

FLOSS BAND - PEANUT - LACROSSE BALL - BALANCE PAD

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# THE MOBILITY HANDBOOK

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*The art of mobility*

BY SPORTS MEDICA





# Contact Us

All our products are designed by experts in product design, manufacturing, human performance, medicine and physical therapy. Although we do everything we can to make the best possible product for you, we know that there is always room for improvement. If you have bought more than one of our pillows over the years, you will see that the design has improved year on year. The majority of these improvements have been inspired by the direct feedback we have received from our customers through social media and email.

We have really managed to create a community where our customers now help us to help them and we absolutely love this relationship! If you have any suggestions, feedback or new ideas about our products, we would love to have a chat about it and see how we can change things.

## Use the details below to access the following:

- Activate your 2 year guarantee
- Receive a 30% discount to all Dr. Arthritis products
- Access all our informational YouTube videos
- Access all our blog articles
- Access the latest research and articles
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# A letter from the founders... and a thank you!

Thank you so much for your purchase!

Please read every word of this short book as it will help you get the most out of your new Sports Medica mobility and sports performance products.

You might wonder ...

## Why Sports Medica?

At Sports Medica, everything we do, we believe in challenging the status quo. When it comes to personal health, quality should never be sacrificed over price. We therefore supply beautifully crafted products using the highest quality materials. Having looked at the many different brands of lacrosse balls, peanut balls, floss bands, and balance pads, we noticed several shortcomings with what was available on the market. Often the firmness, flexibility, and durability of our competitors' products were inadequate for what we needed them to do. Therefore, we set ourselves the task of designing this mobility pack to address all these concerns and provide evidence-based results for our clients and customers.

**The process?** Our team of practising medical doctors, professional athletes and physical therapists helped to design and test these products through all stages of their creation.

**The result?** We have created what we believe are the best lacrosse ball, peanut ball, floss band, and balance pad on the market. When used correctly, their versatility, rigidity, and multitude of uses will provide the longevity and durability you desire.

We have also written this handbook. Here, you will learn how best to use your Sports Medica mobility and performance products to prevent and relieve the symptoms associated with common neck, arm, chest, back and leg problems, and improve your core stability.

If you have any questions or concerns, please feel free to contact us. Our team is dedicated to ensure your wellbeing, and we are so sure you will love what we offer, that all our products are protected by a 2-year guarantee.

Warm regards,

Dr Suraj Kukadia MBBS AICSM BSc (Hons)  
Co-Founder of Sports Medica



## Lacrosse Ball

The Sports Medica lacrosse ball is the ultimate all-in-one tool when it comes to fixing posture. It allows you to be more specific when targeting certain areas for trigger point therapy, including the pectorals (chest muscles), rotator cuff (shoulders), latissimus dorsi (back), gastrocnemius (calf), and feet.

## Peanut

The peanut massage ball is the equivalent of two lacrosse balls joined together. It targets different muscle groups to the lacrosse ball to help improve posture, reduce pain, and improve mobility. It is particularly useful for the sub-occipitals (base of skull) , gluteals (buttocks), tensor fasciae latae (thigh), and the thoracic spine (back).

## Floss Band

A floss band is the most efficient and effective way to relieve muscle pain in all your limbs. When used correctly, you will be able to alleviate the strain on 'pulled' muscles by relaxing muscles around the point of tension. This allows the muscle to recover faster and be less likely to be injured during crucial recovery periods. It can also help to prevent, reduce and alleviate inflammation and swelling around joints.



## Balance pad

The balance pad provides an uneven surface on which you can perform certain exercises. It helps you engage muscles in your core, the small muscle in your ankles and feet, and the larger muscles in your legs. As always, please make sure your physical therapist or medical practitioner have approved you doing these exercises alone.

## The Mobility Products

All four of our mobility and sports performance items are extremely versatile whilst remaining simple products. When using the lacrosse ball, peanut ball and floss band in conjunction with each other, you can really target sore points in muscles and help break down the adhesions that cause stiffness and poor mobility. They allows you to use 'pin and stretch techniques' on your muscles. This is much more effective than stretching or foam rolling alone.

The Sports Medica balance pad can help to improve your flexibility, core stability, mobility, and physical strength. The specific nature of this item allows you to use an unstable, yet safe, base to challenge and develop your core strength. This is much more effective than performing balance exercises without a balance pad.

All products should be stored in a cool, dry place away from moisture, heat, and direct sunlight.



# 1

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frequently  
asked  
questions

# Muscle pain

Pain can be either acute (sudden onset) or chronic (slow onset and long lasting). Nearly everyone will experience some form of muscle ache at some point in their lives. The ache can affect a small area or your whole body. Many forms of pain can settle by themselves, however if left untreated, pain can be both excruciating and debilitating. Muscle pain can affect any part of the body, including the neck, back, legs, and even your hands.

## What are the causes?

Muscle pain has many causes. The most common causes are tension, stress, repeated minor injuries, and overuse during physical activity. This type of pain is typically localised to a small area of your body. Some people can be affected by whole body muscle pains. This is called systemic muscle pain, and is usually due to an illness or infection, or even as a side effect of certain drugs or medicines.

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# How should you manage muscular injuries?

**Rest** – You should take a break from your normal activities, however it's important not to stop moving altogether. You should continue light exercise including stretching and mobilisation of the affected muscle group.

**Ice** – Hot and cold therapy is often recommended to relieve an aching pain. Heat treatment is usually used for muscle pain and stiffness. You can apply heating packs or steamed towels to the affected areas. This will promote blood flow leading to improved healing and muscle relaxation. Cold treatment is typically used for acute injuries. You would place an ice pack or frozen bag of peas over the affected area as it will help to reduce inflammation by restricting blood flow. It can also temporarily reduce nerve activity, helping to relieve pain. Many situations will require a combination of both hot and cold treatments. Please never ice for more than 10 minutes at a time to reduce swelling.

**Compression** – Compression bandages can be used to both prevent and reduce swelling over an area. Please use with caution if you have any arterial disease.

**Elevation** – Elevating the affected area is an extremely effective way to reduce swelling as it will promote both venous return and lymphatic drainage.

