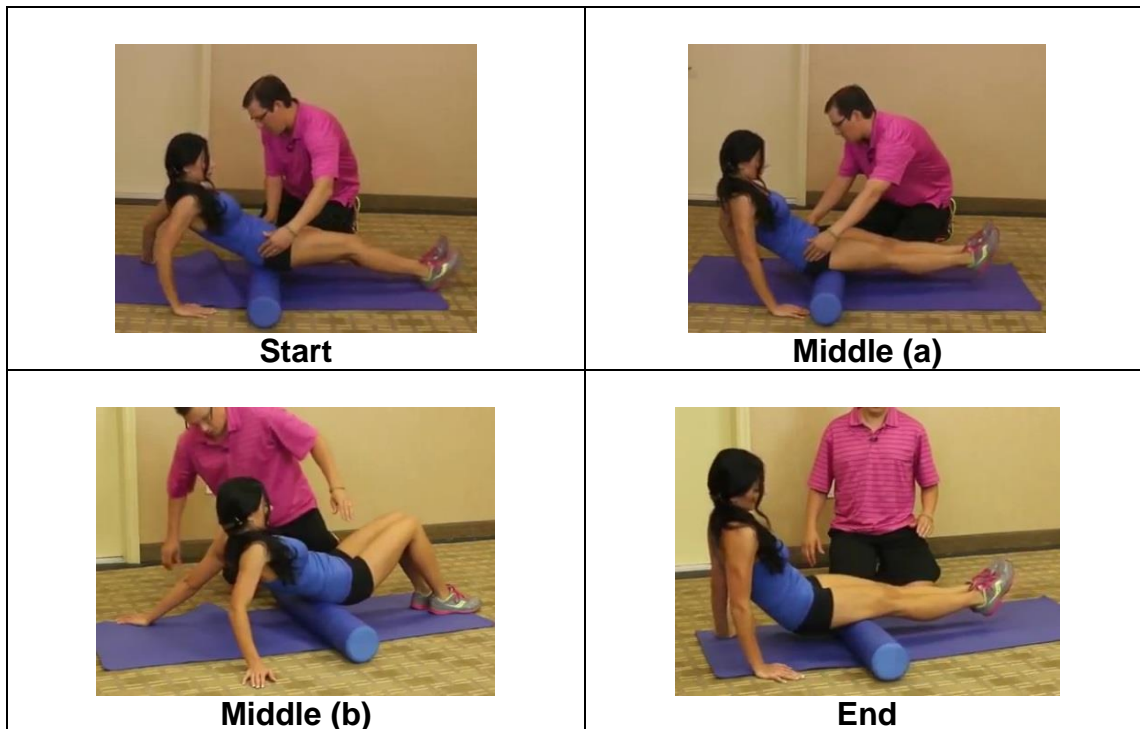


Foam Rolling the Hamstring

Starting off with the sit bones, the ischial tuberosities, and then coming all the way to 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

Starting the same way, and then going up to just above the top of the pelvis.

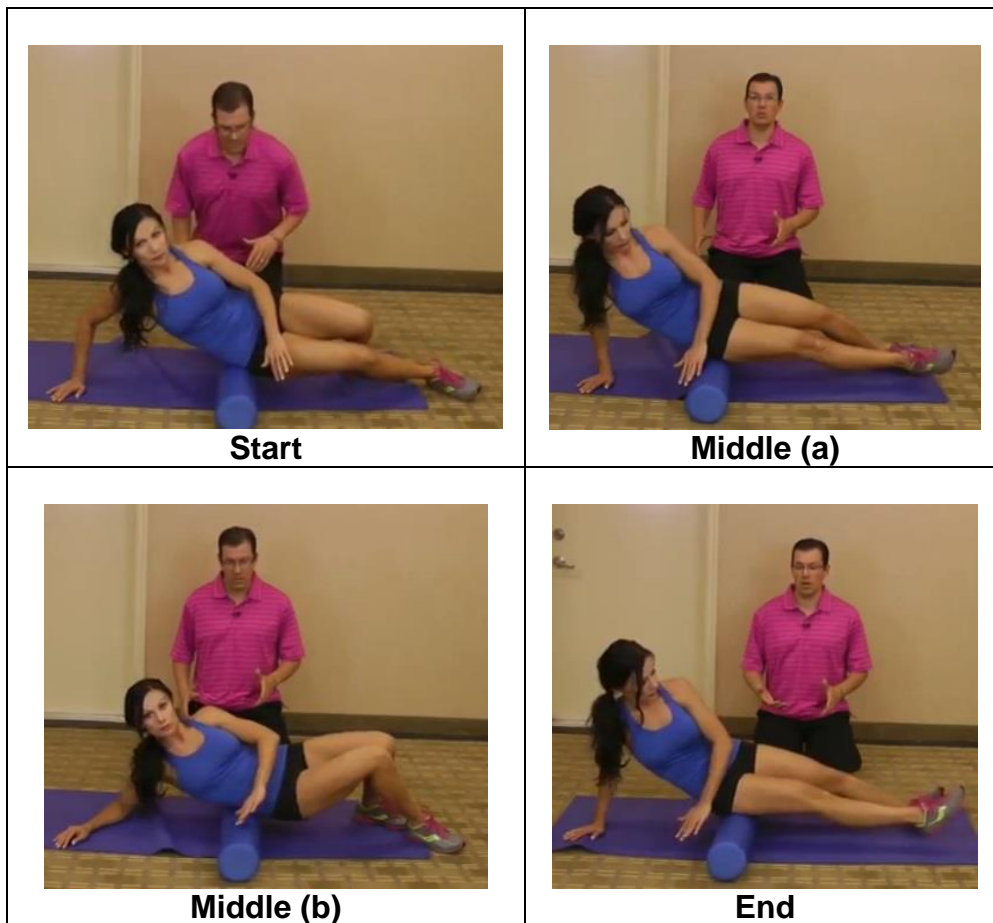


#### Foam Rolling the Gluteus Maximus

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, hitting the gluteus maximus.

### #26 – Foam Rolling the Gluteus Medius

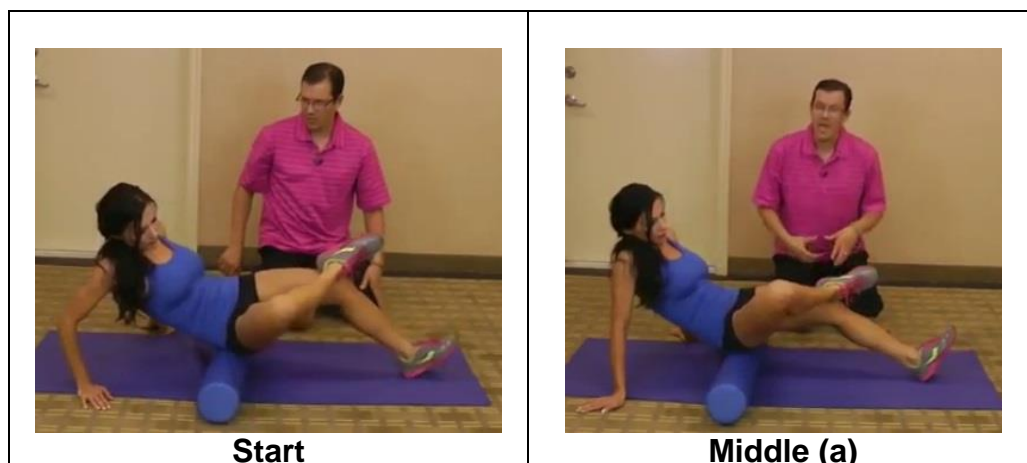
Now I would focus on one side. You can roll the foam roller or you can move yourself on that gluteus medius, top of the pelvis, down to the sit bones, smooth and controlled, self-massaging motions. I am not doing 50 repetitions because you can irritate the muscle.



**Foam Rolling the Gluteus Medius**

### #27 – Foam Rolling the Piriformis

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







**Middle (b)**



**End**

### Foam Rolling the Piriformis

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



**Start**



**Middle (a)**



**Middle (b)**



**End**

### Foam Rolling the Piriformis at 45 Degree Angle



Those are the five 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. 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 one side and see how you feel when you are doing your leg exercises. Do you have better movement? Do you perform better? Is it easier to move? If you are, there is a good chance that incorporating these foam rolling exercises around the hip will end up helping you out.

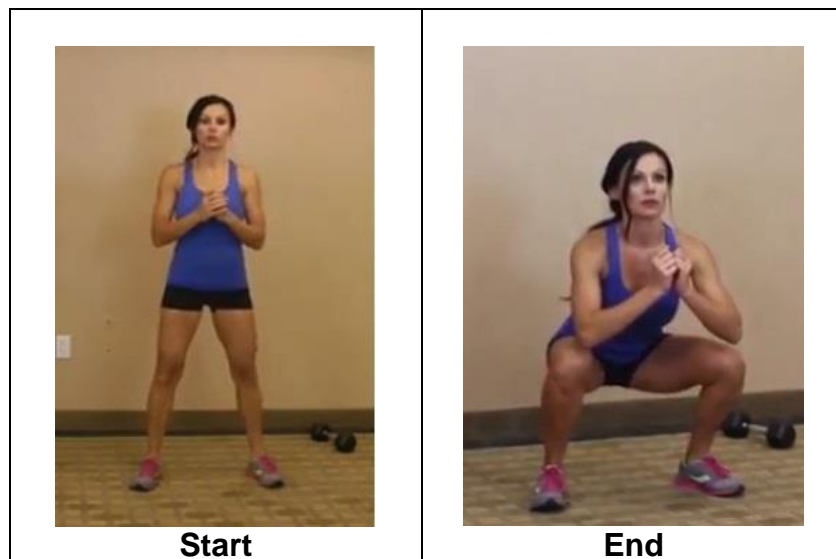
## Chapter 9: Hip Squatting Filler Exercises

Now we are going to do another set of filler exercises for the hip, but this time we are working on improving squat depth. And what squat depth 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 are 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 hips, or knees and back which ends up being a good thing. And then working on that activation, endurance, and strength in those hip muscles through greater range of motion helps when it comes to performance.

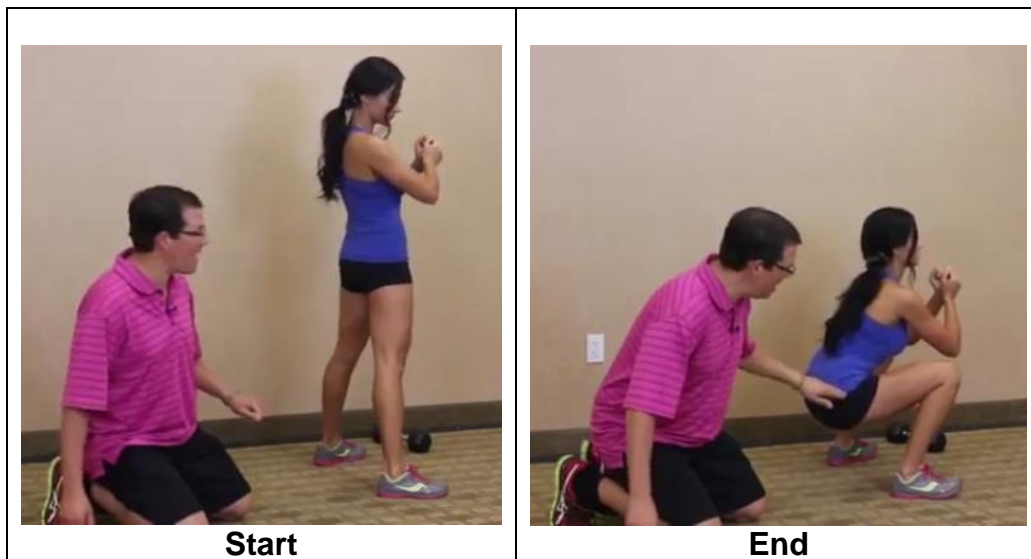
### #28 - Progressive Squat with Focus on Depth

Below, you see that I get Orsy to go into a deeper squat, focusing on the hips. I want the hips below the knees. Come back up and then come back down again and repeat. 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 and coming back up doing the best she can to keep that shin vertical. Note, it will be challenging to keep it completely vertical.



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

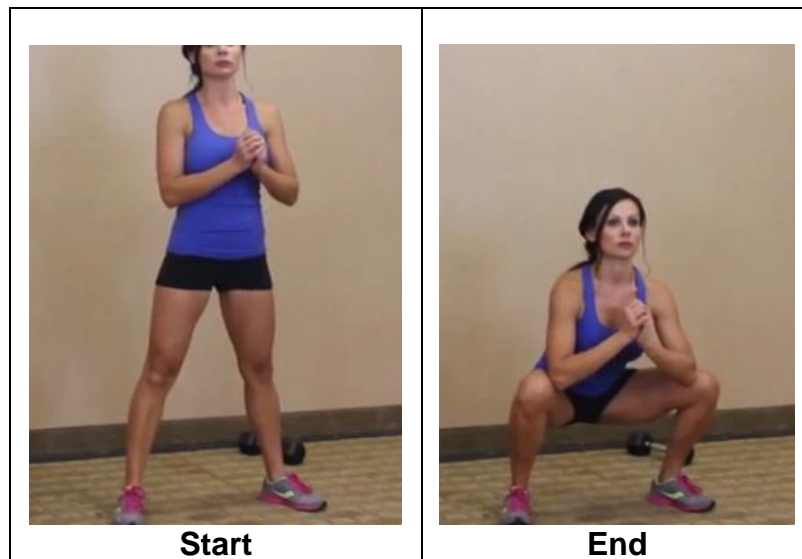
Here the back stays nice and solid coming up through that movement. And as she goes through the five repetitions, she is going a little bit deeper and a little bit deeper each time she does that squat.

