

STRETCHES:

- Hold all stretches for two minutes (total stretch time) unless otherwise noted.
- Stretches are best done away from training times

Hip Flexors

Kneeling on one leg, glide hips forward. Make sure body is perpendicular to the floor. Increase stretch by lifting rear foot off the ground. Hold.

Note: Avoid overextending hips or low back.



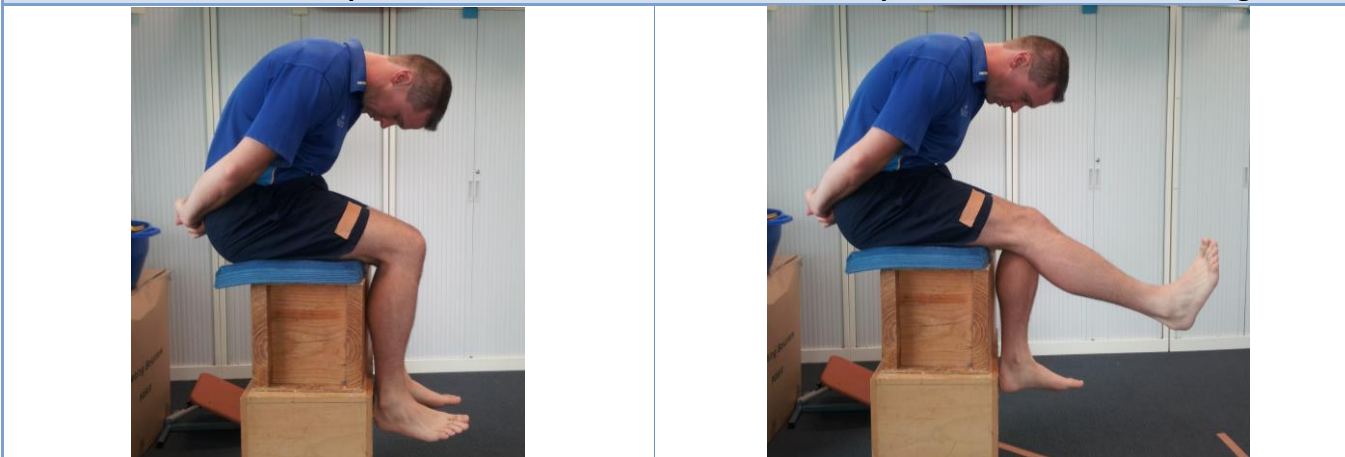
Gluteals

Lying prone with hips and knees at 90°, feet flat against a wall. Cross leg so ankle sits on knee and push crossed knee away from the body. Bring knee to chest to increase stretch.



Slump

Sitting with feet off the floor, slump forward into poor posture (hands behind back and chin on chest). Straighten one leg at a time while toes are pointed toward knee. Alternate legs.
Note: Each stretch attempt should be held for 1-2 seconds and repeated 30 times on each leg.



Calf

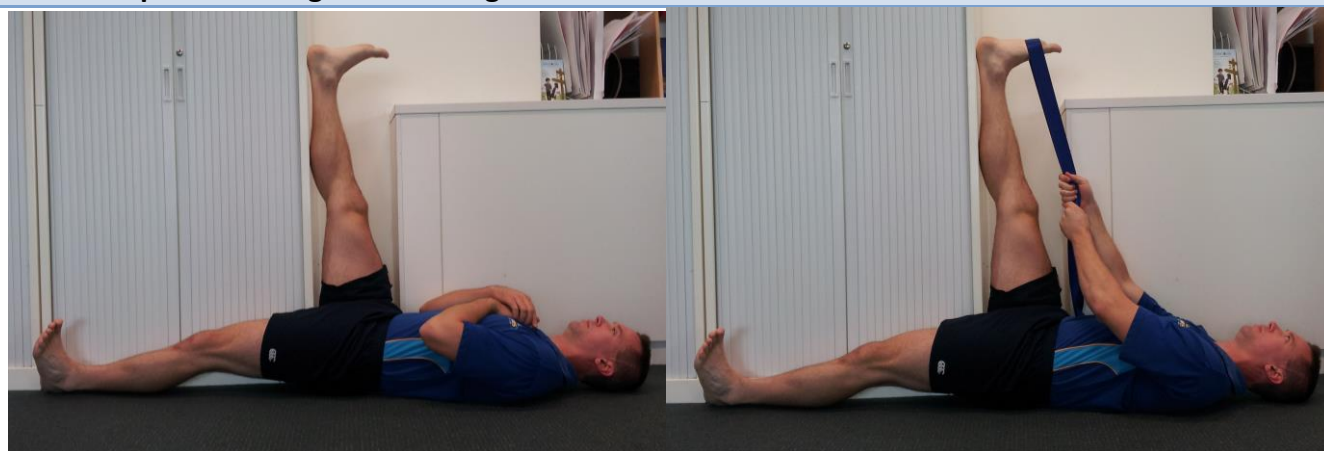
Stand on block/step. Keeping leg straight, drop heel step.