# 2

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myofascial  
release



## Why is myofascial release good?

Adding these techniques to your training routine will help you:

- improve your mobility and range of motion
- break down adhesions and scar tissue
- loosen tight and stiff muscles
- improve the ease of movement
- help prevent injuries
- speed up recovery from injury

## General tips for myofascial release

- Always try to relax your muscles around the ball.
  - A typical warm up would include rolling specific muscle tissue for 30-90 seconds. You can work into the muscle tissue with more force as you progress.
  - When you hit a trigger point (a small lump or knot in your muscle tissue) you may experience more pain. At this point, you should stop rolling and hold it on that point for up to 30 seconds or until the pain dissipates. You can then gently rock back-and-forth as the pain settles.
  - If you have had chronic (long lasting) pain in an area, you may need to massage it more frequently and/or for longer periods of time. If you notice any abnormal swelling or pain, please consult a doctor.
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# 3

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how  
to  
use

# How do you use the peanut and lacrosse massage balls?

There are a number of ways to use the peanut and lacrosse massage balls. You can massage an area both passively (no movement) and actively (with movement).

## Passive massage

Passive massage involves the following steps:

1. Find the muscle that is tender or stiff
  2. Place the appropriate ball on the area
  3. Let the surrounding muscle relax or 'melt' around the ball
  4. Breathe through your stomach so your belly button goes as far out as possible with each deep breath in
  5. Try to think relaxing thoughts until the pain slowly dissipates over the course of 60-90 seconds
  6. As an advanced technique, you can rock gently over the tender area for 20-30 seconds
  7. Move along the band of muscle to find the next sore point
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## Active Massage

Active massage varies depending on the muscle group you are trying to target. It involves moving your muscles through their range of motion whilst using the mobility tools to hold some of the muscle in place. This will therefore stretch the specific part of the muscle being pinned. This is called the pin and stretch, or tack and stretch, technique.

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## How do you use floss bands?

There are a number of ways to use floss bands. It's important to target a specific area, and use the floss band directly above or below a joint. For example, the floss band should not be placed to compress your patella (knee cap) as this may damage the knee joint. Typically the band should be wrapped around a small section of a limb, for example a 3-4 inch section over your forearm.

When wrapping the band, you can apply varying amounts of tension. We recommend performing exercises first without a band, to assess the range of motion and complete your first set. Then apply the band and repeat the exercises. You should use the band at approximately 50% tension, then 70% tension. Finally, remove the band and go through the range of exercises once more, giving you a total number of 4 completed sets.

### CAVEAT

Please only use the compression floss band for a maximum of 60-90 seconds before removing it, resting, and reapplying. If you get tingling in your limbs, or they start to turn white, or you experience abnormal pain or any abnormal sensation, please remove the band immediately. Please do not use floss bands if you have any arterial or peripheral vascular disease.

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## How do you use the balance pad?

- Only use your Sports Medica balance pad as intended and as shown in this guide for exercise purposes. Inappropriate and incorrect use may lead to serious injury, disfigurement or damage to property.
  - This balance pad is not a toy, and, as with all Sports Medica products, should be kept out of the reach of children. Please keep the carry bags out of reach of children and pets, and please store them safely or dispose of them in an environmentally friendly manner. Keep out of reach of any individual who may require supervision.
  - Begin all exercises slowly and engage your core to improve stability. Always use smooth and controlled movements. Sudden movements can lead to an increased risk of injury. This will build strength and stamina, especially if you are new to performing these exercises.
  - DO NOT perform exercises that are beyond your ability to maintain control. Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.
  - Please make sure your physician or physical therapist has approved of you carrying out these exercises at home without supervision.
  - Typically exercises should be performed next to a counter or chair that's firm, or within a corner of a room so the walls can be used to prevent falling
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# The Mobility Video Series

To see full instructional videos and blog articles of all of these movements and more information, please visit our website, our Instagram page, and our YouTube channel.

We would also love to hear your feedback and get you involved with our Instagram debates regarding all things health and fitness.

[www.sports-medica.com/blog](http://www.sports-medica.com/blog)

[www.instagram.com/sportsmedica](https://www.instagram.com/sportsmedica)

Search for Sports Medica on [www.youtube.com](http://www.youtube.com)

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4

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lacrosse  
ball



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# Lacrosse ball - chest

pectoralis major and pectoralis minor

1. Stand next to an open doorway
2. With your left hand, place the lacrosse ball on the right side of your chest
3. Pin the lacrosse ball in place with the door frame (Figure 1) with up to 80% of your weight, or as pain allows
4. Slowly forward flex your right arm to 90 degrees (Figure 2)
5. Slowly open your chest so your right arm is abducted to 90 degrees (Figure 3)
6. Relax your arm, reset & repeat 10 times (Figure 1)
7. Repeat in tight/tender areas of the chest, and then switch sides



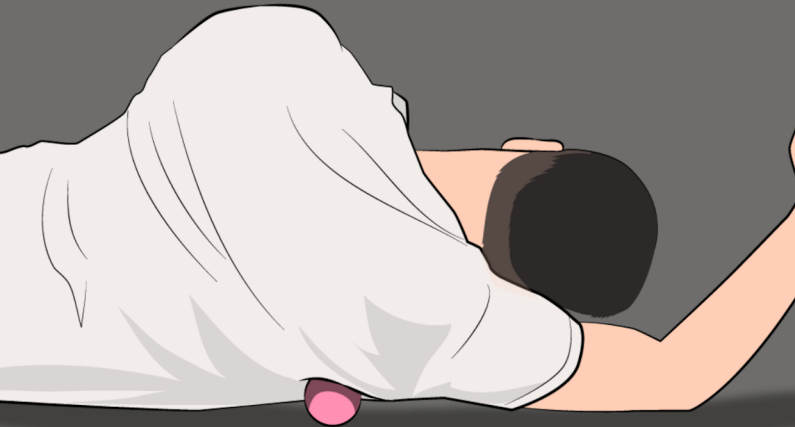


# Lacrosse ball - latissimus dorsi

passive

1. Lie down on your right side, with your right arm above your head
2. Place the lacrosse ball against your right latissimus dorsi muscle
3. Breathe deeply through your stomach
4. Tense your body for 5 seconds, before relaxing for 30 seconds
5. Slowly move the ball around to areas of tenderness and repeat
6. To target the rest of the latissimus dorsi muscle, lie on your back and use the lacrosse ball over areas of tenderness while breathing deeply
7. Switch sides

\*For the best techniques on using the lacrosse ball, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)