### #29 – Hold Bottom Position Squat

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



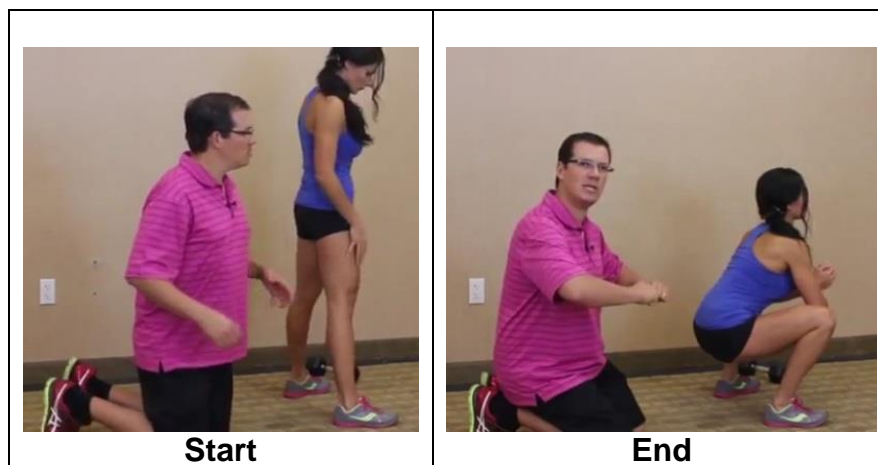
### Hold Bottom Position Squat (Side View)



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

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 we are 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)**

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

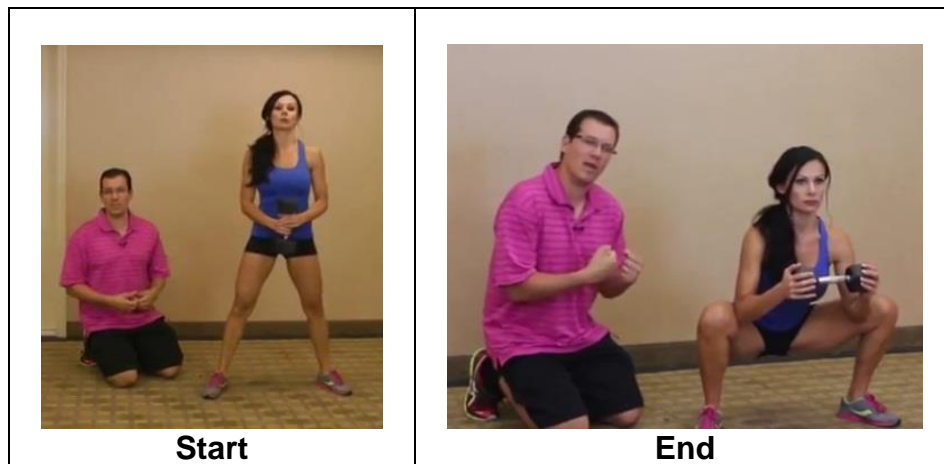


### **Hold Bottom Position Squat with Knees Pressed Out (Front View)**

Coming down, pressing the elbows out, elbows pressing the knees out, stretching out those hips and hold for 5 to 15 seconds. Do no more than five repetitions.

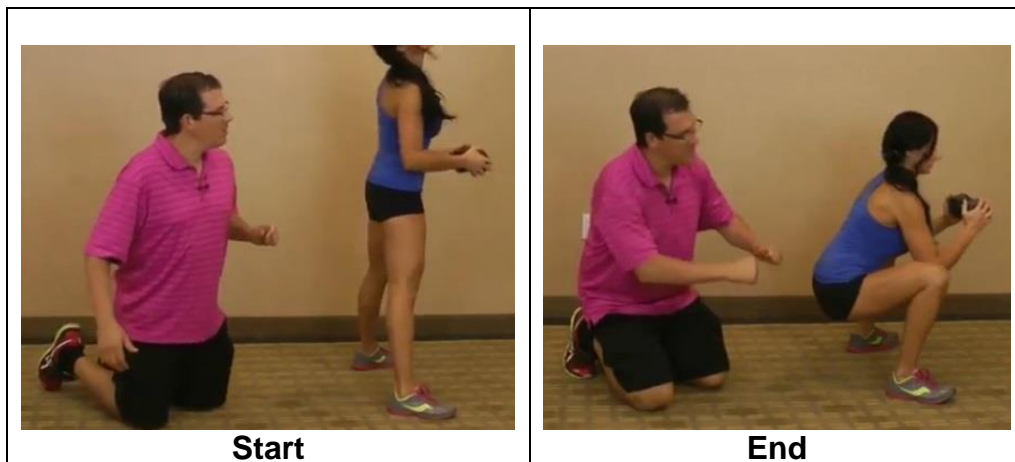
## **#31 – Hold Bottom Position Squat with Weight**

You can progress to adding load or adding weight. Orsy demonstrates coming down into that bottom position and pushing 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 opening up those hip joints so they can get more movement. You can use a dumbbell or a plate, whichever you have available to you.



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

Here 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 we are looking at no more than five repetitions with a 5 to 15 seconds hold.

Be cautious when it comes to these exercises if you have any hip issues, including anything that has affected the hip joint.



## Chapter 10: Mid Back Foam Roller Filler Exercises

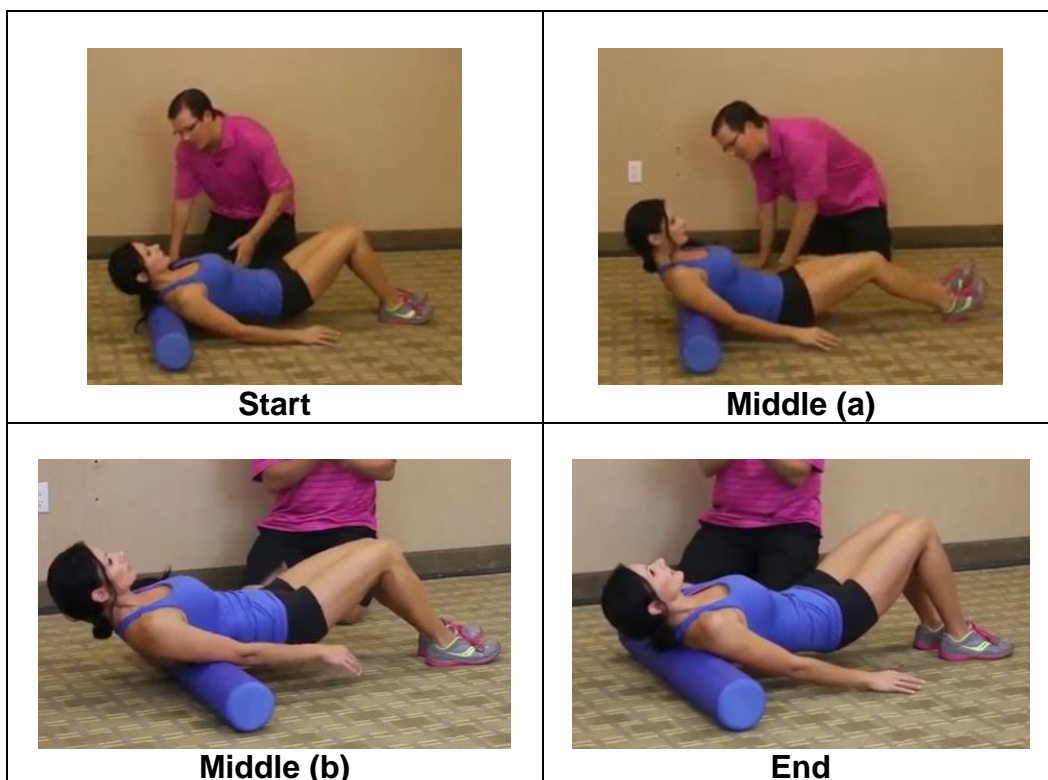
Now progressing to the mid-back and looking at mid-back mobility, thoracic mobility, specifically when it comes to anterior sagittal plane, moving into forward direction pressing on the mid-back.

A lot of people tend to be stiff in the mid-back, and that stiffness in the mid-back will affect any type of overhead exercises, shoulder exercises, and hip exercises. It is a really big problem that a lot of people have. You will become stiff and that stiffness will put more stress in the shoulders, more stress in the back, and lead to irritation, pain and injury in those areas.

You want to take a break, especially if you are doing an overhead exercise, to loosen up that mid-back in order to make overhead exercises easier. I will go through these 4 Progressive Foam Roller Exercises.

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

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



Foam Roller Mid Back with Hands to the Side

We do not want to go on the low-back. And then you are coming back. Mid-shoulder blade to that lower mid-back area, up to about the lower part of the rib cage. Again, we don't want to give into that lower back. Five 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 about the lower part of the rib cage. We don't want to go low back.



**Start**



**Middle (a)**



**Middle (b)**



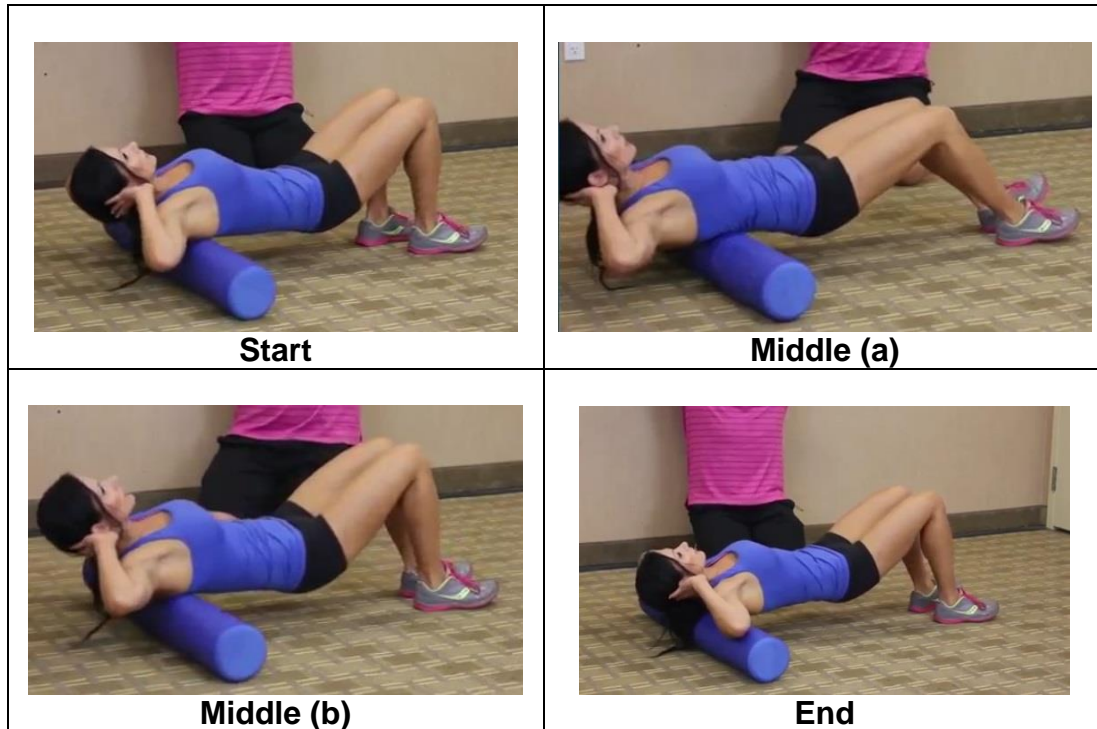
**End**

### 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 the head and the whole body is in nice straight alignment.

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

In this next demonstration, Orsy will put her hands behind her head, with finger tips to the side of her head. If you are having difficulty holding the head up, you can put your hands behind your head and use them to cup the head. Foam rolling up to the mid-shoulder blade and to that lower rib. Five repetitions; you can 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 the mid-shoulder blades again. We have exposed more of the mid-back area and we are able to get that foam roller better into the mid-back area to loosen things up in the sagittal plane forward and back of that thoracic spine.



**Start**



**Middle (a)**



**Middle (b)**



**End**

### **Foam Roller Mid Back with Elbows In**

I recommend you give those a try. Do one set of overhead exercises without doing these filler exercises. Then add the filler exercises and compare to 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.