Hamstrings

Lying with one leg on floor and one leg straightened against wall. Progress with belt around forefoot pulling towards body.

Note: Keep knees straight in both legs.

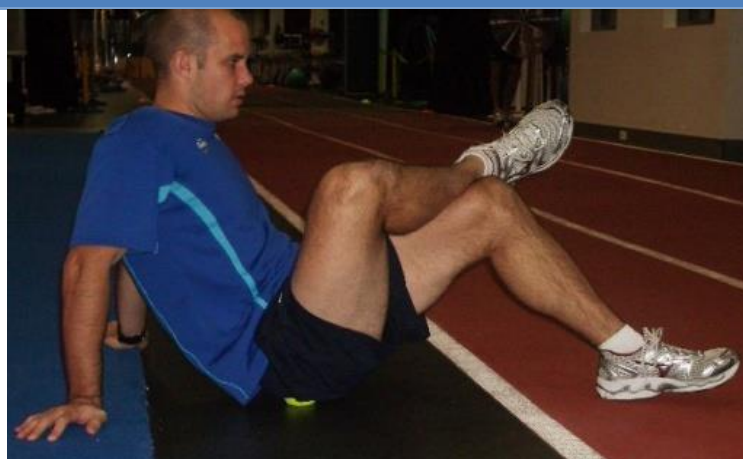


TRIGGER POINTS:

– Using trigger ball, find 3-4 trigger points per position; maintain position until a release is felt in target muscle. You should be comfortable enough to breathe easily through this process.

Gluteals

Using position from gluteal stretch, target trigger points using tennis ball under bottom. Shift body weight to intensify. Can be progressed by shifting upper body weight onto the elbow of treatment side.



Tensor Fasciae Late

Target area as seen in 1st image. Roll to side lying position, onto the ball. Find a trigger point and maintain position.

Note: TFL is in front of the hip bone, ball should be toward front of hip joint.



Latissimus Dorsi

Target area on side of rib cage/ underneath shoulder blade. Roll onto the ball, finding a trigger point and maintaining position.



Iliotibial Band

Target area as seen in image. Roll onto the ball, finding a trigger point and maintain position. Can elevate feet to intensify.



TRIGGER POINTS:

– Use foam roller, roll until muscle release is felt (approximately 20 slow passes on each target area)

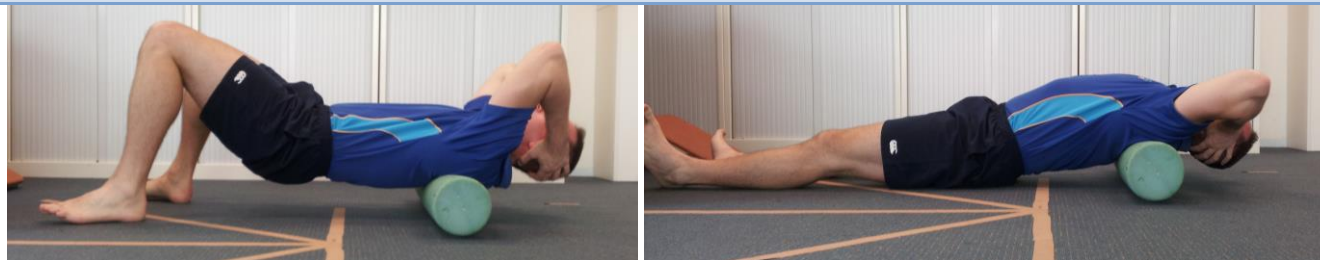
Iliotibial Band

Position body in side lying on middle of foam roller. Roll from knee to hip and back. Repeat.



Thoracic Spine

Position body in prone on middle of foam roller. Keep back parallel to floor. Rolling from shoulders to mid back. Support head. Stretch back over roller to intensify.



Gluteals

Using position from gluteal stretch, sit on foam roller. Roll in a small movement, from bottom to top of buttocks.



Groin

Lying prone with hip and knee positioned as below. Place inner thigh on roller, and roll between knee and groin.

Note: Knee should be positioned in line with hips.