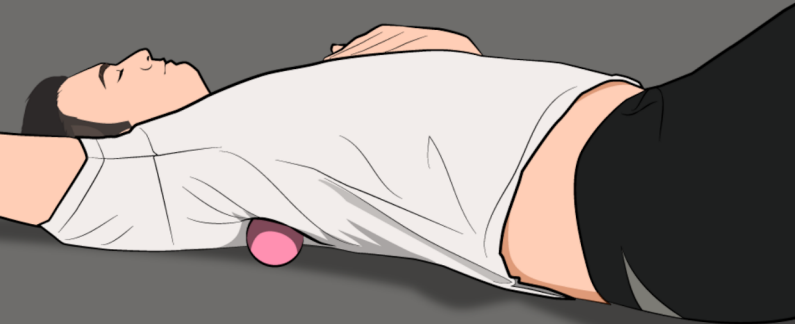


# Lacrosse ball - latissimus dorsi

active

1. Lie down with your back against the floor
2. Place the lacrosse ball against your right latissimus dorsi muscle
3. Start with your right arm by your side
4. Slowly forward flex your right arm and lift it as high as it will go, until your hand is above your head . Go as high as possible where it still feels comfortable in your shoulder (as shown in the image below)
5. Relax your arm and reset
6. Repeat around 10 times on each area of stiffness or tenderness, and then switch sides

\*For the best techniques on using the lacrosse ball, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)

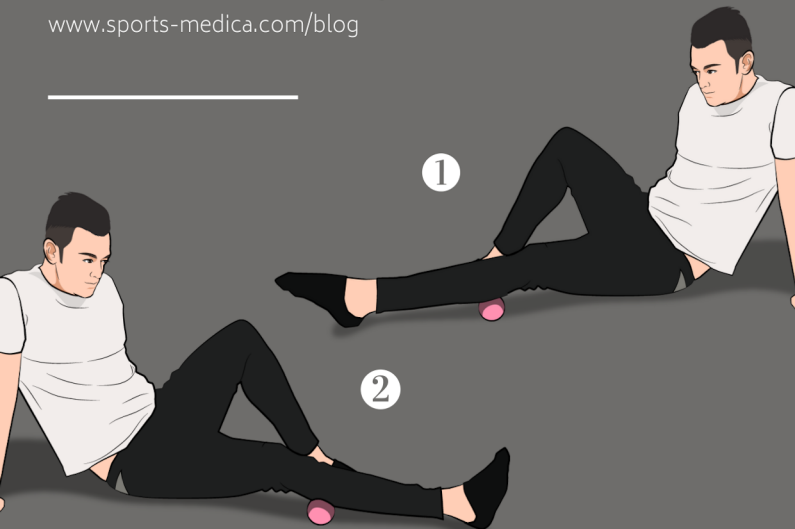


# Lacrosse ball - gastrocnemius

active

1. Sit on the floor with the lacrosse ball under your left calf
2. Use your arms and opposite leg for balance
3. Relax your calf around the lacrosse ball
4. Point your toes to the ceiling (Figure 1)
5. Breathe deeply through your stomach
6. Slowly plantar flex your right foot so your toes are pointed up (Figure 2)
7. Repeat 10 times on each area of stiffness or tenderness, and then switch sides

\*For the best techniques on using the lacrosse ball, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)



# Lacrosse ball - foot

can be used for plantar fasciitis

1. Sit on the edge of a chair with the lacrosse ball under your left foot
2. Relax your foot around the lacrosse ball
3. Apply up to 50% of your weight through your foot
4. Slowly roll the ball under your foot from your heel to your toes
5. Breathe deeply through your stomach
6. Repeat this for around 2-3 mins. For extra pressure follow steps 1-5 while standing.

\*For the best techniques on using the lacrosse ball, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)





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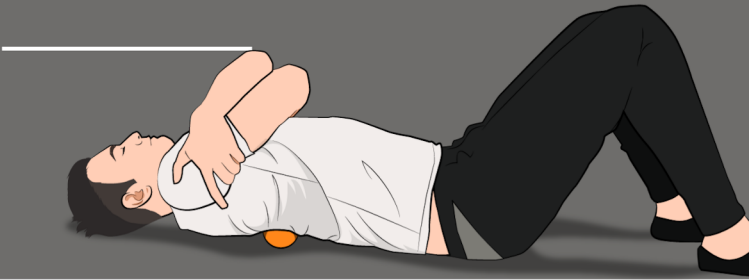
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peanut

# Peanut - thoracic spine

1. Lie on the floor, on your back
2. Place the peanut at the base of your thoracic spine (just below the ribcage, with each ball of the peanut either side of your spine)
3. Bring your heels towards your bum, with your feet flat on the floor
4. Tense your gluteal muscles to put your pelvis into a posterior tilt and lengthen the spine
5. Cross your arms across your chest, as demonstrated below
6. Breathe through your stomach until the restriction or pain dissipates
7. Move the peanut up 1-2 inches to the next vertebral space and repeat, all the way to the top of the rib cage
8. For the active part of this exercise, interlock your fingers behind your head, tense your abdominal muscles, and extend over the peanut ball. Tensing your abdominal muscles will help you stretch your spine, rather than just opening your rib cage.

\*For the best techniques on using the peanut ball, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)



# Peanut - TFL

tensor fasciae latae

1. Lie on your left side, and rest on your left elbow
2. Put the peanut ball under your hip and slightly towards the front where the TFL is
3. Use your right leg to stabilize your body position
4. Breathe through your stomach
5. Tense your body for 5 seconds before fully relaxing for 20 seconds, allowing your muscles to 'melt' around the peanut
6. Slowly move the ball around to areas of tenderness and repeat, and then switch sides
7. An advanced technique would be to raise your arm above your head and rest your head of that arm while performing steps 2-5

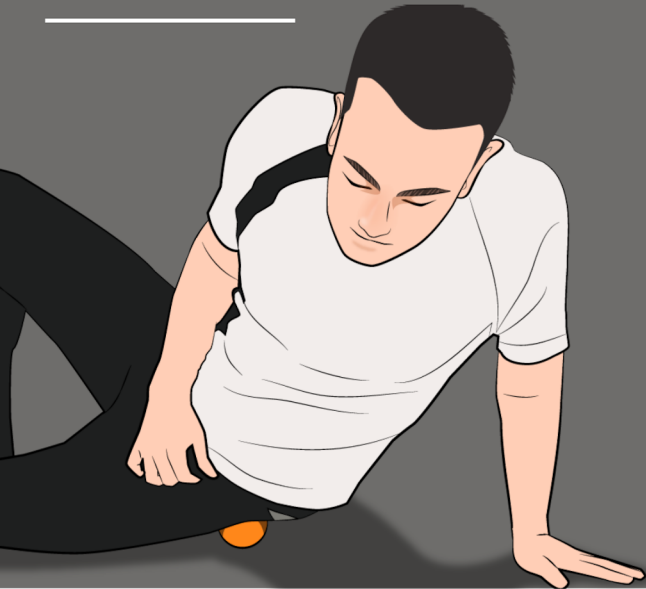
\*For the best techniques on using the peanut ball, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)



