



The Top Ten Corrective Exercises

Presented by
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EXERCISES

Calf Stretch (on BOSU)

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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TOPICS TO BE COVERED

The Exercises

- What Type of Exercise
- What Structures are Addressed
- The Rationale
- Progressions/Regressions
- Checks and Balances

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EXERCISES

Foam Roller Side Of Thigh

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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EXERCISES

Golf Ball Roll

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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EXERCISES

Foam Roller Quadriceps

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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EXERCISES

Baseball On Butt

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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EXERCISES

Lying Rotations

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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EXERCISES

Two Tennis Balls On Upper Back

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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EXERCISES

Lunge With Knee Pull

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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EXERCISES

Hip Flexor Stretch

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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EXERCISES

Step Back With Arm Raise

- Type of Exercise
- Imbalance Addressed
- What Structures are Affected
- Rationale
- Progressions/Regressions

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Recommended References

**BECOME A
CORRECTIVE
EXERCISE
SPECIALIST**



The BioMechanics Method is available for a discounted rate
at the trade show booth after this presentation

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THANK YOU FOR ATTENDING

**Justin Price will be available to answer
your questions after this presentation.**

**He can be contacted at
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