Latissimus Dorsi

Positioned just off side lying with arm extended above head, roll between underarm to mid thoracic region.



Joint Mobility Exercises

Hip Transfer

Keeping body upright, lower body as low to one heel as far as possible without heel coming off ground. Slowly shift from side to side, coming into a deep side lunge.

Note: Keep both heels on floor during movement. The non-weight bearing leg should have toes pointed to ceiling

Dosage: 2-3 second hold in each position, approximately 20 times each side (or until release is felt in groin/ hip joint).

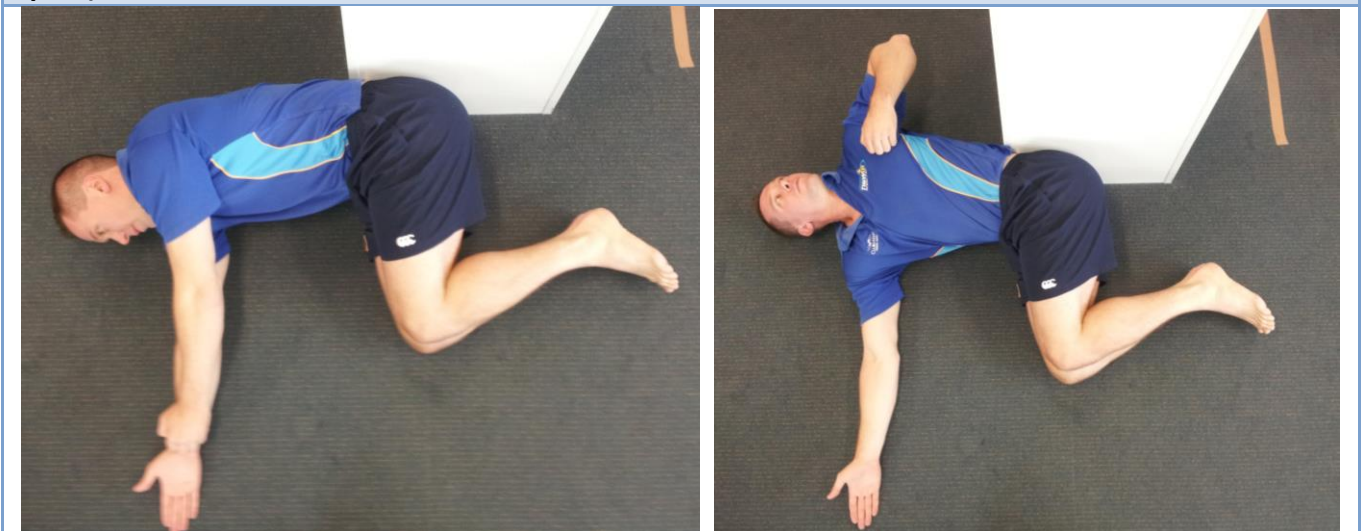


Thoracic Spine – Bow and Arrow

Position in side lying as below, with pelvis flat against wall to stabilise. Pull upper arm across body, as if pulling back an arrow on a bow, rotating through your back. Hold, and return to neutral. Repeat on other side.

Note: Pelvis should remain flat on wall at all times. Knees should be positioned at same height as hips

Dosage: 2-3 second hold each attempt, approximately 20 times each side (or until release is felt in spine).



Lumbar Spine – Supine Rotation

Lying on back with hips and knees flexed to 90°. Rotate back until knees are resting on the floor, keeping shoulders against floor. Hold and then return to neutral. Repeat on other side.

Note: This exercise is for spine stability, slow movements with a 2-3 second hold in each position of maximal rotation will give the best results, cease exercise when you feel it beginning to fatigue stomach muscles.

Dosage: 2-3 second hold, approximately 20 times each side (or until release is felt in spine).



Lumbar Spine – Prone Rotation

Lying face down, knees flexed to 90° and resting chin on hands. Rotate feet to the floor, keeping upper body still, hold and then return to neutral. Repeat on other side.

Note: Keep elbows/shoulders/chest on the ground to optimise spine rotation.