## Peanut - glutes

1. Sit up on your left side, using your left hand to prop you up
2. Put the peanut ball under your gluteal muscles on the left side
3. Breathe through your stomach
4. Tense your body for 5 seconds before fully relaxing for 20 seconds, allowing your muscles to 'melt' around the peanut ball
5. Slowly move the ball around to areas of tenderness and repeat, before switching sides

\*For the best techniques on using the peanut ball, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)



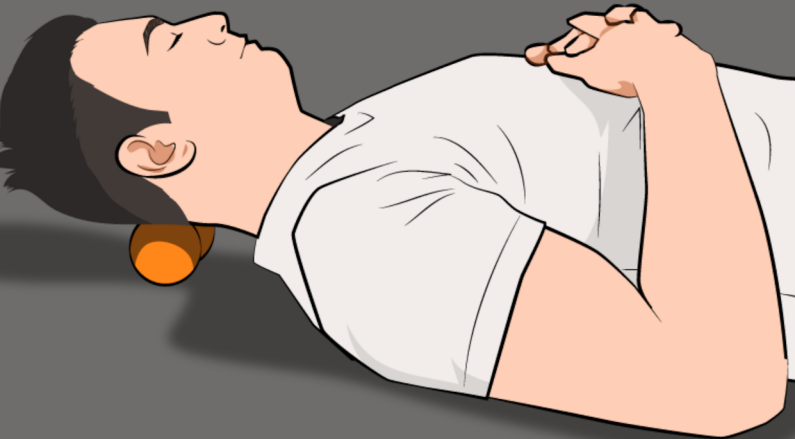


# Peanut - sub-occipitals

## headaches

1. Lie on your back with your chin tucked in
2. Place the peanut ball at the base of your skull, with each ball either side of your spine
3. Relax, and breathe deeply
4. Hold this pose for 90-120 seconds
5. A more advanced movement is to rock backwards and forwards during steps 2-4

\*For the best techniques on using the peanut ball, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)



# 6

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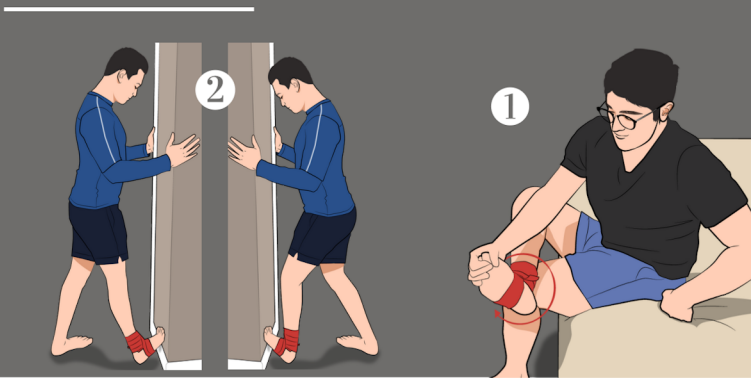
floss band



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## Floss band - ankle

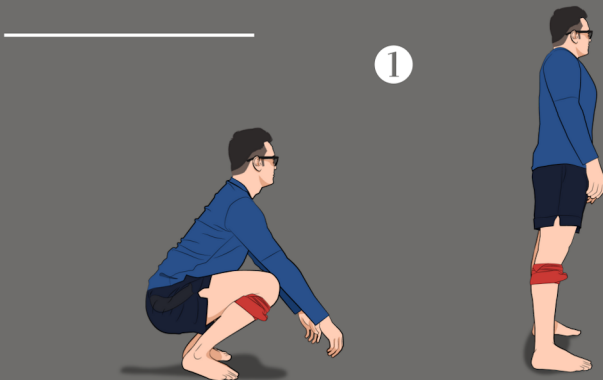
1. Wrap the floss band around your ankle, above the ankle bone working downwards with an overlap of 1-2 cm . An optional extra: add a couple of loops around the bridge of your foot
2. Keep the tension between 50% to 70% (The ankle should feel like it's being squeezed apart)
3. Rotate your ankle clockwise 20 times, and then anti-clockwise 20 times, using your hand to control the movement (Figure 1)
4. Next, with your foot flat on the floor, shoot the knee forward and back in a controlled manner, with the knee going beyond the toes 15 times
5. Put your heel as close to the wall as possible with your forefoot on the wall with a straight leg and push your knee towards and away from the wall (15 times) keeping your heel on the floor (Figure 2)
6. Perform 15 squats
7. Remove the band and repeat steps 3-6



## Floss band - calf

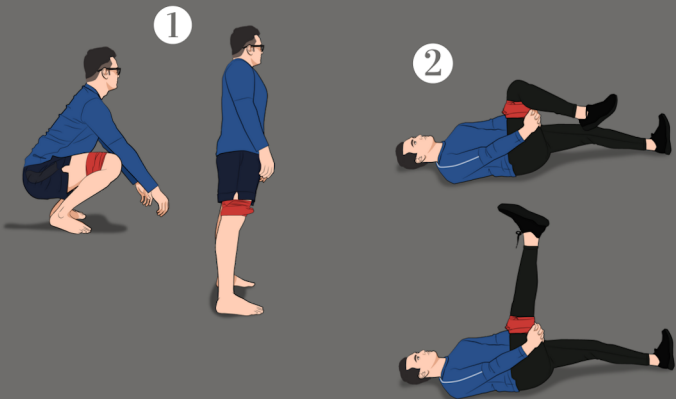
1. Wrap the floss band around the top of your calf (below the knee)
2. Keep the tension at 50%
3. With the muscles of the calf, small overlaps of 0.5-1.5 cm are appropriate.
4. Perform 15 squats (Figure 1)
5. Put your hands against a wall with the leg with the floss band applied behind you, like you are doing a calf stretch. Focus on straightening and bending your leg at the knee 20 times. You should really feel the stretch behind the knee
6. Repeat steps 3-5 with 70% tension in the band
7. Remove the band and repeat steps 3-5 again

\*For the best techniques on using the floss band, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)



