

CARs Prescriptions

Hip Focused

- Quadruped Hip CARs
 - 3-5 reps each
 - Hands under shoulders, knees under hips
 - Create tension through abdominals to lock in trunk, but still able to breath
 - Move the working limb through the biggest range of motion it can produce both forward and backward without compensatory spinal movement

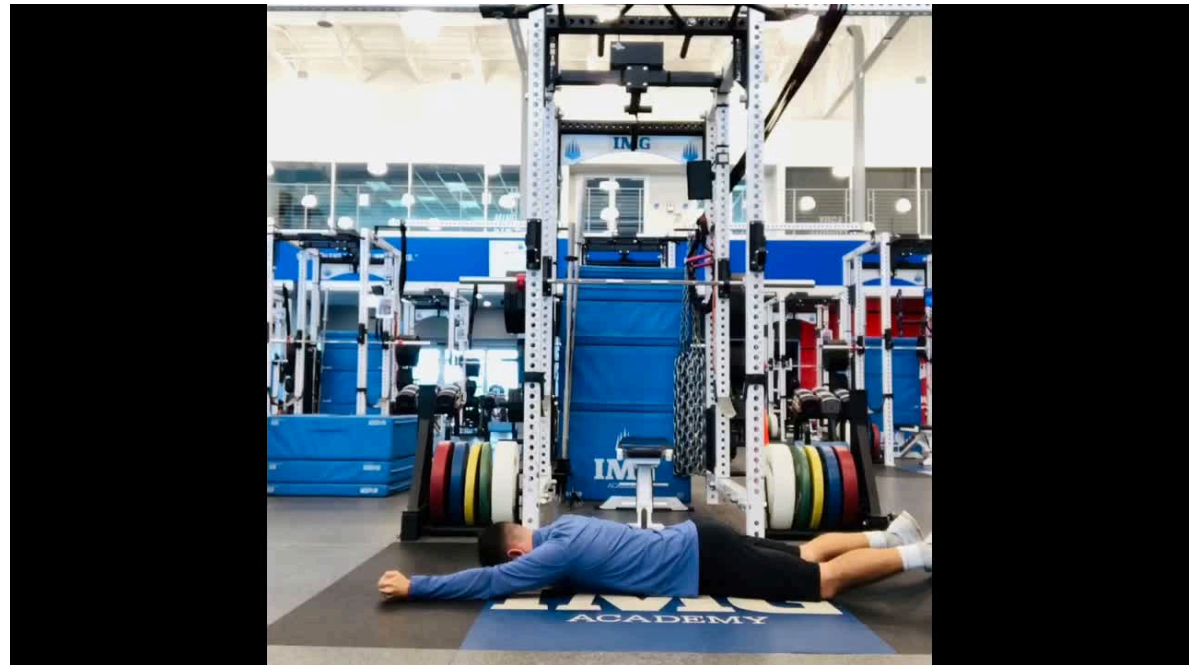
Shoulder Focused

- Prone Shoulder CARs
 - 3-5 reps each
 - On stomach with head supported
 - Create tension through abdominals to lock in trunk, but still able to breathe
 - Move the working limb through the biggest range of motion in can produce both forward and backward without compensatory neck or hip movement

CARs - Hip Focused



CARs - Shoulder Focused



PAILs/RAILs Prescriptions

Ankle Focused

- Ankle PAILs/RAILs
 - 2-3 reps each
 - Set up in a ½ kneeling position, leaning forward to end range of ankle mobility without the heel coming off the floor - Passively hold position (~2min)
 - Build Max Voluntary Contraction (MVC) to desired adaptation by pushing foot into the floor - Hold for 10-30 seconds
 - Release contraction and pull shin towards the floor without the heel coming off the floor to new passive position
 - Repeat

Hamstring Focused

- Hamstring PAILs/RAILs
 - 2-3 reps each
 - Set up in a ½ kneeling position, leaning forward to end range of ankle mobility without the heel coming off the floor and end range of hamstring flexion - Passively hold position (~2min)
 - Build Max Voluntary Contraction (MVC) to desired adaptation by pushing knee into the floor - Hold for 10-30 seconds
 - Release contraction and pull heel towards the glute to new passive position
 - Repeat

PAILs/RAILs - Ankle



PAILs/RAILs - Hamstring

