

# DS2 PLATFORM

(DYNAMIC STABILIZATION AND STRENGTHENING PLATFORM)

## General Exercise Progression

### (TABLE EX)

\*Shoulder Range of Motion (ROM) – Sitting or Standing Position

- Flexion/Extension
- Scapular plane
- Abduction/Adduction
- Horizontal Abduction/Adduction
- Elbow flex/ext

\*Hip ROM – Supine Position

- Flexion/Extension (Knee)
- Abduction/Adduction

\*Knee ROM – Supine

- Flexion/Extension (Heel Slides)

### (WALL)

#### (Phase 1)

- ROM: Wall slides (Shoulder Flexion/Extension/Abduction/Adduction/Internal Rotation/External Rotation) in multiple planes of motion (i.e. Frontal/Scapular/Abduction/Transverse); Elbow Flex/ext; Wrist ROM
- Stabilization exercises (Oscillations) around center “Cross-Hairs” (Up/down, Side/Side, Clockwise Circles/Counter-Clockwise Circles, Diagonals); Progress from slow to fast oscillations.

#### (Phase 2)

- Same stabilization exercises as in Phase 1 but progress to larger movement patterns to include ring of dots; Add creative patterns using ring of dots; Progress from slow to fast speeds

#### (Phase 3)

- Large-range oscillation exercises that include dots along the perimeter of the DS2 PLATFORM without resistance
- Small or large-range oscillation exercises with resistive bands
- Large-Range explosive/plyometric exercises in various pre-determined patterns
- Eccentric exercises and/or perform exercises in various positions and shoulder angles, such as overhead or in the scapular/abducted plane with or without resistive bands; Progress from slow to fast speeds
- Increase weight-bearing by modifying the load through the shoulder by increasing distance from the user’s feet to the wall

(FLOOR – UPPER EXTREMITY)

(Phase 1)

- Knees close to the DS2 PLATFORM; Hands directly under shoulders with minimal weight bearing/loading through shoulder; perform traditional exercises in alternating pattern (Up/Down, Side/Side, Clockwise/Counter Clockwise, Diagonals) or create other patterns; Progress by moving knees further away from platform to increase weight bearing through the shoulder; Progress from slow to fast oscillation speeds

(Phase 2)

- Modified push-up position (Knees)--- Same traditional exercises as in Phase 1 and add other creative patterns to include ring of dots and dots along perimeter (i.e. Alternating Shoulder flexion across board, stabilize one upper extremity and move opposite arm to various pre-determined patterns, push-ups in combination with hand slides to various points); Progress from slow to fast speeds

(Phase 3)

- Full push-up position---Same traditional exercises as in Phase 1 or 2; add other creative, more advanced exercises for shoulder and trunk stabilization/strengthening (i.e. Alternating shoulder flexion across platform, push-ups in combination with hand slides to various points, hand slides to various points using all dots on platform)

(FLOOR – LOWER EXTREMITY)

\*Hip – Standing

-Internal Rotation/External Rotation/Flexion/Extension/Abduction/Adduction/Diagonal Patterns

\*General Lower Extremity/Core (Trunk) Strengthening

Lunges (Forward/Lateral/Multi-Planar)

Single Leg squats with dot touches

Hamstring Curls (Double Leg/Single Leg)

Mountain Climbers

Hip Abduction/Adduction (Bilateral in Push-up Position)

Knee Tucks

Jack Knife

DS2 Rehab Systems, LLC shall not be liable for any injury resulting from one or more of the following: (1) failure to follow an appropriate exercise progression; (2) any inappropriate use of the DS2 PLATFORM; (3) failure to use the DS2 PLATFORM under the supervision of a qualified rehabilitation or exercise professional.

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