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

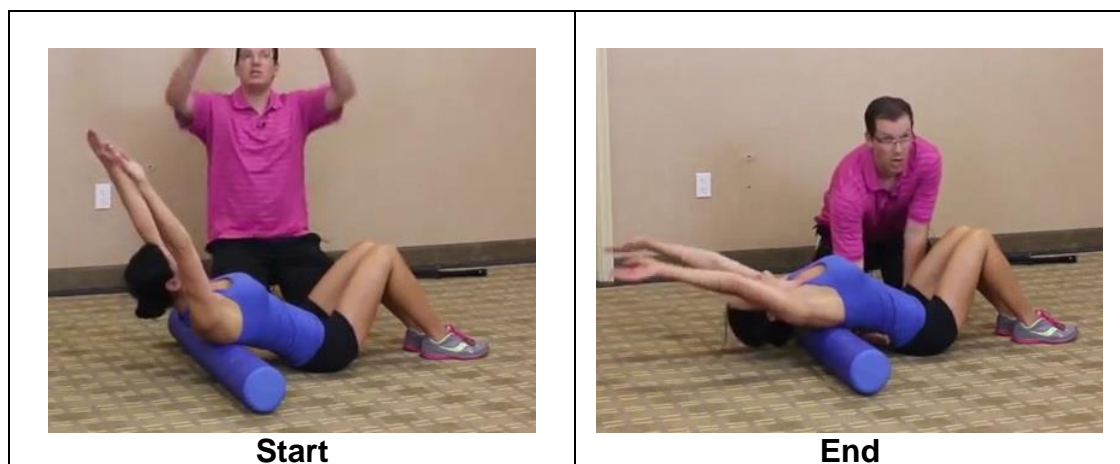


## Chapter 11: Mid Back Extension Filler Exercises

Previously we focused in anterior thoracic movement. Now we are going to work on posterior extension in the thoracic spine. With this we are going to work through the three progression exercises.

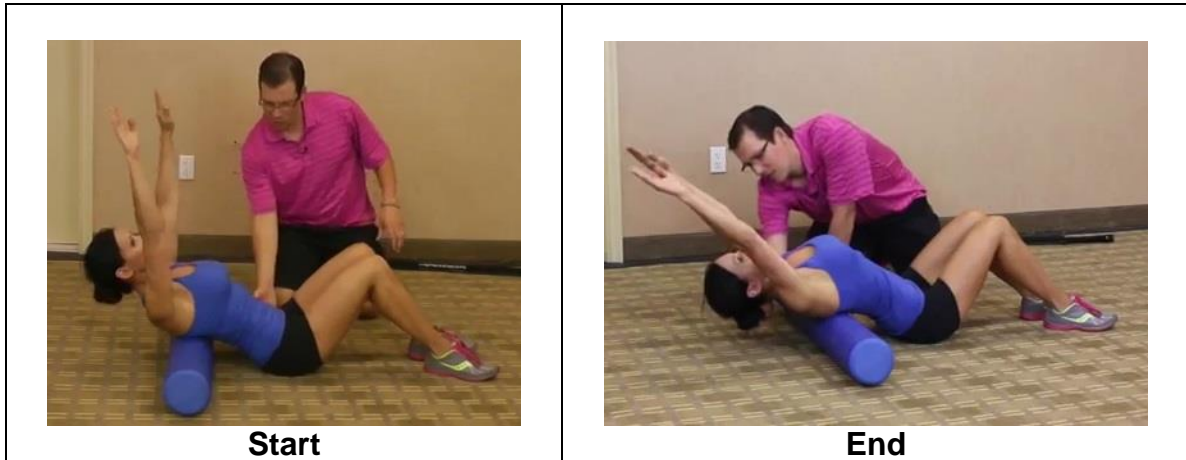
### #36 – Arching Over Foam Roller

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



### Arching Over Foam Roller

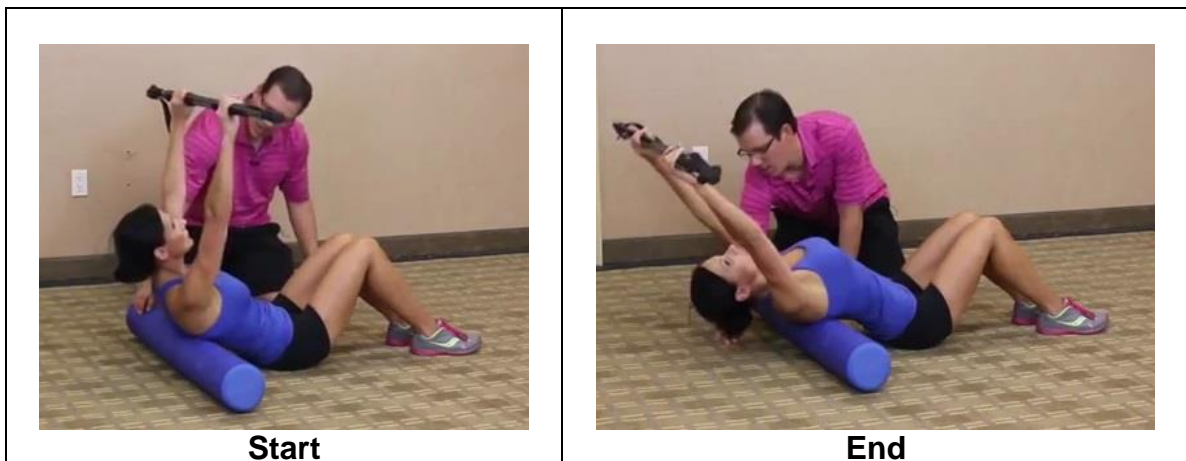
Now what she can do is slowly creep or move that foam roller, so she can move up a segment or two and then drop her seat down, back stays the same, arching over. I don't want you to bring the head back too much, try to keep it in line with the spine and definitely in line with the arms.



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

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

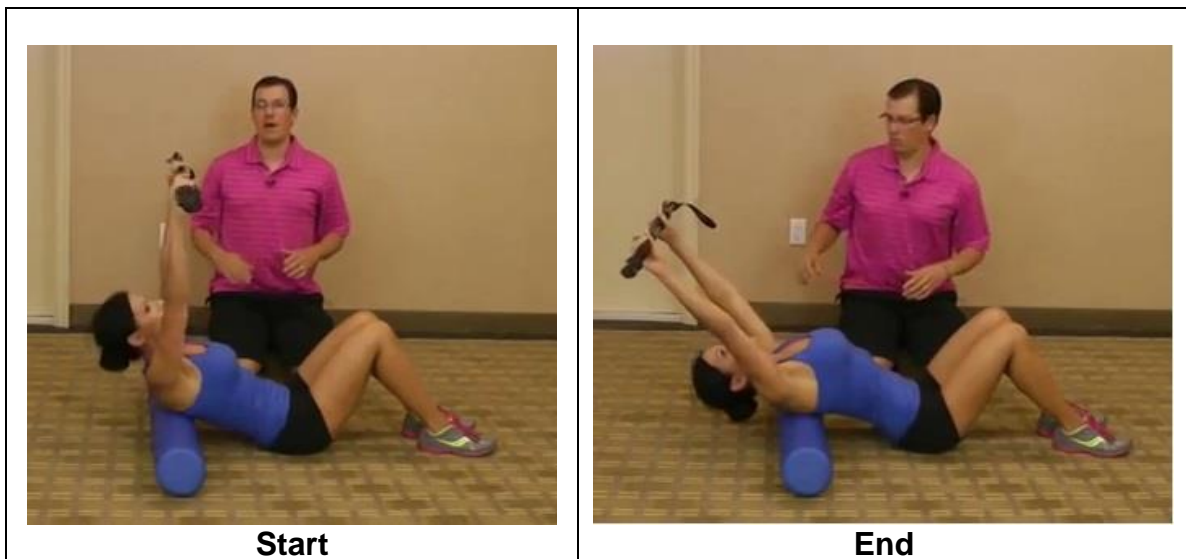
To make it more challenging, we can arch over foam roller with a bar. She can put this in her hands adding a little bit of weight, and it forces her to go into a little bit more thoracic extension.



**Arching Over Foam Roller with a Bar**

And as you come up, we are changing the position of where that foam roller is. Five repetitions, 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**

To add a weight, I can put a body bar or a barbell in my hands to give me some pressure to get more of an arched extension in that thoracic area.

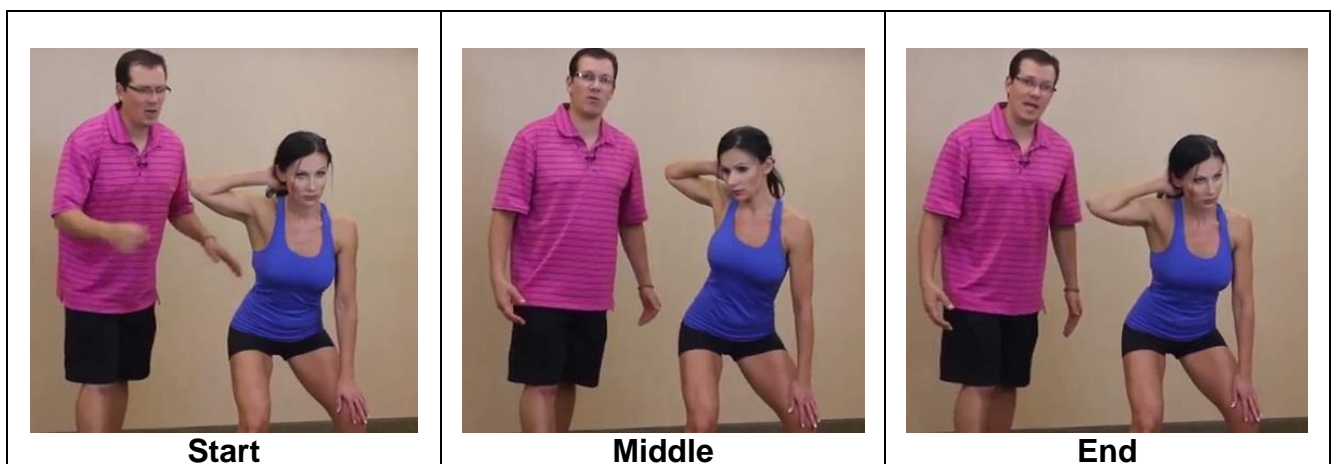
Now, just like I said with the other foam rolling exercises that target the mid-back. If you have an injury that has changed the structure of those joints, this might not be an appropriate exercise for you. Examples would be a fracture in the thoracic spine, osteoarthritis, or a rib that constantly pops out. If you have those, I do not recommend you do this exercise.

## Chapter 12: Mid Back Rotation Exercises

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

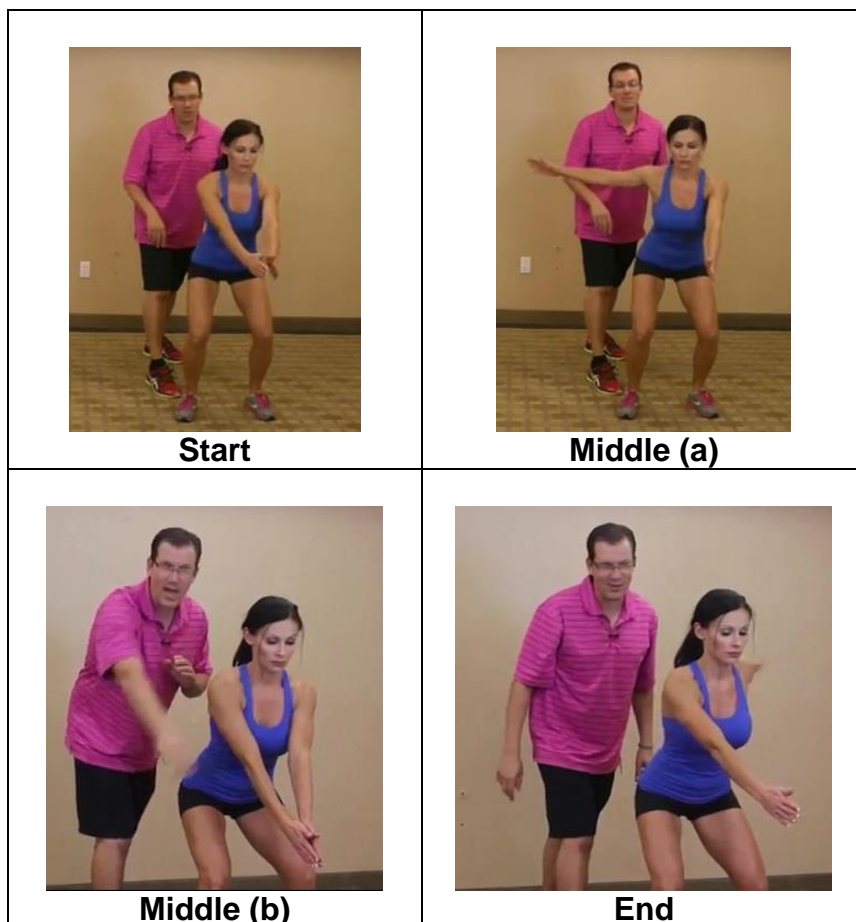
Orsy demonstrates a good quarter squat, good rotation through that thoracic spine, working on that rotation part, going through five repetitions. Head stays in line with the rest of the spine, opening up that shoulder and rotating through the thoracic spine.