# Floss band - quadriceps

1. Wrap the floss band around the bottom of your quadriceps, just above your knee
  2. Keep the tension at around 70%
  3. The muscles of the quadriceps are relatively big, so you can make the band nice and tight. Big overlaps of 2-3 cm are appropriate
  4. Perform 15 squats with your knees close to each other
  5. Then perform 15 squats in a normal squatting position (Figure 1)
  6. Finally perform 15 squats with the knees and feet wide, with toes pointing outwards
  7. Lie on your back with the banded leg straight in the air. Support your leg by holding it behind the knee/hamstrings. Bend and straighten your leg at the knee, stretching the hamstring (Figure 2)
- \*Do not put the band over the knee cap itself



## Floss band - quadriceps

\*Continued from previous page

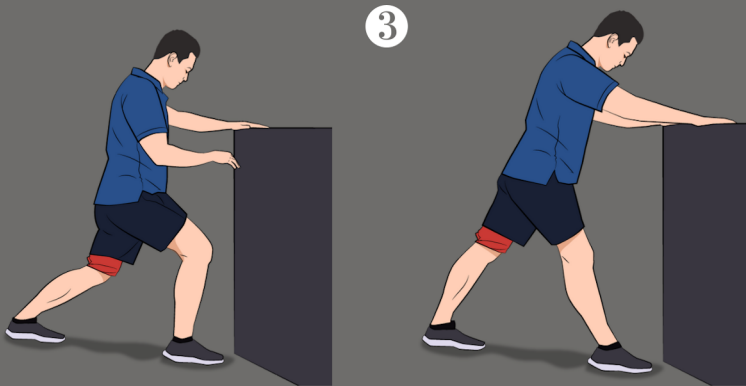
8. Put your hands against a wall with leg with the floss band applied behind you, like you are doing a calf stretch. Focus on straightening and bending your leg at the knee 10-20 times. You should really feel the stretch behind the knee (Figure 3)

9. Repeat steps 4-8 with 70% tension in the band

10. Remove the band and repeat steps 4-8 again

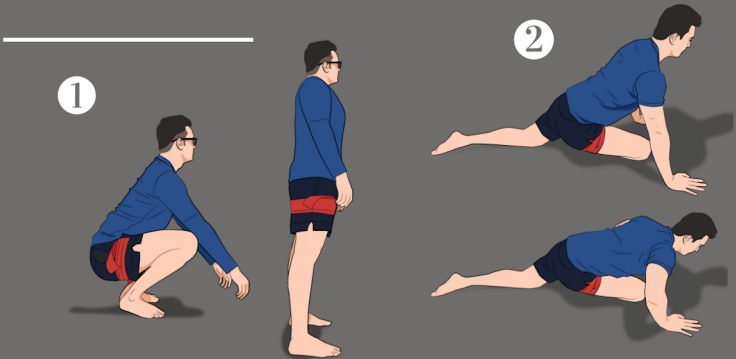
\*Do not put the band over the knee cap itself

\*For the best techniques on using the floss band, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)



# Floss band - hip

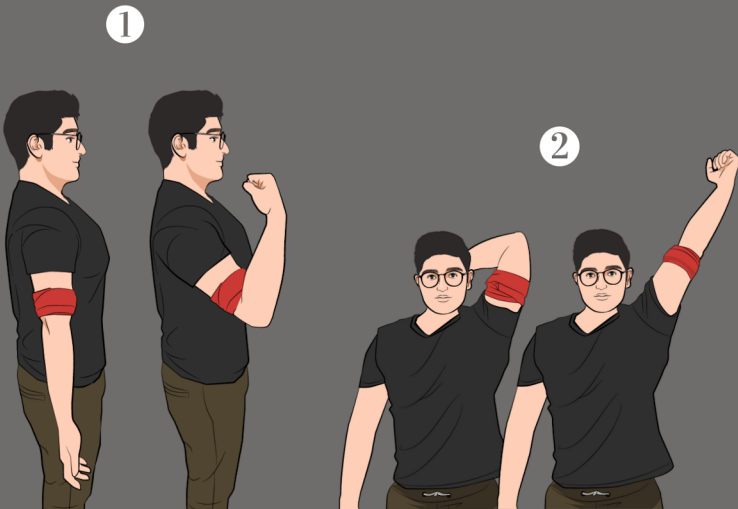
1. Wrap the floss band around the top of your quadriceps (just below the crest of your hip)
2. Keep the tension at around 70%
3. The muscles of the quadriceps are quite big, so you will want the band to have big overlaps (2-3 cm) in order to generate an appropriate amount of tension
4. Perform 15 squats with your knees together, then in a normal squatting position, and finally with the knees and feet wide and pointing outwards (Figure 1)
5. With your legs wide apart move your hips from side to side simulating a hula hoop motion
6. Lie on your front propped up by your hands with one leg straight behind you and one leg under you (pigeon pose). With a straight back, bend your arms bringing your chest to your knee, before straightening your arms again. This stretches your glutes (Figure 2)
7. Remove the band and repeat steps 4-6



# Floss band - arm

1. Wrap the floss band above your elbow
2. Keep the tension at around 50%
3. Overlap the band by 1.5-2 cm with each loop
4. Put your arm by your side and bend and straighten your arm 30 times. Alternate between having your palm facing the ground or the sky (Figure 1)
5. Repeat step 4 with your arm above your head (Figure 2)

\*For the best techniques on using the floss band, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)

