# Functional Joint Cheat Sheet

<table>
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<tr>
<th>Prehab</th>
<th>Exercise</th>
<th>After</th>
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<tbody>
<tr>
<td><strong>Core/Low Back</strong></td>
<td><img src="image1" alt="Bridge/Birddog" /></td>
<td><img src="image2" alt="Cat/Camel" /></td>
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<tr>
<td><img src="image3" alt="Farmer's Walk/Pallof Press" /></td>
<td><img src="image4" alt="Start" /> <img src="image5" alt="Finish" /></td>
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<tr>
<td><strong>Hips</strong></td>
<td><img src="image6" alt="Foam Roll" /></td>
<td><img src="image7" alt="Squats" /> <img src="image8" alt="Pigeon Stretch" /></td>
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<tr>
<td><img src="image9" alt="Hip Bridge" /></td>
<td><img src="image10" alt="With Weight" /></td>
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</tbody>
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Doug Hershberger 1
Knee

Single Leg Deadlift

Abduction

Foam Roll

Ankle/Foot

Foam Roll

ABCs

Calf Stretch

Whatever you happen to be doing on your feet, pay attention to how your foot/ankle joint is supporting your bodyweight.

Upper Back

Foam Roll

Kettlebell or Dumbbell Swings

Lying Half Windmill
Shoulder

Rotator Cuff Warm-ups

Pushups, Pullups, Rows, and other upper-body bodyweight exercises are optimal. Remember to stabilize your shoulder blade, keeping its entirety in contact with your rib cage. Shoulder blade should be stable, so that the shoulder socket can be mobile.

Band Pulls

Wall Slides

Elbow/Wrist/Hand

Band Curls

Wrist Curl-Ups

Kneeling Bent Wrist Stretch

Band Pushdowns