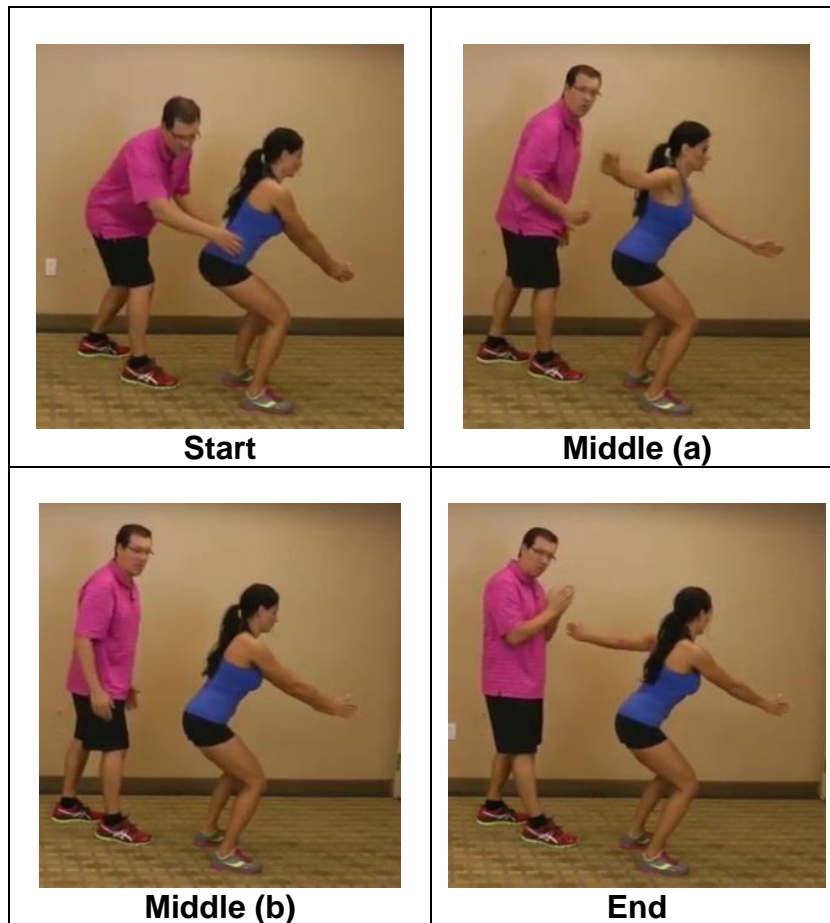
**Hip Hinged Half Nelson Opening (Side View)**

## #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. You can start off with your eyes looking straight ahead and just moving your arms.



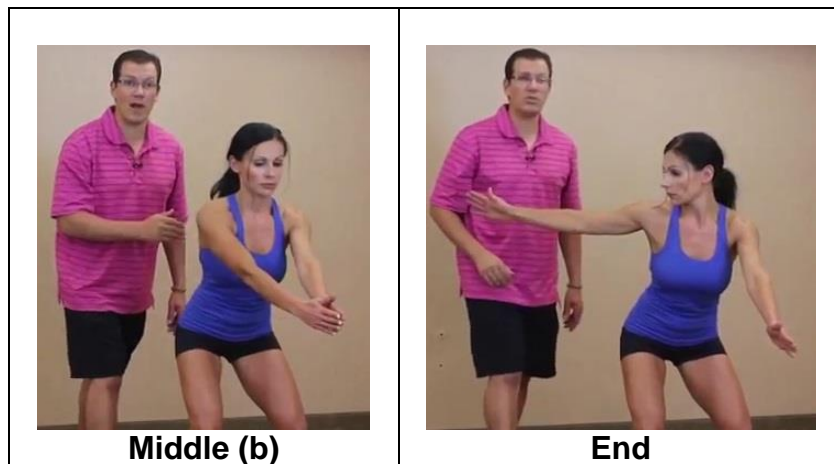
**Hip Hinge One Arm Opening Level 1 (front view)**



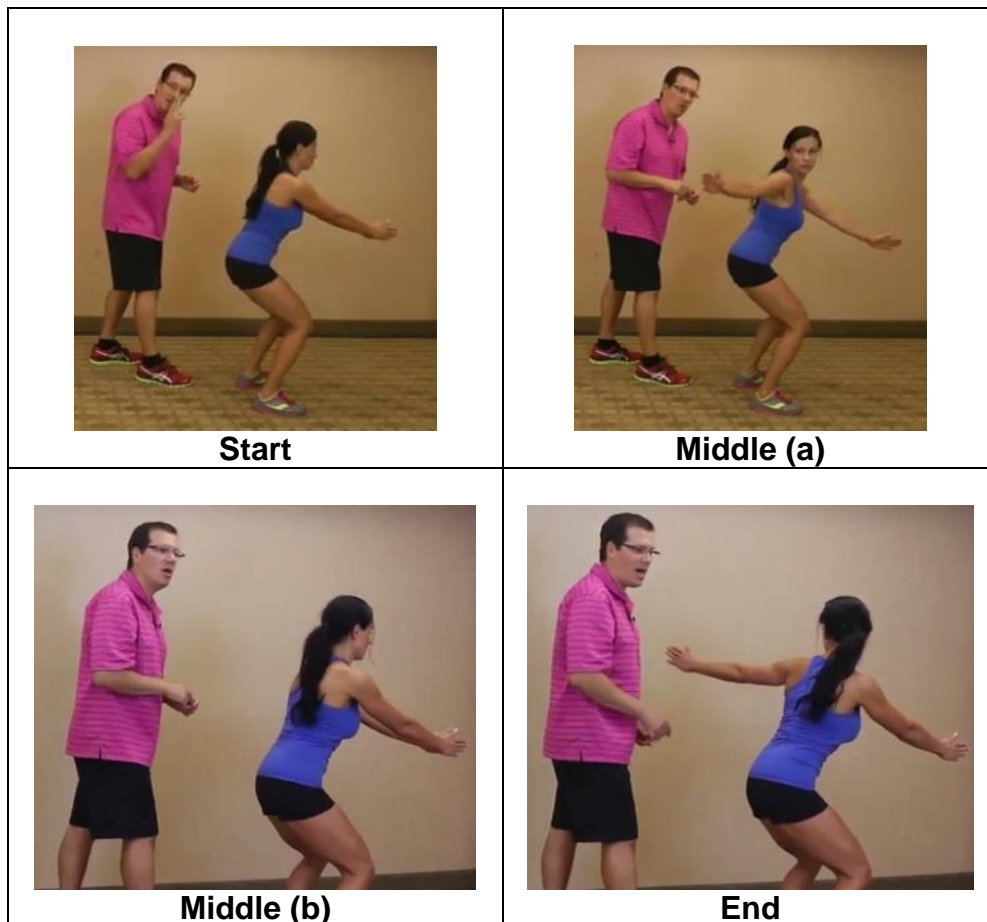
**Hip Hinge One Arm Opening Level 1 (side view)**

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)**

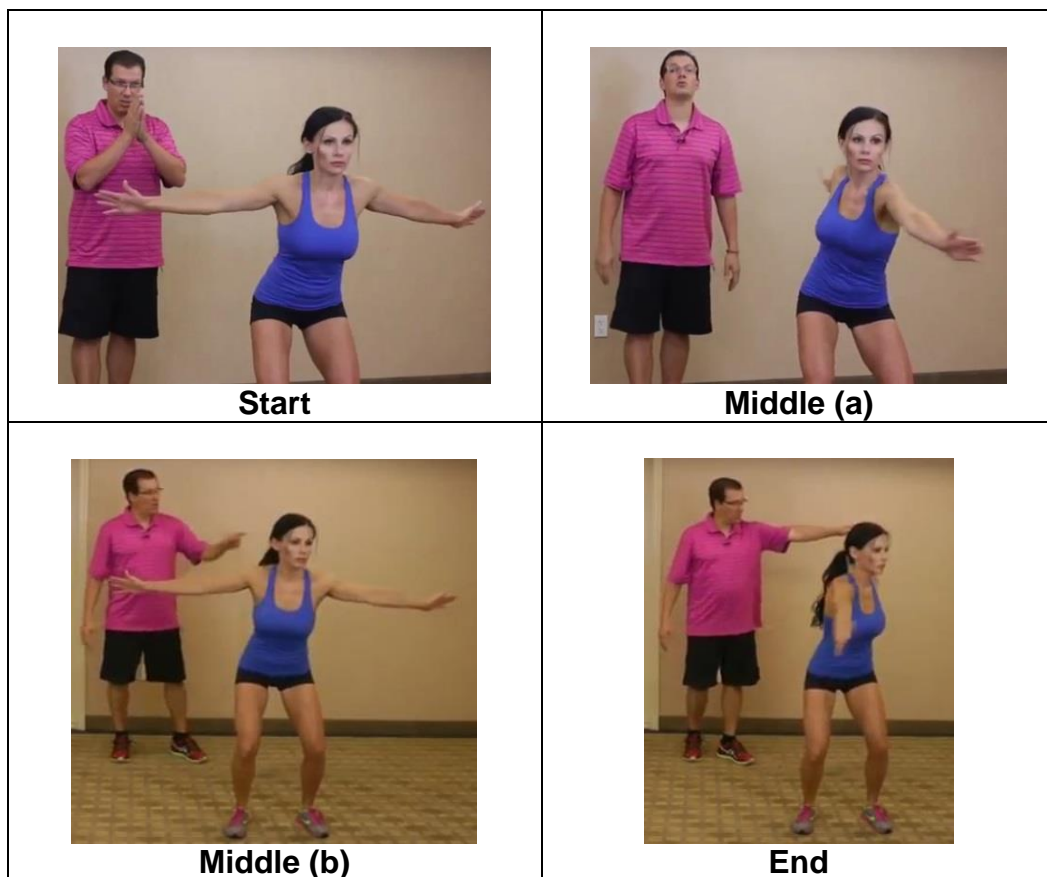
Hinging through the hips that lumbar spine is locked. Opening and alternating the arms, getting that alternative rotation in the thoracic spine.



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

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

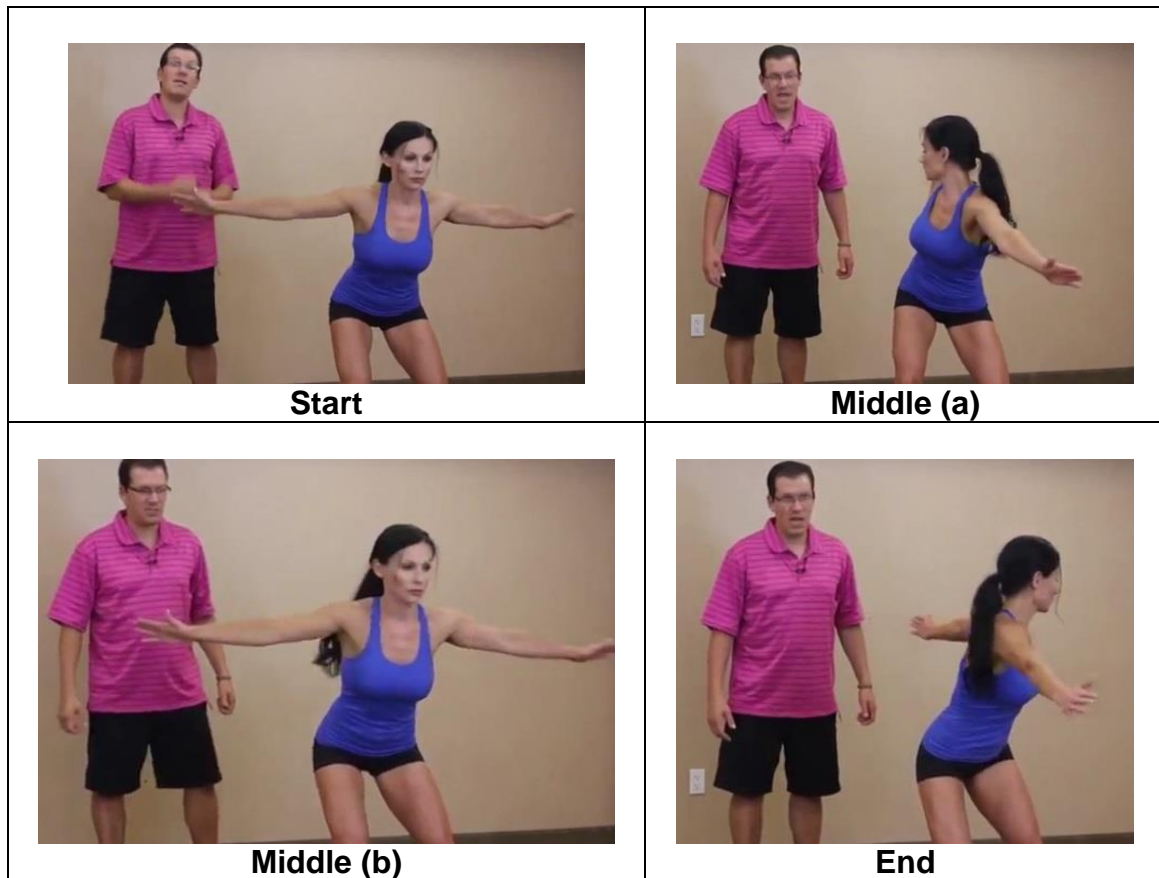


#### Hip Hinged Rotation Level 1 (front view)

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 follow the arms.

