

## Spondylolysis & Aesthetic Athletes

<http://www.aestheticmce.weebly.com>

MCE Handout

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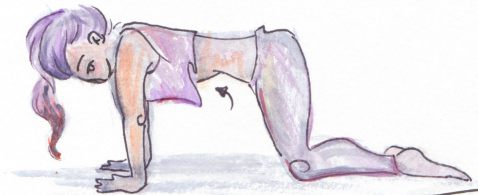
### Standing ADIM



30x

<http://www.aestheticmce.weebly.com>

### Quadruped ADIM



30x

<http://www.aestheticmce.weebly.com>

### Supine ADIM



30x

<http://www.aestheticmce.weebly.com>

### 1. Supine ADIM + Heel Slide



20x Each Leg

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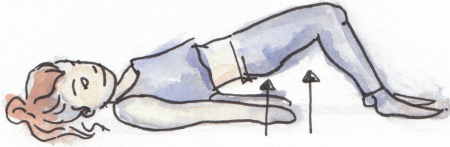
### 2. Supine ADIM + LEG LIFT



20x Each Leg

<http://www.aestheticmce.weebly.com>

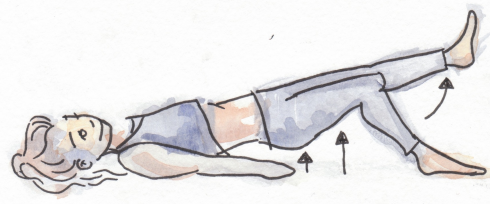
**3. Supine ADIM + 2-Leg Bridge**



30x

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**4. Supine ADIM + 1-Leg Bridge**



30x Each Leg

<http://www.aestheticmce.weebly.com>

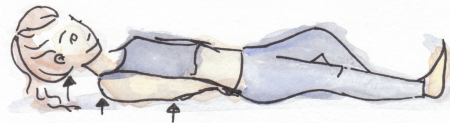
**5. Supine ADIM + Curl-up + Elbows Down**



30x

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**6. Supine ADIM + Curl-up + Elbows Up**



30x

<http://www.aestheticmce.weebly.com>

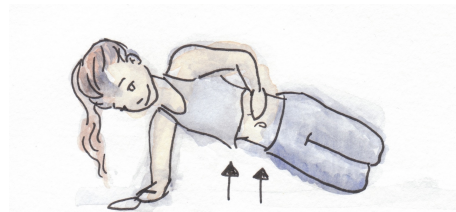
**7. Supine ADIM + Curl-up + Elbows Up + Hands on Forehead**



30x

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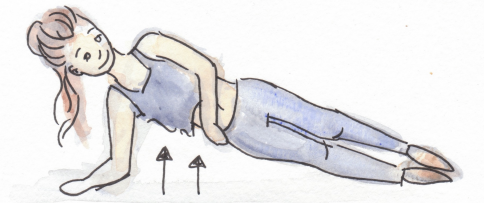
**8. Horizontal Side Support + Knees Bent**



30x each side

<http://www.aestheticmce.weebly.com>

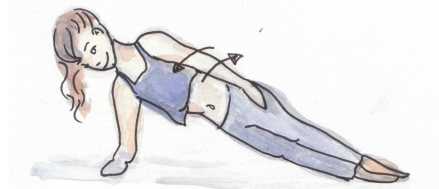
**9. Horizontal Side Support  
+ Knees Straight**



**30x each side**

<http://www.aestheticmce.weebly.com>

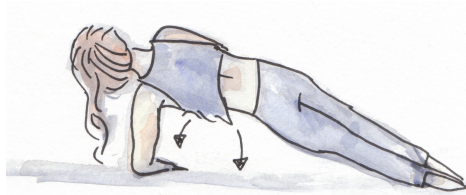
**10. Horizontal Side Support  
+ Knees Straight  
+ Trunk Rotation**



**30x each side**

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**10. Horizontal Side Support  
+ Knees Straight  
+ Rotate Sides**



**30x**

<http://www.aestheticmce.weebly.com>

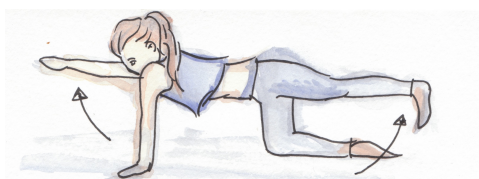
**12. Quadruped ADIM + Leg Raise**



**30x each leg**

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**13. Quadruped ADIM + Leg Raise  
AND Opposite-Arm Raise**



**30x each leg/arm pair**

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**14. Quadruped ADIM + Leg Raise  
AND Opposite-Arm Raise,  
No Rest**



**30x each leg/arm pair**

<http://www.aestheticmce.weebly.com>

### 15. **Quadruped ADIM + Rowing**



**30x each arm**

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### **How are you doing?**

Ask yourself...

- Is my spine always in neutral position?
- Am I aware of my body in space?
- How is my body feeling?
- Am I fully completing every repetition and hold?
- Can I increase the intensity of what I am doing?
- Am I applying the ADIM to my sport? For example, do I keep my spine protected in ADIM during flips and landings?

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