Dosage: 2-3 second hold, approximately 20 times each side



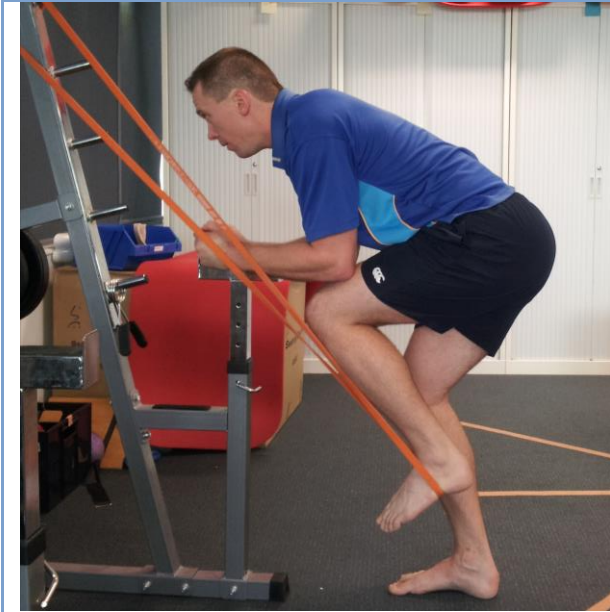
STABILITY/ ACTIVATION:

- All exercises must be done while maintaining a normal breathing pattern
- Focus on keeping a stable body position that is not perturbed by the movement of your arm/ leg.
- Exercises are not designed to be done to strength thresholds so fatigue in target muscles may not be obvious.

45° Hip Extension

Starting in a cycling position with a band around the foot. Keep a straight spine and neutral pelvis, push the foot back to an extended leg position (finish position is when the body is in one straight line). Ensure movement is driven from the gluteals. Repeat before swapping sides.

Dosage: Approximately 40 each side (or until gluteal activation is obvious)



Prayer Stretch

Kneeling on the floor, bend forward at hips so head comes down to floor. Reach hands as far forward as possible to feel stretch. Focus on breathing deeply to expand whole ribcage while holding position.

Dosage: 1-2 minute holds



Supine Leg Lifts

Lie supine with spine resting on roller. Focus on normal breathing pattern. Begin lifting one leg to 90° of hip and knee flexion and slowly lower. Focus of exercise is to maintain normal breathing while not falling off roller.

Note: Hands may be placed on floor beside body to assist balance until they can be placed on chest. Avoid placing full weight onto non-moving leg (ie: must use abdominal core to maintain balance).

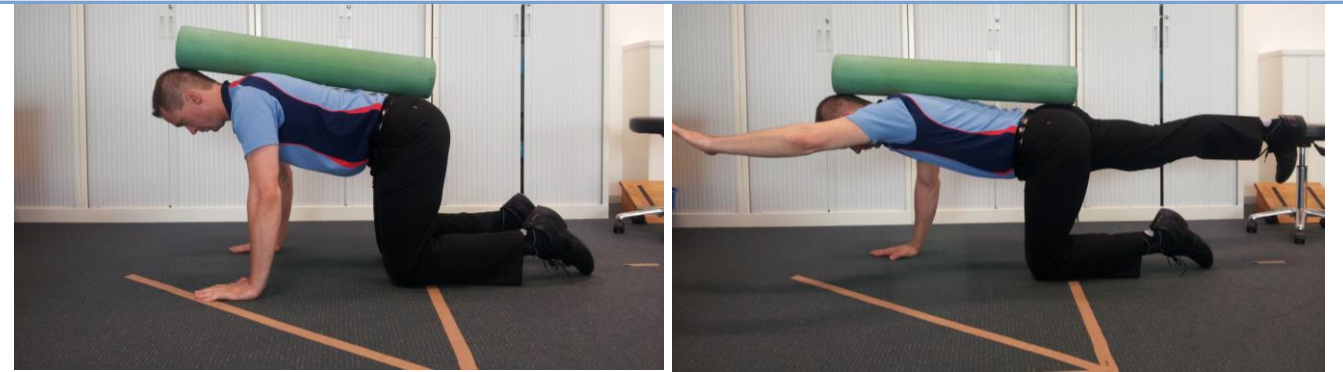
Dosage: 2-3 minutes of alternating legs (no rest time)



Bird Dog

In 4-point kneeling, rest foam roller along spine (3 points of contact; head, thoracic spine and bottom). Focus on normal breathing pattern. Lift one arm and leg off the ground until arm and leg form straight (horizontal) line. Body position should be stable enough that roller stays balanced on body and breathing should be unaffected. Return arm and leg slowly and repeat on alternating legs.

Dosage: 2-3 minutes of alternating sides each repetition without any rest time



Single Leg Swiss Ball Squat

Place ball between wall and back. Maintain ball along body midline as you slowly lower into a single leg squat. Only lower body to depth where an obvious gluteal contraction is felt, pause and then initiate stand up with gluteal muscle. Normal breathing patterns should be unaffected during this exercise.

Dosage: Maximum 30 each side