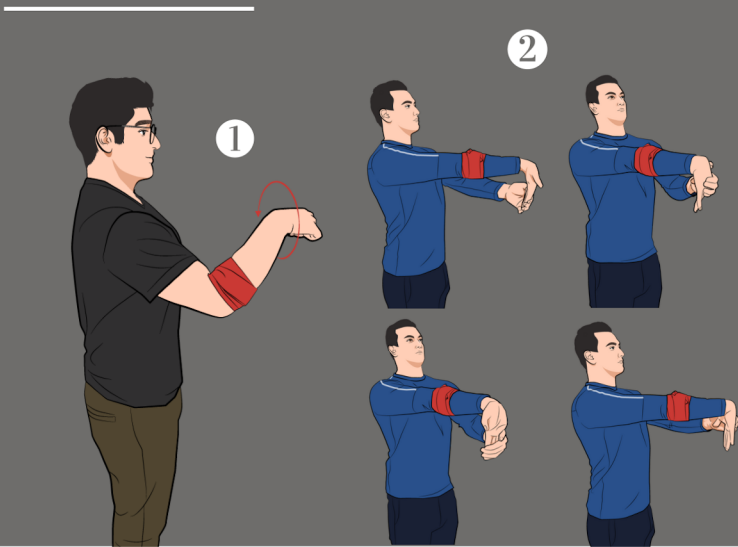


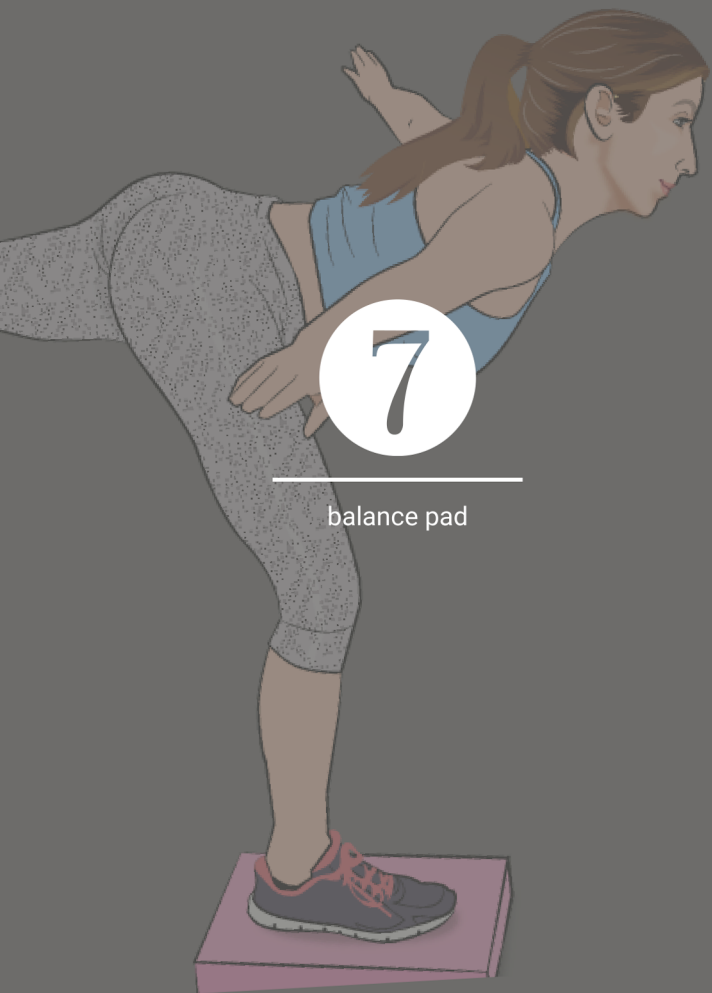


# Floss band - forearm

1. Wrap the floss band below the elbow
2. Keep the tension at around 50%
3. Overlap the loops by 1-1.5 cm
4. Make a fist and make circular motions with your hand clockwise and anti-clockwise (Figure 1)
5. Then, relax the hand with the floss band applied and with the other hand pull your fingers towards you alternating between the palm facing towards and away from you (Figure 2)

\*For the best techniques on using the floss band, please visit [www.sports-medica.com/blog](http://www.sports-medica.com/blog)





7

balance pad

## Beginner: Step ups

1. Stand with the balance pad in front of you (Figure 1)
  2. Step up on to the balance pad, leading with your right leg (Figure 2)
  3. Step down back to the same side, leading with the same leg
  4. Repeat 10 times, and then switch legs
  5. Progression: you can step up on to the balance pad, and then step over to the other side (Figure 3). Then you can turn around and repeat
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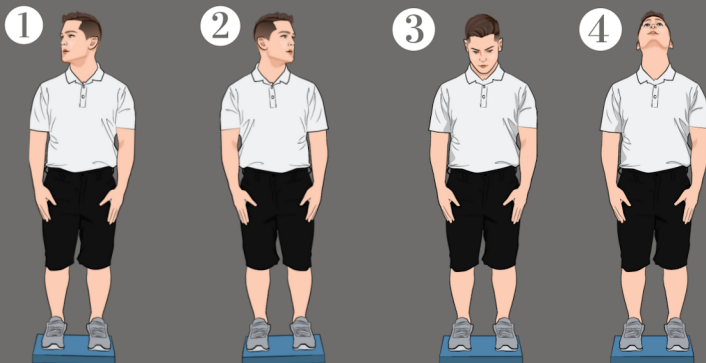


## Beginner: Neck movements

1. Stand on the balance pad with your feet shoulder width apart
2. Tense your core muscles
3. Look to the right (Figure 1)
4. Then, look to the left (Figure 2)
5. Repeat for 30 seconds
6. Step off the pad when you are done
7. Progression, you can look up and down for 30 seconds (Figures 3 and 4)
8. If this is too difficult, you can widen your stance on the pad and complete the same exercises. Similarly, for progression, you can make your stance more narrow

You may feel yourself swaying a little, this is normal. Try to ensure you perform these exercises in the corner of a room so you can use the walls for support if needed.

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## Beginner: Side steps

1. Stand with the balance pad beside you (Figure 1)
2. Take a big step on to the balance pad leading with your left leg so you are standing on the balance pad (Figures 2 and 3)
3. Then take a big step off the balance pad, again leading with your left leg, so you are standing beside the balance pad (Figures 4 and 5)
4. Next, step back on to the balance pad with your left leg
5. Repeat this entire process 10 times

This promotes lateral steps on to an uneven surface.

1



2



3



4



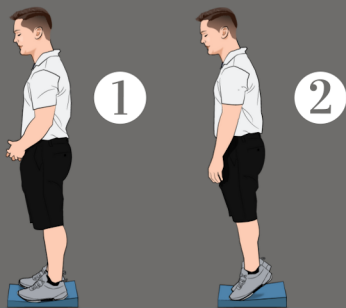
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## Beginner: Toe raises

1. Stand on the balance pad with your feet shoulder width apart (Figure 1)
2. Tense your core muscles
3. Go up on to your toes (Figure 2)
4. Hold for 1-2 seconds
5. Come back down so your feet are flat on the balance pad
6. Repeat 10 times
7. Step off the pad when you are done
8. Progression: you can hold step 4 for up to 10 seconds
9. If this is too difficult, you can widen your stance on the pad and complete the same exercises. Similarly, for progression, you can make your stance more narrow

This challenges your base of support on an uneven surface. You may feel yourself swaying a little, this is normal. Try to ensure you perform these exercises in the corner of a room so you can use the walls for support if needed.