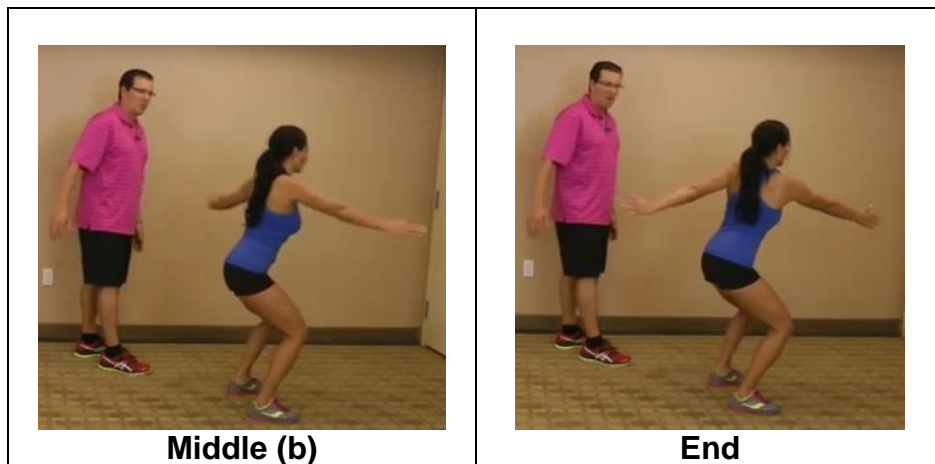




### Hip Hinged Rotation Level 2 (front view)

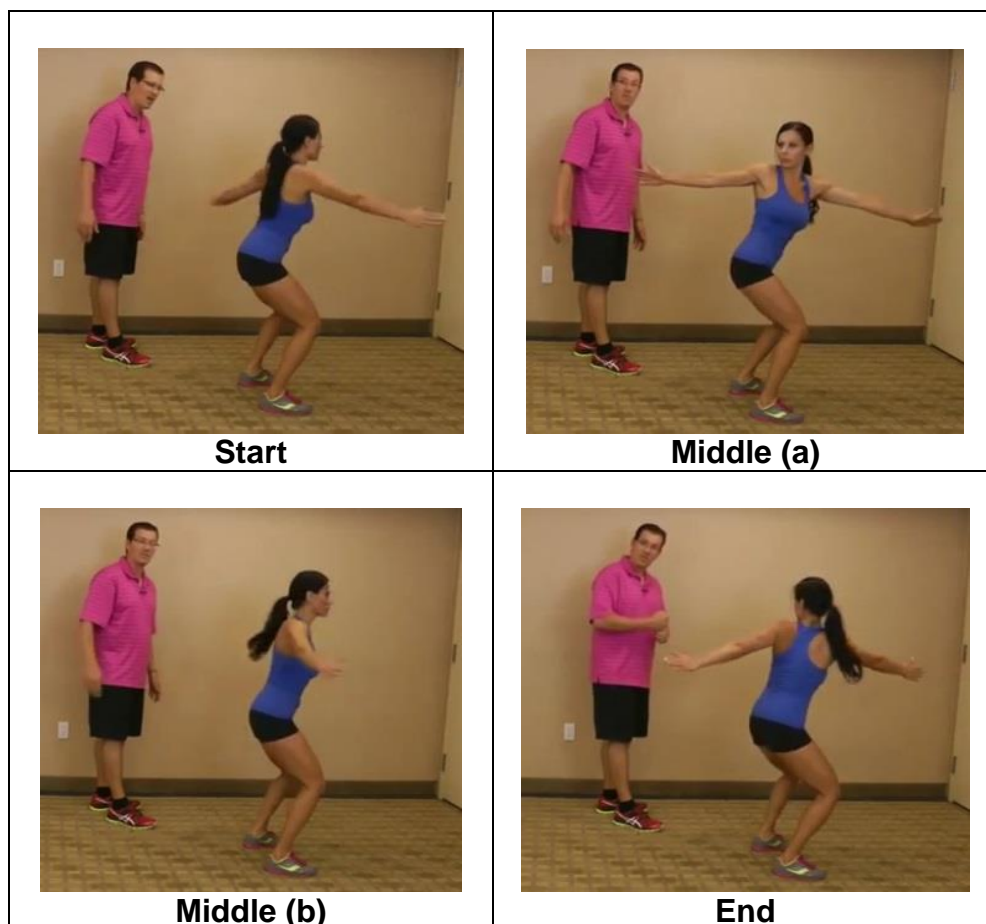
Side view: Hip hinged position, arms to the side and then we are rotating, eyes straight ahead.





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

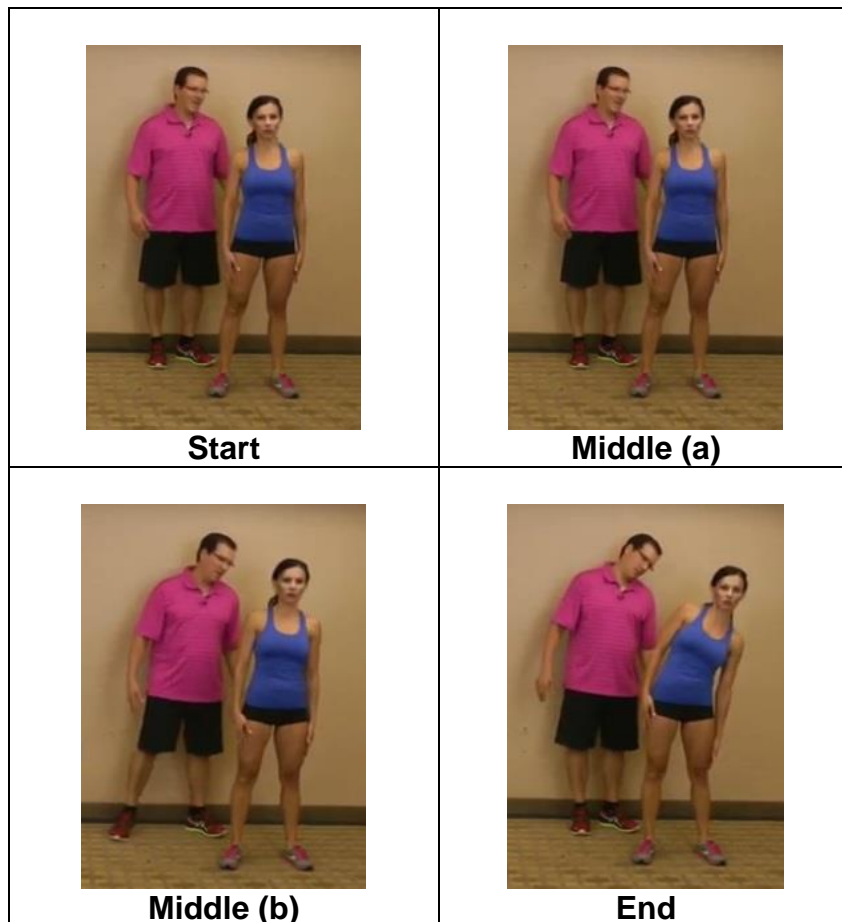
Then progress to the following - eyes following the hands and with the eyes following the hands getting more rotation. So now we have worked on the third part when it comes to that mobility in that thoracic spine.



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

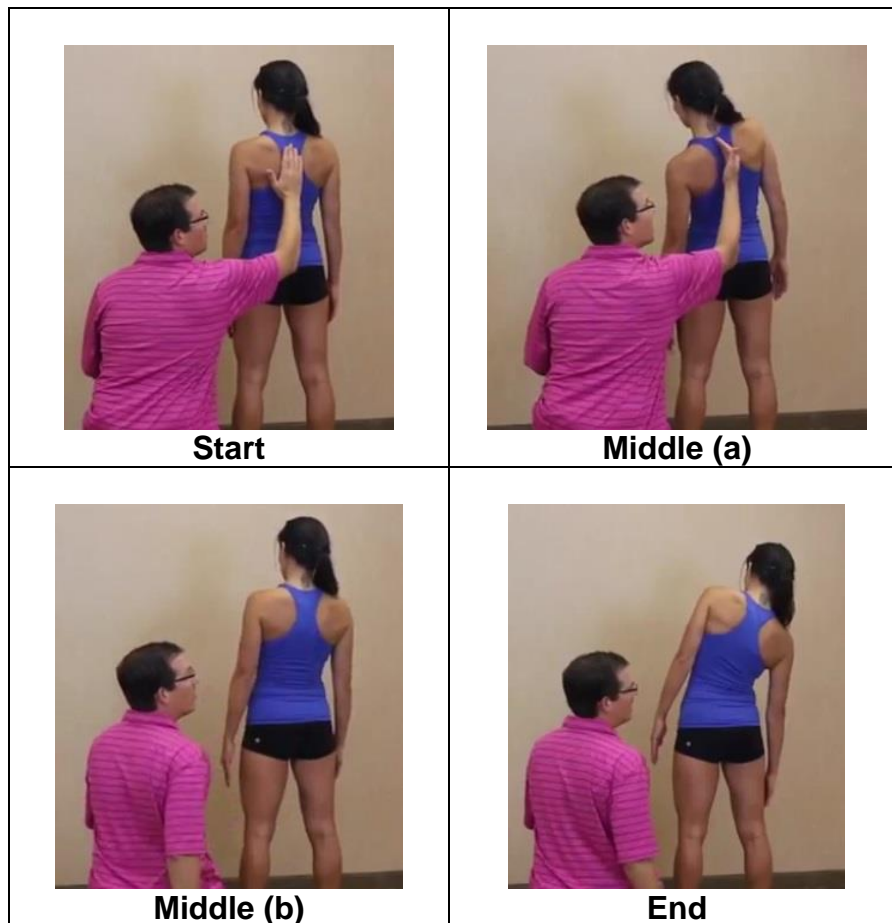
### #43 – Side Bending

This is another thoracic mobility exercise, but I am including it here, it is side bending. Below, I 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 the thoracic spine. We have covered anterior, posterior, rotation, and side bending. We are looking at doing about five repetitions to loosen things up or you can do as many as 10 repetitions.

Just like the other thoracic mid-back mobility exercises, if you have a specific injury in the thoracic spine area, these might not be the most appropriate exercises for you to do.

I would suggest you 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 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 include 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 five exercises, all starting with the same one and becoming progressive in nature.

### #44 – Vertical Hanging Exercise

This demonstration 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 suggest doing this exercise. 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 almost straight up above you, just like hanging, to 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.

I start by getting people to hang from the chin up bar or the pull up bar with about 25% of their body weight for 15 seconds and then I will get them to relax and come back.

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

Then you can progress to vertical hanging with 50% of your bodyweight. Same thing, reaching the bar and hanging with 50% of your body weight, getting more of a stretch in the 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 with one leg you have got about 75% of your body weight and are stretching through the 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. I would go with no legs so I get all of my body weight through my hands, specifically through my shoulders.

### #48 – Swinging

To do this, grab on to the bar and then lightly swing yourself 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 in 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 stretching you end up doing, it's not really affecting those ligaments in the shoulder blades. But if you 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, 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 would be one leg. Then, no legs, and then the final set would end up being the swinging.

If you do this, you will find that you have more movement and range of motion, and it's easier to get the weight over your head.

