

**Notes :**

Find a wall that has not obstructions such as frames, light switches or wall plugs.

Find a beach towel or medium sized bath towel.

Ensure you are breathing during the exercises as when we do isometric exercises, we tend to hold our breath.

**1 Isometric wall sit 90° (rolled towel)**



Lean against a wall with your feet in front.

Place a rolled towel between the thighs and squeeze as you go down to a 90 degree angle at the knees.

In the bottom position, your knees should be aligned with the center of your foot (second toe) and over the feet.

Hold.



**2 Isometric shoulder flexion**



Stand facing a wall, with your elbow tucked in by your side and bent to 90 degrees.

Push your fist into the wall while keeping your body and head steady.



### 3 Isometric shoulder extension



Stand close to a wall with your back against it, your elbow bent and your chin tucked in.

Without moving your body or your head, push your elbow back into the wall.

You can put a cushion between your elbow and the wall if there is pain or discomfort.

---

### 4 Double leg hip abduction (Isometric)



Stand tall with arms folded, the left elbow and foot against the wall, and the feet shoulder-width apart.

Exhale to compress the abdomen as you press both feet apart (they shouldn't actually move.)

You should feel the 'dimple area' of both buttocks engage.

Hold this position for 1-2 breaths then relax.

Maintain a neutral spine and pelvis throughout the exercise.

BONUS! The inside elbow/arm can also press against the wall.

---

### 5 Isometric external rot.



Stand beside a wall with the arm at your side, your wrist against the wall and your chin tucked in.

Push your wrist outward while keeping your elbow at your side and your head still.

Relax your arm and repeat.

## 6 Knee terminal extension



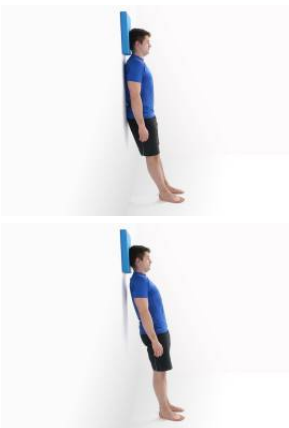
Stand back to a wall with a rolled towel behind the affected knee. Extend the knee by pushing the back of the knee against the towel. Hold.

## 7 Subscapularis isometric



Stand with your back against a wall and place the back of your hand on your buttock. Lift your arm slightly away from your buttock by pushing against the wall without letting your shoulder or your trunk move forward. Relax your arm and repeat.

## 8 Wall isometric neck extension



Stand next to a wall and put a rolled towel or pillow behind your head for comfort. Start by moving your feet forward. Engage your abdominals then lift your hips to form a straight line with your body. Hold the position. Return to the starting position by reversing the steps.

## 9 Front plank on the wall



Stand facing a wall at an appropriate distance so when your forearms will be on the wall, you'll be in a slight angle to work your abdominals.



Put your forearms on the wall at about shoulders height and hold the position with your body in a straight line.

The further you are from the wall, the more difficult the exercise will be.