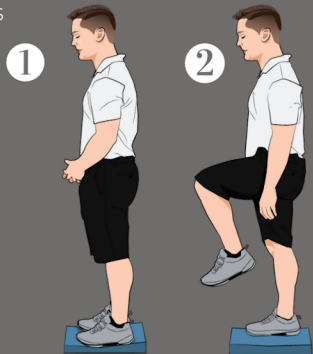


# Beginner: Marching

1. Stand on the balance pad with your feet shoulder width apart (Figure 1)
2. Tense your core muscles
3. Slowly raise your left knee up to your hips, creating a 90 degree angle between your body and left thigh (Figure 2)
4. Lower your leg
5. Do the same with your right knee
6. Repeat this 10 times
7. Step off the pad when you are done
8. If this is too difficult, you can raise your knee to a level lower than your hips, and slowly build up to 90 degrees
9. Progression: you can hold your pose on one leg for up to 10 second
10. Progression 2: raise your arms to shoulder level while holding a water bottle in each hand, and then carry out steps 1 through 7

Try to ensure you perform these exercises in the corner of a room so you can use the walls for support if needed.

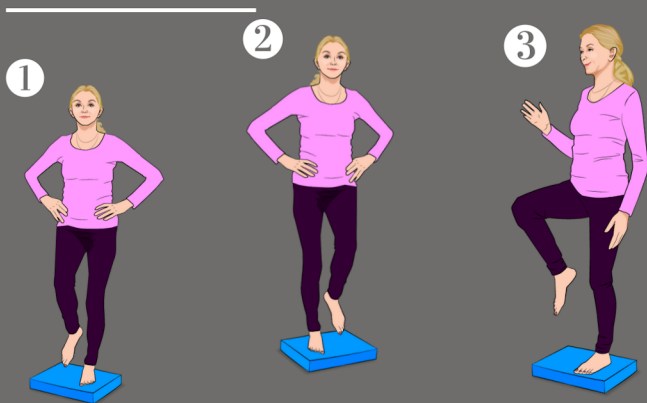
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## Beginner: Single leg balance

1. Stand on the balance pad with your feet shoulder width apart
2. Tense your core muscles
3. Slowly raise your right leg off the balance pad and hold this position for 10 seconds (Figure 1)
4. Lower your leg
5. Do the same with your left leg (Figure 2)
6. Repeat this 10 times
7. Step off the pad when you are done
8. Progression 1: hold the pose in steps 3 and 5 for up to 30 seconds
9. Progression 2: raise your legs higher and hold the pose for longer (Figure 3)

Try to ensure you perform these exercises in the corner of a room so you can use the walls for support if needed.





# 7

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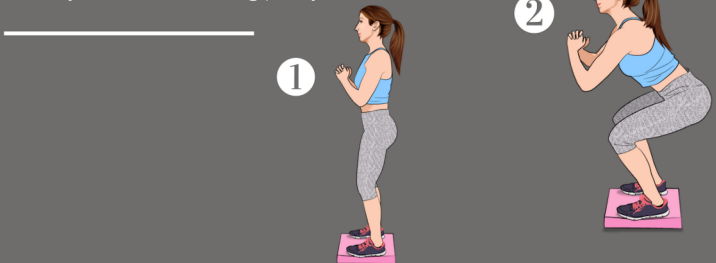
advanced exercises



# Advanced: Squats

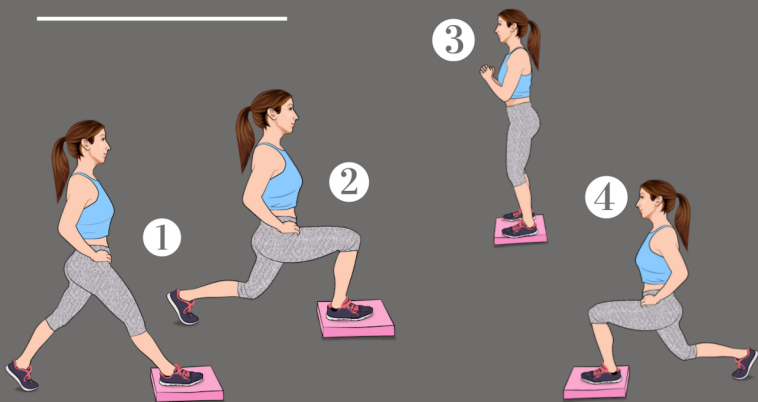
1. Stand on the balance pad with your feet shoulder width apart (Figure 1)
2. You can keep your hands clenched in front of you, or extend your arms out in front of you, or even put your arms on the back of your head
3. Slowly bend your knees and push your buttocks back towards the wall behind you
4. Stop when your thighs are parallel with the ground, or go as low as you comfortably can (Figure 2)
5. Keep your weight back and hold this position for 1-2 seconds
6. Push up through your heels and return to your starting position
7. Repeat this 10 times
8. Step off the pad when you are done
9. Progression: you can hold the position at the bottom of the squat for up to 5 seconds before pushing through your heels and standing tall

If you find this difficult, you can widen your stance.  
Avoid your knees moving past your toes.



## Advanced: Lunges

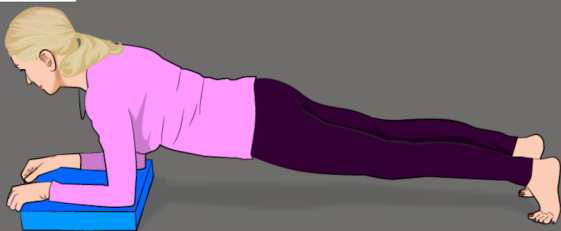
1. Begin by taking a large step with your right leg on to the balance pad. You should be standing in a split stance (Figure 1)
2. Bend your front knee to a 90-degree angle (Figure 2)
3. Keep your weight over your front leg and hold this position for 1-2 seconds
4. Push up through your front heel and return to your starting position
5. Repeat this 10 times with each leg
6. Progression 1: you can hold the position at the bottom of the lunge for up to 5 seconds before pushing through your heels and standing tall
7. Progression 2: start by standing with the balance pad in front of you. Take a large step forward and perform a lunge in a controlled manner. Hold this position for up to 5 seconds. Then return to your starting position with the balance pad in front of you. Repeat this 10 times with each leg
8. Progression 3: reverse lunges. You can start by standing on the balance pad with your feet shoulder width apart (Figure 3). Take a step backward with your right leg and perform a lunge, keeping your weight over your front leg (Figure 4). Return to your starting position and repeat 10 times with each leg