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

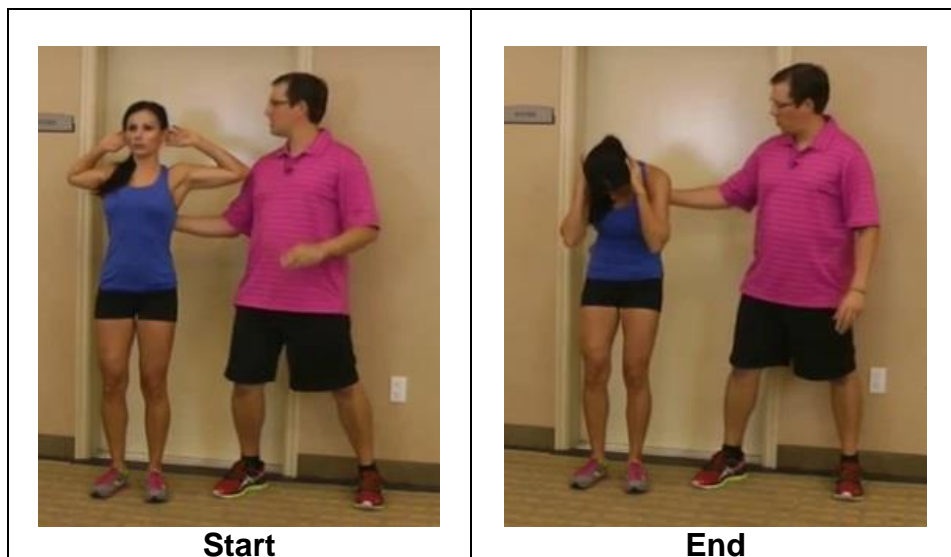
Now people who should not do this set of five exercises are people who have excessive movement in their shoulders. If you are hyper mobile, if you are able to pop your shoulder in and out, if you have constant subluxations in the shoulder, if you have a labrum tear in the shoulder, this would not be an appropriate exercise for you to do. But if you have 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

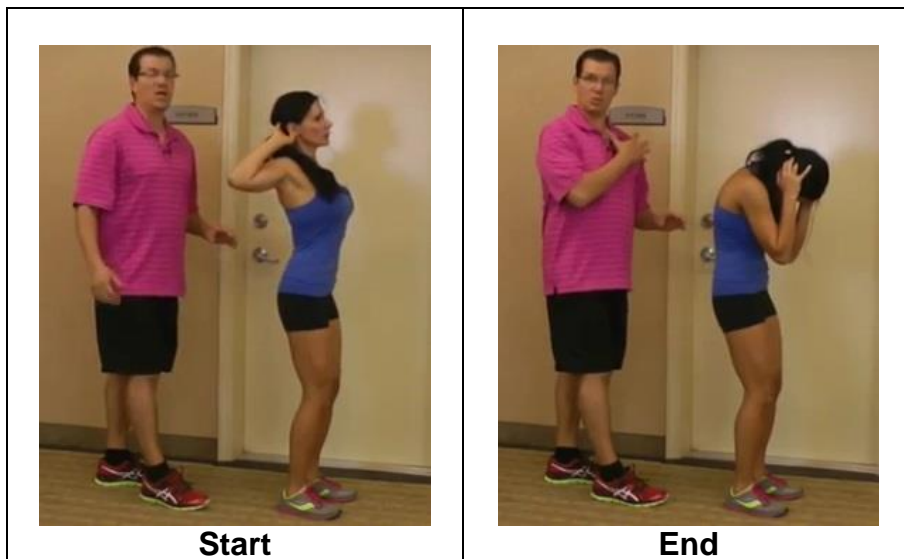
Now a couple more filler exercises for the shoulder.

### #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)

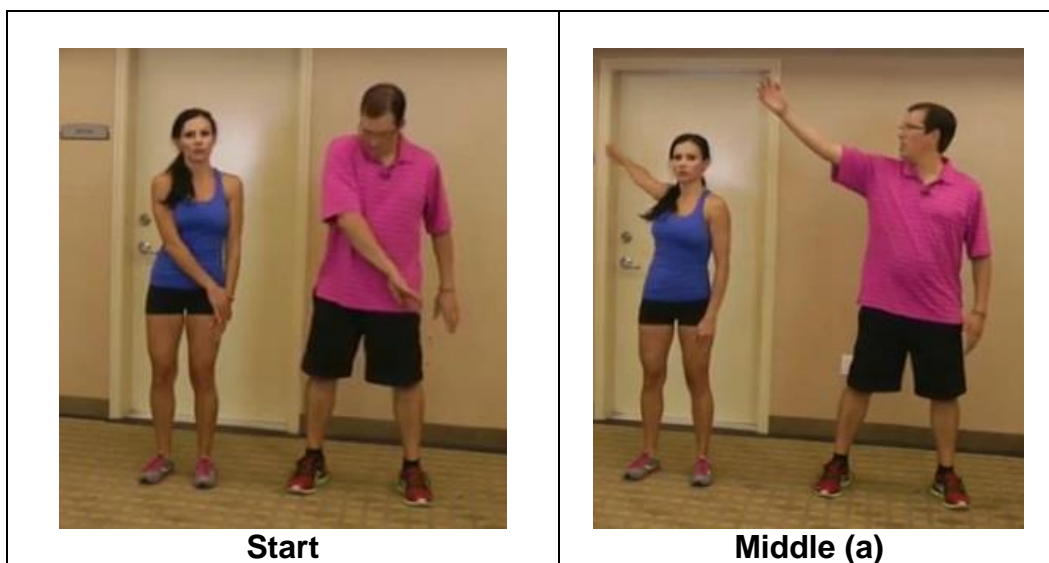


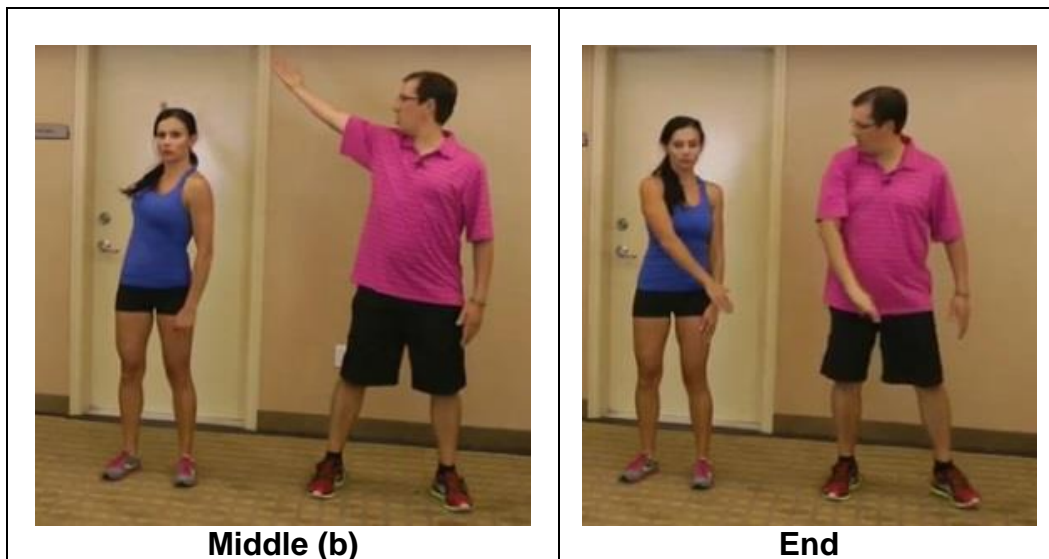
### **Elbows and Head In and Open Up and Hands in Full Nelson Position (side view)**

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

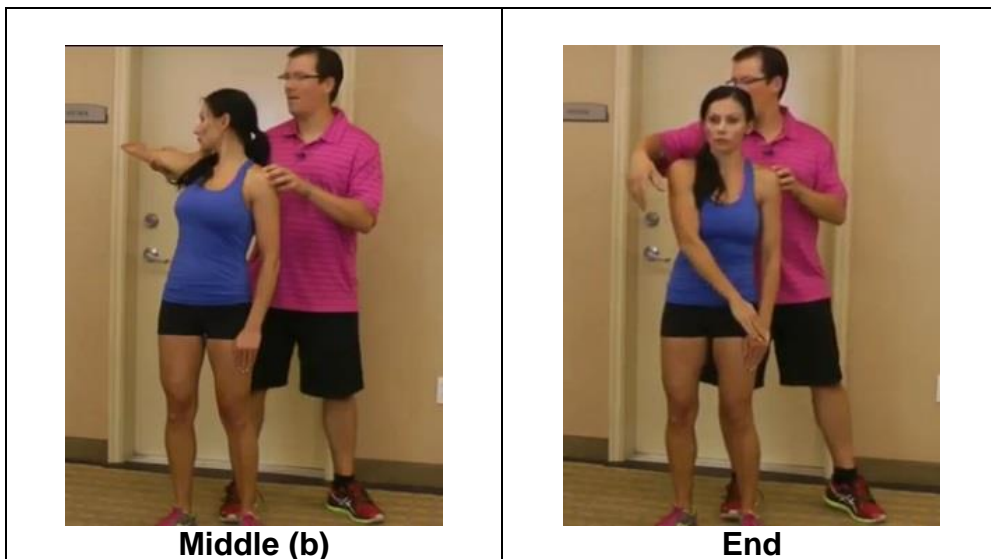




### Diagonals with Rotating Arm Level 1

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





### Diagonals with Rotating Arm Level 2

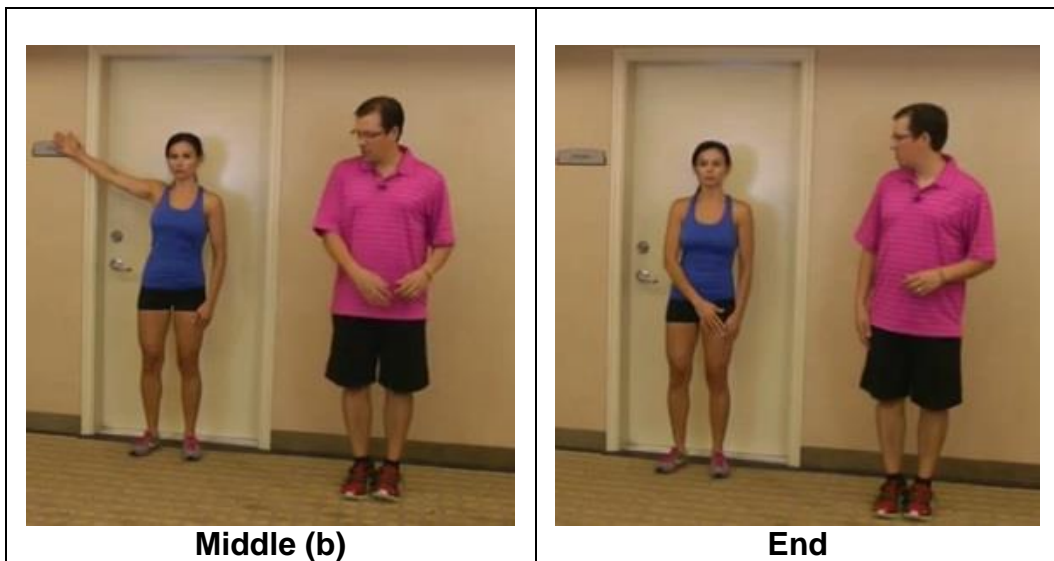
And then level two would be following the arm; and the most important part is that opening up of the shoulder and that rotation of the hand, coming in and then back and opening up.

## #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. Make sure you are using the muscles in the back of your shoulder, you are pushing for about five seconds at about 25% of your maximum. Do five repetitions; 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.



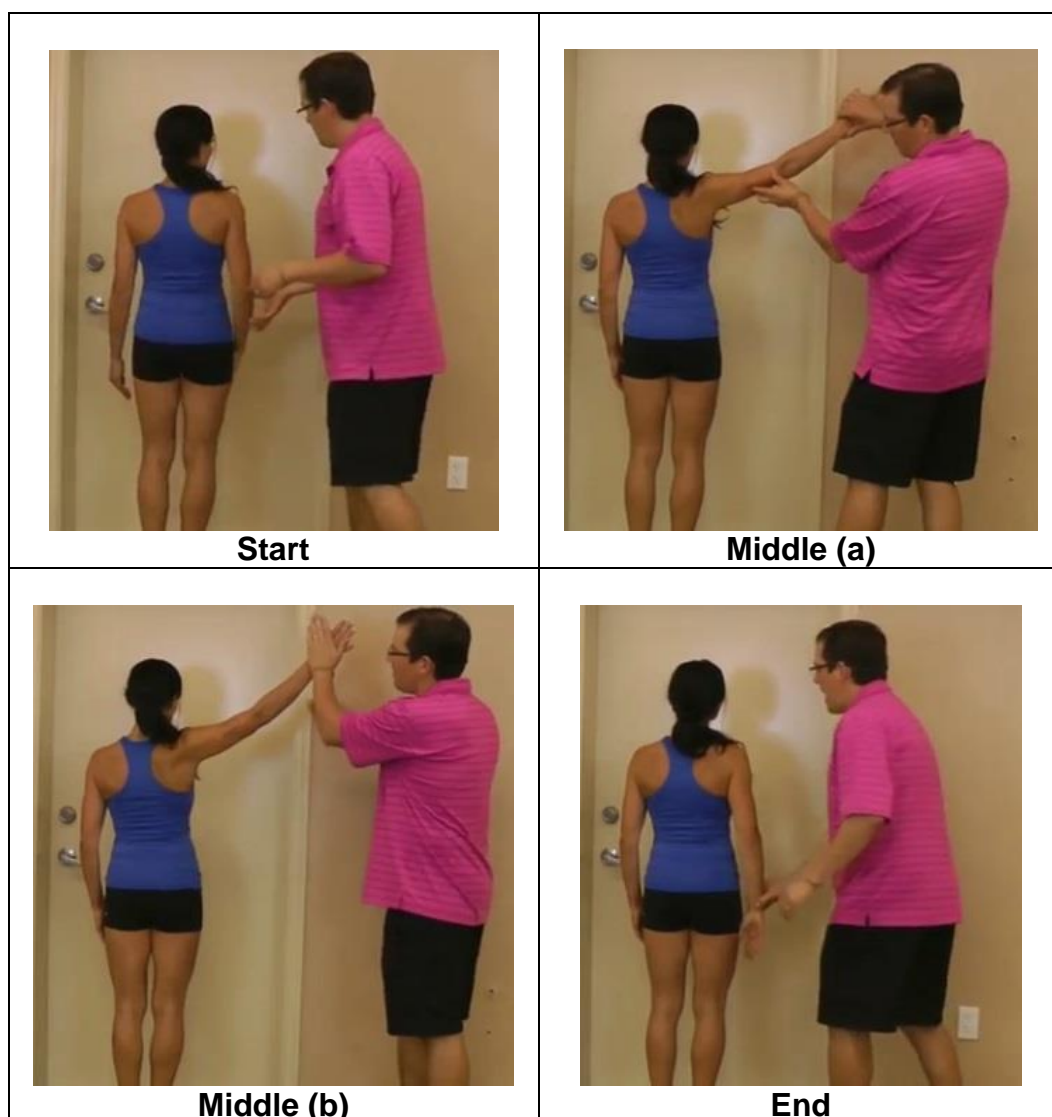




**Arm into Door Frame Corner (front view)**

In the demonstration below, just bring the arm out to the side, and notice it's like Orsy is pressing into my hand, you can see we are working with her back. You can see her muscles activate, which is good, then relax.

