

Benchmarks for Rehabilitation

Shoulders

Flexibility

Finger tip touching behind back

Strength and Endurance

Fit Ball pushups, feet together	x10
Clap Pushups	x10 under 20 sec (10 sec)
Single arm scapula pushups	x6
Chin ups	x12 (x20)
Boxing above head	x100 under 1 min
ShoulderBlade	1 min strong wobble

Spine

Flexibility

Cobra extension arms straight
Sit and Reach toes, chin to chest
Sitting rotation twist 180°

Strength and Endurance

Tough narrow plank 1 min, single leg 5 sec
Superman plank, wide, straight elbows, 10 sec, chest 2 fists off ground

Hips, Knees and Ankles

Flexibility

Toe touch opposite hand, back leg locked out
Prone lie heel to buttock
Ankle sit instep flat
Achilles stretch 5 cm off wall with knee wall touch

Strength and Endurance

Full sprint speed, agility figure 8 sprints around goalposts
Wall skiing hold, 1 min single leg
Front/back and lateral hops x 10
Balance eyes shut, 5 deep knee bends
Split lunge plyometrics jumps, x10 pairs