

6/03/2018  
Session 1

## Stretch

Rolling -60sec each side, each exercise.  
Stretching - Hold each stretch for 60-90sec, each side  
Focus on relaxed slow deep breathing inhale through nose, exhale through mouth.

# #1

Alternate between stretch sessions #1 and #2

### 1. Spine rotation 01124



Tips: Place a pillow or rolled up towel under the head for additional comfort if required. The amount of hip & knee flexion may vary. Rotate the torso & take the arm behind the body as far as comfortable then return to the start position. Ensure that the torso rotates as the arm is taken back but do not force the movements. Try to keep the pelvis & legs stationary as the torso rotates. A dumbbell may be used to assist with the rotation if need be.

Cautions: Do not bounce or force the movements for the purpose of this exercise.

### 2. Spine self massage lat dorsi stretch 05452



Tips: Roll back & extend the spine over the foam roller, pressing the arms above the head. Extend slowly over the foam roller & control both phases of the exercise. If a tight area is identified, pause & maintain pressure for a short period of time.

Cautions: Do not stay in the extended position for too long or apply too much pressure on the ribs or costo-vertebral joints. If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing this exercise.

### 3. Foam roller buttock self massage 05443



Tips: Place the foot on opposite knee & roll the buttock back & forth on the foam roller. Rotate the hips to massage all aspects of the buttocks. If a tight area is identified, pause & maintain pressure for a short period of time.

Cautions: Do not roll the muscle too firmly on the foam roller.

### 4. Anterior shoulder chest stretch 02711



Tips: Start with the forearm flat against the wall with the elbow approximately 90 degrees away from the side. Keep the elbow stationary & rotate the torso away from the wall until a stretch is experienced in the chest & front of the shoulder. Changing the position of the forearm on the wall changes the emphasis of the stretch.

Cautions: If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this stretch. The bodyweight should be supported by the legs & not the shoulder.

### 5. Yoga 02508



Tips: Position the hands flat on the floor & shoulder width apart. Lift the hips, straighten the legs & shift the weight onto the legs. Press the palms forward & try to press the heels towards the floor also. Ensure that the arms remain straight to create an inverted V shape with the upper body & lower body. If tightness in the back of the legs restricts the pose, bend the knees slightly.

Cautions: If you have a history of shoulder injury or high blood pressure, seek medical advice prior to commencing this pose.

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.

6. Hip flexor stretch gluteal 02760



Tips: Lean forward at the hips & place the hands on the ground for balance. A stretch may be experienced in the hip of the rear leg &/or the hamstring of the front leg. Place the front foot forward further to increase the emphasis on the hamstring of the front leg.

Cautions: Do not excessively flex the spine while leaning forward at the hips.

7. Anterior shoulder biceps stretch 02669



Tips: Place the hands on the floor with the fingers pointing away with the arms straight. Keep the hands on the floor take the hips away from the shoulders. When the hips are rested on the ground, relax the arms but do not support too much of the bodyweight through the shoulders.

Cautions: Ensure that the hands do not slip. Do not take the hips too far away from the shoulders.

8. Torso side bend stretch 02823



Tips: Do not take the head or shoulders away from the wall. Do not force the stretch. Use the hand on the floor to assist in getting out of the stretch.

Cautions: Do not take the head or shoulders away from the wall & do not force the stretch. Use the hand on the floor to assist in getting out of the stretch.



## #2

### Alternate between stretch sessions #1 and #2

#### 9. Tensor fascia late self massage 05447



Tips: Position the top of the hip (tensor fascia late muscle) on the roller with the leg straight. Roll forward & back on the roller, focusing on the top of the hip. Rotate the leg to vary the location of the massage. The range of movement for this exercise does not need to be large.

Cautions: Do not roll too firmly on the foam roller. This exercise may elicit an uncomfortable sensation over the outside of the thigh.

#### 10. Foam roller quadriceps self massage 02929



Tips: Keep the forearms flat on the ground with the spine straight. Press the body forward & back against the ground to roll the front of the thighs over the foam roller. Simultaneously flex the knees to increase the stretch of the quadriceps muscles. The range of movement & the position of the thighs on the roller may vary depending on the requirements of the massage.

Cautions: This exercise may elicit an uncomfortable sensation over the thigh. Keep the neck in line with the spine & do not allow the spine to sag.

#### 11. Calf self massage foam roller 05440



Tips: Place one leg over the other & roll the calf muscle back & forth on the foam roller, keeping the leg straight. Turn the thigh in & out to massage all aspects of the calf. If a tight area is identified, pause & maintain pressure for a short period of time.

Cautions: Do not roll the muscle too firmly on the foam roller.

#### 12. Hip flexor gluteal stretch 02643



Tips: Place both hands on the floor & flex the front leg. Externally rotate the hip joint then place the leg on the floor. Lift the chest up so the hips & shoulders are square. To increase the stretch, move the front foot further away from the thigh & press the hips towards the floor.

Cautions: Do not allow the front knee to twist.

#### 13. Groin stretch 02700



Tips: Sit with the hips, shoulders & head resting against the wall with the torso straight. Press the knees towards the floor with even pressure on both sides while maintaining an erect posture. Pull the heels closer towards the buttocks to progress the stretch.

Cautions: Do not push the legs too far to the floor or to pain.

#### 14. Torso rotation gluteal stretch 02634



Tips: Lie flat on the floor with the head rested & the legs straight. Keep the shoulders & head in contact with the floor & use the hand to assist in bringing the leg across the body. The hip & knee should be flexed to approximately 90 degrees. Press the knee towards the floor without lifting the shoulders.

Cautions: Take the leg across the body slowly. Do not force the movement.

15. Hamstrings gluteal stretch 01210



Tips: Secure the strap around the foot & maintain a firm grip on the ends of the strap. Actively flex the hip as far as possible then at the end of active the hip flexion pull on the strap to further increase the stretch while maintaining the contraction. For the purpose of this exercise the leg should raise straight up. Hold the assisted stretch for a short period of time then release the stretch & repeat the movements. A towel or belt may be used as an alternative to the stretching strap.

Cautions: Ensure that the strap is secure & do not force the stretch.

16. Calf stretch 02687



Tips: Take a step back with one leg & place the foot flat on the ground with the feet facing forward. Lean forward at the ankle while keeping the heel on the floor & the knee straight. Contract the quadriceps of the rear leg to help keep the leg straight.

Cautions: Do not round the spine or twist at the hips.

17. Soleus stretch 02688



Tips: Take a step back with one leg & place the foot flat on the ground with the feet facing forward. Flex the rear knee & lean forward at the ankle. Ensure that the knee tracks straight over the centre of the foot.

Cautions: Do not round the spine or twist at the hips.