The arm should be above 90 degrees; I don't want it too high up. It should be comfortable. Orsy's arm is straight, pushing, and we are working through that back of the shoulder blade.



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

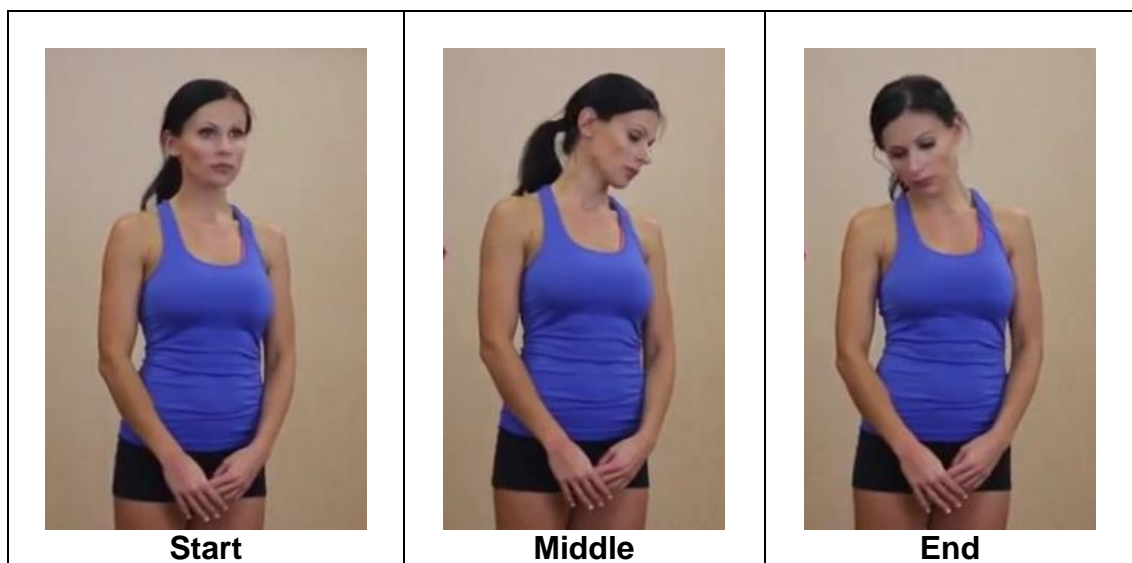
Okay, so there we go. That ends up being three more shoulder exercises that help open up the shoulder and loosen up that rotation part of the shoulder. If you are having issues with that, add these filler exercises to help loosen up the front of the shoulder, help with the rotation of the shoulder, and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



#### Little Neck Rotations

Progress to getting those rotations bigger and bigger. It helps loosen things up in the neck. It helps loosen things up in the mid-back, because once again with 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 five repetitions, take a break and then do another five repetitions in order to loosen things up in the neck. And like what Orsy is demonstrating, 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 that means I have over delivered.

These are 50 Filler Exercises that you can do between your exercises and between sets of exercises to improve your performance, your injury recovery, address muscle imbalances, and loosen 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 or 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" so that every couple of days you receive a new video where I talk about how to overcome injury and pain.

Lastly, make sure to visit me on Facebook, my Facebook fan page is 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 for 50 Filler Exercises for increased performance.



### About Rick Kaselj

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



Hi, I'm Rick Kaselj. **I create exercise programs that help people heal injuries and eliminate pain, so they can go back to living a full, active, healthy life.**

I've always been a fitness and exercise enthusiast, so starting in 1994, I decided to make this my career also. I started as a personal trainer, exercise therapist and kinesiologist, but quickly discovered that many of the traditional exercise and treatment programs weren't producing the results I wanted for my clients...

...so I took it upon myself to get the right knowledge, scour the medical research, and do hands-on testing, so I could ACTUALLY help my clients get better.

With the advent of the Internet, I saw a terrific opportunity to offer and deliver my programs to many more people, so they too could finally get relief from pain, heal their injuries, and get back to the lives they enjoy.

#### **I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN.**

*I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!*

**Some of the most effective methods** I've discovered for eliminating pain and healing injuries are counterintuitive... and they required diligent research, testing, and creativity to discover.

**People get the best results** when they follow a program that's been properly designed. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them, and instructions for what the right amount of rest is, and when to take it. Not doing all the steps, or performing them in the wrong order, or taking too little rest, or too much, can throw you off course, and sometimes even make things worse!

**I've learned** that understanding the CAUSE of injuries and painful conditions can help heal and prevent them. For example, most people don't realize that they're

doing certain things every day that put stress and tension on certain muscles, tendons, tissues and joints, and over time, this creates chronic pain and injury. Simply becoming aware, and then making tiny adjustments, can actually result in a much higher quality of life for many people.

**All of my injury and exercise programs were developed as a result of my research, study and years of hands-on testing and training:**

- I've been in the fitness and rehab industry since 1994.
- I spent 6 years at University studying kinesiology, corrective exercise and therapeutic exercise, and got my Master's Degree in exercise science.
- I have 16 years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I've conducted thousands of personal training sessions.
- I've carefully scrutinized hundreds of relevant medical research papers.
- I'm also an author and speaker and I've given over 260 presentations to more than 5,000 fitness professionals across Canada and USA.

### WHAT MY CLIENTS AND CUSTOMERS SAY:

“Your exercises have changed my life. I have been in constant pain for 15 years.” ***Shelley Watson, Carmel, CA***

“I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months.” ***Tracy Walker, North Carolina***

“Before I used the information, I couldn’t walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention.” ***Cher Anderson, Athens, TN***

“Thank you Rick, you saved my career!” ***Marco Mura, Professional Forester, Sardegna, Italy***

“I used the 90 second pain relief alone and it helped relieve the pain right away and after playing sports I feel better and the pain is not as intense. I thought I would just have to retire due to the foot pain, but I now see there is hope with your program it has helped me a lot.”  
***Audal Acosta***

### I HAVE A FREE GIFT FOR YOU... THAT WILL START DECREASING YOUR PAIN NOW!

Before we go any further, I want to send you some of my very best stuff FOR FREE!  
It's my introductory gift to you. (I like to give value first, and be as helpful as I can upfront.)

My newest DVD is called "The Pain Hacker" and **I want you to have it for free.**

What is it? It's an extensive collection of 90-second pain fixes that you can do to start reducing the pain you have right now. On the video, I go through each technique slowly and carefully to show you exactly how to do them, so you can start reducing your pain and get back to a healthy, more active life.

I don't want to give away too much here, but...

- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.
- My unconventional "Pain Fixes" in your free DVD have been featured and talked about in these publications (and more).



Get your FREE DVD at: [www.ThePainHacker.com/free-DVD-2](http://www.ThePainHacker.com/free-DVD-2)

### Other Products from Rick

#### Heal Rotator Cuff Injuries FAST

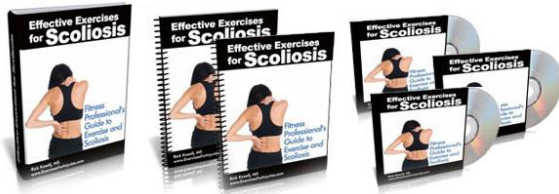


This comprehensive toolbox of 57 rotator cuff- specific exercises is EVERYTHING you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

- Why exercises that strengthen rotator cuffs do not necessarily decrease pain and increase range of motion in your clients' shoulders
- Why you shouldn't give the same exercises to every client with rotator cuff problems
- How to PROPERLY design an exercise program for the rotator cuff (I spent an entire year researching this at university, and wrote and published a paper on it in the Canadian Journal of Kinesiology)

Learn more at: [www.EffectiveRotatorCuffExercises.com](http://www.EffectiveRotatorCuffExercises.com)

#### Scoliosis Secrets



In just a few weeks, your Scoliosis patients will be thanking you! This program delivers the knowledge and exercises you need to safely and effectively train or heal anyone with Scoliosis. Here are just a few samples of what you'll learn and get in this program:

- The Three 'O' medical treatments for Scoliosis, and step-by-step instructions on how to do them
- The 7 different types of Scoliosis... how to diagnose your clients... and which exercises to prescribe for each
- CLIENT HANDOUTS that you can copy and give to your clients, completely DONE FOR YOU!

Learn more at: [www.EffectiveExercisesForScoliosis.com](http://www.EffectiveExercisesForScoliosis.com)

### Scapular Stabilization Secrets



This is the RESEARCH- BACKED exercise program that will finally help your clients decrease pain, improve range of motion, and increase shoulder stability. What will you learn?

- My secret weapon for healing shoulder injuries
- Why most trainers and therapists focus on the rotator cuff in a shoulder injury, when they should focus on improving the activation, endurance, and strength of the scapular muscles
- Why your Scapular Stabilization exercise program is a waste of time... unless it includes all 5 of these components

Learn more at: [www.ScapularStabilizationExercises.com](http://www.ScapularStabilizationExercises.com)

### Eliminate Calf Pain (Achilles Tendinitis and Tendinosis)



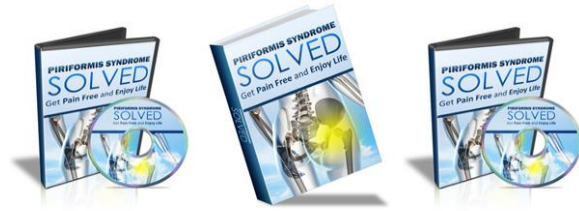
Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis ONCE AND FOR ALL. You'll be back to hiking, walking and running before you know it. Here's a small sampling of what you'll learn in the program:

- QUICK START (non-exercise) techniques you can use to start melting your calf pain away RIGHT NOW
- ALL the exercises you need to eliminate your calf pain... AND I'll tell you the exercises that are commonly prescribed, but you don't need to worry about
- How to do each exercise, with slow, step-by-step instructions... the correct order you should follow... and how much rest you should take... to get the best and fastest results

Learn more at: [www.AchillesTendinitisExercises.com](http://www.AchillesTendinitisExercises.com)



### Eliminate Piriformis Syndrome



The step-by-step exercise program that ANYONE can do... that heals your Piriformis Syndrome, and allows you to: take long walks again, watch entire movies without getting up, easily lift your child... all without any pain. Here are just a few samples of what you'll learn and get in this program:

- Why you need to do more than just strengthen your core to eliminate your Piriformis Syndrome
- How to start decreasing your pain IMMEDIATELY, WITHOUT ANY EXERCISE
- These stretches and exercises are making your Piriformis Syndrome WORSE

Learn more at: [www.PiriformisSyndromeSolution.com/end-piriformis-pain](http://www.PiriformisSyndromeSolution.com/end-piriformis-pain)

### Fixing Tight Hip Flexors



This video program has 35 exercises and other techniques designed to help you overcome painfully Tight Hip Flexors... without expensive appointments, drugs, or surgery. You'll be back to walking, running, and creating fun memories with your friends and family in just a few weeks! Here's a small sampling of what you'll learn in the program:

- THE SINGLE MOST IMPORTANT movement you need to do in order to overcome your Tight Hip Flexors (it's Component #8 in the program)
- Why it's important to decrease stress and tension in your knee, in order to fix your tight hip flexors... and how to do it properly
- The 8 CRITICAL COMPONENTS that must be included in any effective program for fixing Tight Hip Flexors (these components come from 16 years of hands-on experience and careful scrutiny of 30 separate medical research papers)

Learn more at: [www.FixingTightHipFlexors.com](http://www.FixingTightHipFlexors.com)

### Heal Back Pain (Gluteus Medius Strength Program)



This exercise program **ELIMINATES BACK PAIN** by strengthening your Gluteus Medius. The Gluteus Medius is often ignored, but when properly exercised and strengthened, it can stabilize your pelvis and decrease stress on your back, which eliminates back pain. In this program, you'll learn these things (and much more):

- How to eliminate your back pain as quickly as possible (HINT: you must do the exercises in the right order so they build on each other and your progress is multiplied!)
- What most trainers and physical therapists don't know about back pain and the Gluteus Medius
- Why exercises that target your knees and hips also strengthen the Gluteus Medius and help with back pain

Learn more at: [www.GluteusMediusExercises.com](http://www.GluteusMediusExercises.com)

### Best Gluteus Maximus Exercises



This is a fast, simple, safe, and effective program for improving your Gluteus Maximus. Most health and fitness professionals don't know about this program, or are doing it wrong. In as little as 7 days, you can go back to pain-free walking, running and living! Here are a few samples of what you'll learn in the program:

- Stretches and exercises that actually make your Gluteus Maximus **WORSE**
- Common mistakes people make doing Gluteus Maximus exercises
- The correct form for all of the exercises, shown step-by-step on easy-to-follow videos

Learn more at: [www.BestGluteusMaximusExercises.com](http://www.BestGluteusMaximusExercises.com)

### How To Speed Up Recovery Between Workouts



WITHOUT SPENDING A CENT!