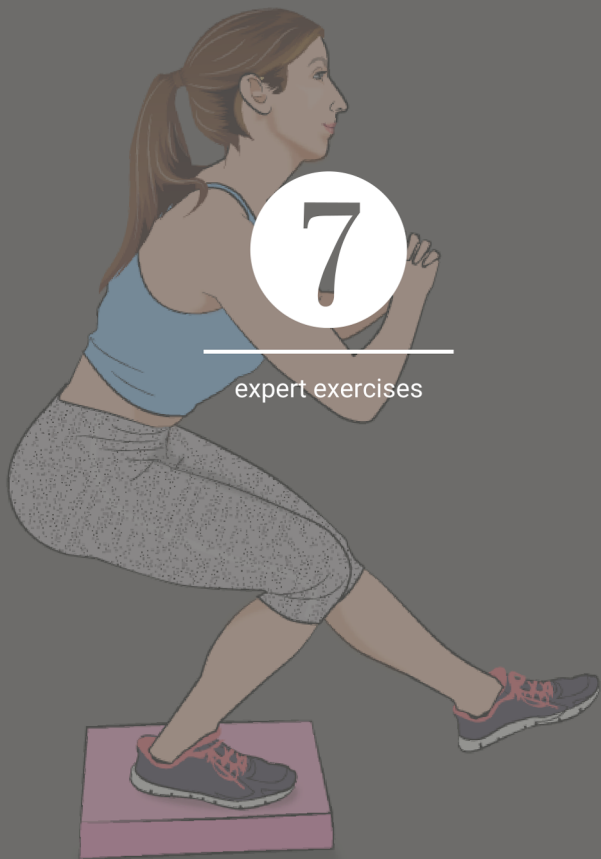


# Advanced: Plank

1. Place the balance pad on the floor, ideally on a carpet or cushioned exercise mat
2. Carefully lower yourself down to the floor into a kneeling position with the balance pad in front of you
3. Place your forearms on to the balance pad. Your elbows should be aligned under your shoulders
4. Extend your legs behind you and lift up onto your toes. Keep your core tensed by bringing your belly button pulled in towards your spine
5. Make sure your body is in a straight line and your hips do not drop towards the floor. Hold this position for 10-20 seconds, and repeat this exercise 3 times.
6. Progression 1: perform the exercises on a harder surface, for example on floor boards or tiles
7. Progression 2: hold the plank position for up to 60 seconds.
8. Progression 3: from the plank position, you can extend your right arm and then your left arm so you are now in a 'press up' position, with your weight going through the palms of your hands. Slowly lower yourself back down to the plank position one arm at a time. Repeat this 10 times

If you have difficulty getting up and down from the floor, please ensure you either have someone assisting you, or you are performing your exercises near a counter, chair, or railing that you can use for assistance.





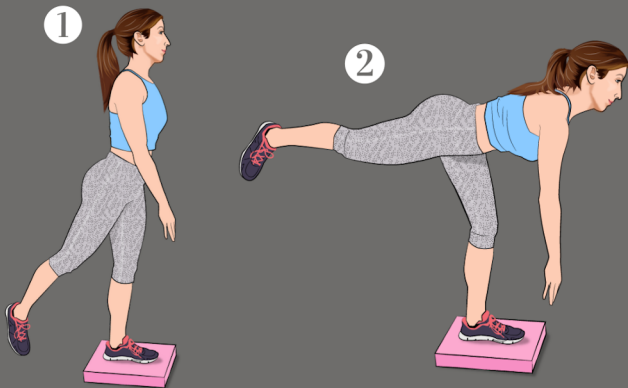
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expert exercises

## Expert: Single leg deadlift

1. Stand on the balance pad on your left leg, with your knee slightly bent
2. Engage your core muscles and extend your right leg behind you (Figure 1)
3. Lean forward, push your buttocks back towards the wall behind you, and reach down towards the floor with your hands
4. Keep your back straight with your head in a neutral position, and hold this for up to 5 seconds (Figure 2)
5. Squeeze your gluteals, push through your heel, and return to your starting position
6. Repeat this 10 times and then switch legs
7. Progression: if you are using standing on your left leg, hold a light weight in your right hand to engage your core further and make the exercise more challenging



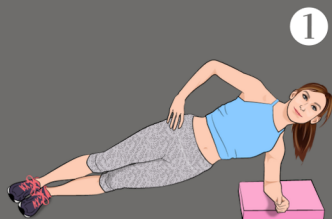
## Expert: Single leg squat

1. Stand on the balance pad on your right leg, with your knee slightly bent
2. Engage your core muscles and lift your left leg off the balance pad (Figure 1)
3. Squat down, push your buttocks back towards the wall behind you
4. Keep your back straight with your head in a neutral position, keep your weight back and chest up, and hold this for up to 5 seconds (Figure 2)
5. Squeeze your gluteals, push through your heel, and return to your starting position
6. Repeat this 10 times and then switch legs
7. Progression: hold a weight in your hands whilst performing the squat. You can hold the weight close to your chest. Make sure you keep your scapulae engaged



## Expert: Side plank

1. Lie on your left side with your legs straight and with your left forearm on the balance pad
  2. Your left elbow should be directly below your left shoulder
  3. Lift your hips, pushing your right hip towards the sky, and keep your body in a straight line. You can keep your right hand on your right hip
  4. Keep your core muscles tight and hold this position for 30 seconds (Figure 1)
  5. Switch sides and hold for 30 seconds
  6. Progression: if lying on your right side, extend your right arm up towards the sky, and hold this position for 60 seconds (Figure 2)
- 





## Expert: Single leg balance reach

1. Stand on the balance pad with your legs shoulder width apart, and with a slight bend in your knees
2. Slowly extend your right leg forward and hold this position for 1-2 seconds (Figure 1)
3. Then extend your right leg to your right side and hold this position for 1-2 seconds (Figure 2)
4. Bring your legs together without setting your right leg down on the balance pad, reset, and repeat this 10 times with each leg
5. Progression 1: hold the poses in figures 1 and 2 for up to 10 seconds each
6. Progression 2: start the exercises from a squat position (Figure 3). Then, extend your left leg in front of you and to your side, and hold these poses (Figure 4). Repeat 10 times with each leg

1



2



3



4



## Expert: Single leg T-hold

1. Stand on the balance pad on your right leg with a slight bend in your knees
  2. Extend your arms out to the side to help you balance (Figure 1)
  3. Lean forward, using your hips as a hinge, and extend your left leg behind you until your left leg and body are parallel to the ground, so your whole body forms a 'T' (Figure 2)
  4. Keep your core muscles engaged by bringing your belly button in towards your spine and hold this position for 60 seconds
  5. Repeat with your other leg
- 



# Sports Medica - Full Videos

To see full instructional videos and blog articles of all of these movements and more information, please visit our website, our Youtube channel, and our Instagram page.

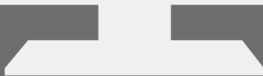
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