



Treatment for Barbell Athletes by Joint

Shoulder:

Stability Exercises:

Kettlebell Screwdriver in Supine or Sidelying
Deep Squat Overhead Reach
Banded Pull-aparts to Overhead Squat
Banded Wall Slides

Mobility Exercises:

Supine Posterior GH Glide

Back:

Stability Exercises:

SL Bridges with opposite knee-to-chest

Mobility Exercises:

Lumbar FL Stretch/Decompression, standing or over bench (Banded)

Hips:

Stability Exercises:

Hip Hinge
Good Mornings

Mobility Exercises:

Hip FL/Hamstring Stretch with Posterior Glide (Banded)
Pigeon Pose Stretch with Lateral Glide (Banded)
Kneeling Hip Flexor Stretch (Banded)

Knee:

Stability Exercises:

Wall Squats
Single Leg Squat to Box
Banded Goblet Squats

Ankle:

Mobility Exercises:

Posterior Ankle Glide (Banded) to Improve DF
Manual Posterior Talocrural Joint Mobs (sitting or standing)
Manual Talocrural Distraction (Belt)