Do you want to get better results from your workouts? Experience fewer aches, pains and injuries between workouts? Spend less time and money at the massage therapist? This comprehensive video program is going to help you achieve all that and more. Here are just a few of the things you'll be learning:

- What you should NEVER do if you have aches and pains between workouts
- 3 techniques and unconventional tools that RAPIDLY speed recovery between workouts
- How to get the powerful recovery effects of massage,

Learn more at: [www.RecoveryWorkouts.com](http://www.RecoveryWorkouts.com)

### No More Neck Pain



What if you could PERMANENTLY end your neck pain? This INNOVATIVE video program will teach you the simple movements and proven exercises that will make that a reality for you. Here are a few of the things you'll learn:

- An UNUSUAL technique that can start melting your neck pain away IMMEDIATELY
- How to get lasting, long- term relief for your neck... not just a temporary fix
- What I learned working with hundreds of clients with neck pain that most other professionals will never know

Learn more at: [www.NeckPainSolved.com](http://www.NeckPainSolved.com)

### Erase Foot & Heel Pain (Plantar Fasciitis)



How do you eliminate Plantar Fasciitis? Do the right exercises, in the right order, with the right amount of rest. This simple, 12-week program gives you EXACTLY what you need to permanently erase your foot and heel pain. Here's a small sampling of what you'll learn:

- Why trying to strengthen your plantar fascia is a common mistake, and only makes your heel pain WORSE (hint: the plantar fascia is not a muscle!)
- One simple technique that anyone can

do... that will get rid of your Plantar Fasciitis MUCH FASTER

- How to match the right exercise routine to where you are in your recovery, so you get the best results, in the least amount of time

Learn more at: [www.PlantarFasciitisReliefIn7Days.com/home11](http://www.PlantarFasciitisReliefIn7Days.com/home11)

### Eliminate Thoracic Outlet Syndrome

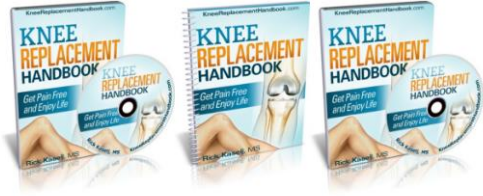


FINALLY... a simple, but effective program to overcome your Thoracic Outlet Syndrome... without expensive appointments, drugs, or surgery. My easy-to-follow, step-by-step videos and guides will help you GET PAIN- FREE in as little as 7 days. Here are just a few examples of what you'll learn in my program:

- A strange exercise I discovered using a SMALL BALL... that erased hand numbness in LESS THAN ONE MINUTE
- How to properly adjust the intensity of each exercise you do, so you can recover as quickly as possible, but also make sure you don't re-injure yourself
- The exercises you should NEVER do if you have Thoracic Outlet Syndrome

Learn more at: [www.ThoracicOutletSyndromeSolved.com](http://www.ThoracicOutletSyndromeSolved.com)

### Eliminate Pain After Your Knee Replacement



This program is perfect for getting back to a pain-free life after Knee Replacement surgery. My videos and guides give you a step-by-step program that's easy and fun to follow. You'll be back to your active and enjoyable life in just a few weeks' time. Here's a small sample of what you'll learn:

- Why my program has 9 components... and why leaving any one of them out makes it much more difficult to recover and eliminate pain
- 10 different ways you can speed up your recovery after your Knee Replacement
- Why doing exercises you find on the Internet could actually RE-INJURE YOUR KNEE

Learn more at: [www.KneeReplacementHandbook.com](http://www.KneeReplacementHandbook.com)

### Overcome Your Hamstring Injury



Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises and routines THAT WORK. Here's a small sampling of what you'll learn:

- Why massage isn't really helpful for Hamstring Injuries... and what is
- How to start decreasing your Hamstring pain in JUST MINUTES
- How to prevent future Hamstring Injuries

Learn more at: [www.HamstringInjurySolution.com](http://www.HamstringInjurySolution.com)



### Ankle Sprain Solved



Ankle sprains are common, and mostly a minor injury. But if they aren't properly rehabilitated, they can lead to more and greater injuries. My Ankle Sprain Solved program eliminates pain and properly heals your Ankle Sprain, so you can get back to an active and engaging life. Here are a few of the things you'll learn in the program:

- How decreasing stress and tension in your knees helps heal your Ankle Sprain
- What you need to do to PERMANENTLY heal your ankle... not just get a temporary fix
- The SINGLE most important exercise you can do to heal your Ankle Sprain

Learn more at: [www.AnkleSprainSolved.com](http://www.AnkleSprainSolved.com)

### Fix Your Frozen Shoulder



Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your Frozen Shoulder. Here are just a few of the

things you'll learn:

- The 3 most common mistakes people (and professionals) make treating Frozen Shoulder... which AGGRAVATES the condition instead of improving it
- Why stretching is an important part of fixing your Frozen Shoulder... but it's only 1 of 7 critical components in my treatment program. In my experience, the best results come when ALL 7 components are used.
- How my program is designed to provide lasting, long- term relief from Frozen Shoulder... not just a temporary fix

Learn more at: [www.FrozenShoulderSolution.com](http://www.FrozenShoulderSolution.com)



### Iliotibial Band (IT Band) Syndrome Solution

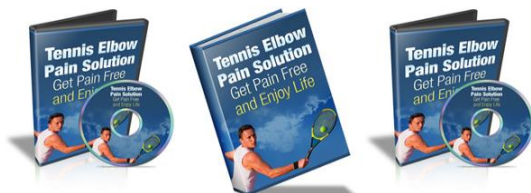


IT Band Injuries are common for runners, athletes and active people. This video -based program helps you overcome IT Band Syndrome, eliminate the pain, and get back to your active lifestyle. Here are just a few of the things you'll learn and get in this program:

- A complete program THAT ACTUALLY WORKS – it has all the exercises you need, and none that you don't
- Pain- relief techniques you can start using IMMEDIATELY
- A comprehensive explanation of how IT Band Injuries occur, and what you can do to prevent them in the future

Learn more at: [www.IliotibialBandSyndromeSolution.com](http://www.IliotibialBandSyndromeSolution.com)

### Eliminate Tennis Elbow

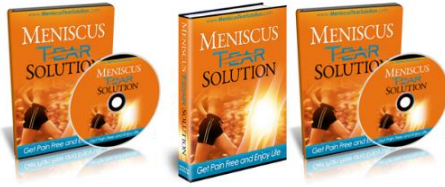


My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- How to diagnose yourself and make sure you definitely have Tennis Elbow
- Why you need to follow a specific plan, with a specific progression of exercises (in 3 different stages) to fully eliminate your Tennis Elbow
- How lengthening the muscles in your forearm is an important aspect of fixing your Tennis Elbow... and exactly how to do it

Learn more at: [www.TennisElbowPainSolution.com](http://www.TennisElbowPainSolution.com)

### Mend Your Meniscus Tear



A Meniscus Tear is a nasty, painful injury... but my simple, step-by-step videos and guide will help you overcome it FAST, so you can get back to walking, running and having the active lifestyle you want. Here are just a few examples of what you'll learn in the program:

- Why a specific course of exercises and techniques is necessary to overcome your Meniscus Tear... and why you should NEVER just cobble together a random combination of exercises
- Why my program has 13 specific components, and why none of them should be left out
- The single most important movement you can do to heal your Meniscus and eliminate pain ASAP

Learn more at: [www.MeniscusTearSolution.com](http://www.MeniscusTearSolution.com)

### Lumbar Spinal Fusion Recovery Program



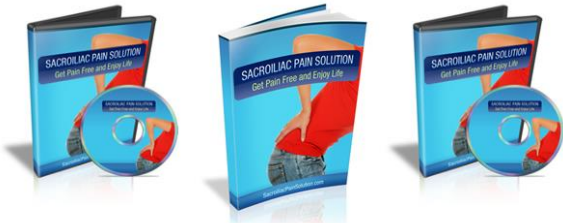
Do you have clients who are recovering from a Lumbar Spinal Fusion? I developed a special video-based exercise program for this exact situation. Video, audio and written materials give you a HIGHLY -EFFECTIVE course of treatment to get your Lumbar Spinal Fusion clients recovered

QUICKLY, and give you the opportunity to earn Continuing Education Credits. Here's a tiny sampling of what you'll learn and get in the program:

- The most effective exercises for recovery from Lumbar Spinal Fusion (NOTE: most of these exercises ARE NOT taught in Personal Training Certifying Courses)
- The 5 most common reasons Lumbar Spinal Fusion surgery occurs
- A full- color HANDOUT of the EXACT Lumbar Spinal Fusion Exercise Program I give to my clients (you can print this out and give it to all your clients)

Learn more at: [www.LumbarFusionExercises.com](http://www.LumbarFusionExercises.com)

### Eliminate Sacroiliac (SI) Joint Pain FAST



This simple, step-by-step guide will finally end your SI Joint Pain. It's a safe and effective program that most health and fitness professionals don't know about, or are doing wrong. Here are just a few of the things you'll learn:

- How Sacroiliac pain is different from regular back pain... and what to do differently to treat it
- Why doing SI Joint Pain exercises in a certain order is crucial, and what the correct order is
- The ONE movement you MUST do in order to overcome your SI Joint Pain

Learn more at: [www.SacroiliacPainSolution.com/end-si-joint-pain](http://www.SacroiliacPainSolution.com/end-si-joint-pain)

### Eliminate Stubborn Knee Pain (Patellofemoral Syndrome)



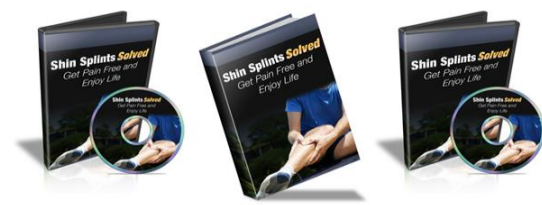
Patellofemoral Syndrome is a common condition that causes knee pain, especially for runners. Most health and fitness professionals are ineffective at treating this condition, so I created my Patellofemoral Syndrome Solution video program, which is backed by research and 16 years of hands-on experience treating thousands of people with knee pain. Here are just a few of the things

you'll learn in my program:

- Why stretching DOESN'T fix Patellofemoral Syndrome
- How you can use common household items to perform all the exercises you need to ELIMINATE YOUR KNEE PAIN and get rid of Patellofemoral Syndrome FOR GOOD
- Why the order in which you do the exercises is important for success

Learn more at: [www.PatellofemoralSyndromeSolution.com](http://www.PatellofemoralSyndromeSolution.com)

### Shin Splints Solved



Shin Splints is a common condition, especially for runners, but most of the advice out there for treating it is ineffectual. I designed my Shin Splints Solved program after 6 years at university, 16 years of personally treating clients, and careful scrutiny of 22 relevant medical research papers. This program is **HIGHLY -EFFECTIVE** at eliminating Shin Splints and

shin pain. You **WILL** be running again – without pain – before you know it! Here's just a small sample of what you'll learn in my program:

- Why ice and stretching are only temporary fixes for Shin Splints... and what to do instead to get long-lasting relief
- Why most trainers and therapists take a shotgun approach to prescribing more and more exercises, while I ask you to focus **ONLY** on the exercises you absolutely need (those that are most effective at eliminating Shin Splints)
- Why most health and fitness professionals don't have you strengthen your ankles... and why you **MUST** if you want to erase shin pain

Learn more at: [www.ShinSplintsSolved.com](http://www.ShinSplintsSolved.com)

### Jumper's Knee Solution



Do your knees hurt when you run or jump, especially while playing sports like basketball or volleyball? My Jumper's Knee Solution program is for you! It's a video- based exercise program that will get you back to your sports in as little as 7 days. What will you learn?

- The specific exercises that will make your pain go away **FOR GOOD**
- Which exercises you should **NEVER** do if you have Jumper's Knee
- The 10 simple steps you need to follow – **IN THE CORRECT ORDER** – to eliminate Jumper's Knee

Learn more at: [www.JumpersKneeSolution.com](http://www.JumpersKneeSolution.com)