

Foam Rolling Basics

For each foam roller exercise identify a "tender spot" and hold over the area for approximately 30 seconds. Find an additional spot in the region and repeat. These exercises should be completed for at least 48 hours post-match/practice 3-4 times per day.

1. Adductors



Start

1. Lie on stomach with one thigh extended slightly to side and knee bent.
2. Place foam roll in groin region.

Movement

3. Slowly roll inner thigh; apply pressure on tender spots for 30 seconds.

3. Hamstrings



Start

1. Place foam roll under Hamstring with hips lifted off floor.
2. Cross opposite leg to increase pressure (optional).

Movement

3. Slowly roll Hamstring; apply pressure on tender spots for 30 seconds.

2. Calves



Start

1. Place foam roll under mid-calf.
2. Cross opposite leg to increase pressure (optional).

Movement

3. Slowly roll calf; apply pressure on tender spots for 30 seconds.

4. IT-Band



Start

1. Lie with foam roll on side, in front of hip.
2. Cross top leg over lower, with foot touching floor and bottom leg raised off floor.

Movement

3. Slowly roll from upper portion of outer thigh, slightly in front of hip joint, to knee; apply pressure on tender spots for 30 seconds.

5. TFL (Tensor Fascia Latae)



Start

1. Lie with foam roll on side, in front of hip.
2. Cross top leg over lower, with foot touching floor and bottom leg raised off floor.

Movement

3. Slowly roll front of hip, slightly in front of hip joint; apply pressure on tender spots for 30 seconds.



1.) Doorway Pec Stretch (Elbow Bent)

Repeat 2 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume an upright standing position in a doorway. Place your forearm on a door frame with your elbow positioned slightly lower than shoulder height. Slowly lean forward and rotate your trunk away from your elbow until a stretch is felt in your chest and on the front of your shoulder. Hold 30 (s) at end range; then slowly release the stretch.



2.) Chest Stretch on Foam Roll

Repeat 2 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume a back-lying position over a foam roll positioned down your spine. Raise both arms up in the air and slowly allow them to fall out to your sides, palms up, until a stretch is felt in your chest. In this end range position, you may need to elevate your arms slightly higher than your shoulders to further maximize the stretch. Hold 30 (s) at end range; then slowly release the stretch.



3.) Doorway Pec Stretch (Arm Straight/Thumb Down)

Repeat 2 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume an upright standing position in a doorway. Position your outstretched arm behind you in an extended position with your thumb down on the door frame. Slowly rotate your body away until a stretch is felt in your chest. Hold 30 (s) at end range; then slowly release the stretch.



4.) Sleeper Stretch

Repeat 3 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume a back-lying position with your elbow bent 90° and your shoulder abducted 90° out to the side. Rotate your body into a side-lying position so you are lying on the shoulder to be stretched. Grasp the back of your hand and rotate your forearm forward until a stretch is felt on the back of your shoulder. Hold 30 (s) at end range; then slowly release the stretch.



5.) Scalene Stretch (Hold 1st Rib)

Repeat 3 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume upright posture with neutral cervical spine. Position one arm behind back. Apply force to opposite 1st rib with fingertips of other arm. Perform cervical side-bending extension rotation away. Hold 30 (s) at end range; then slowly release stretch.



6.) Levator Scapulae Stretch

Repeat 2 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume an upright posture; position one arm behind your back. Begin by side-bending your neck away, flex it in a forward direction, then rotate your head a ¼ turn toward the same side knee. Using the same side hand pull your head down towards that knee. Hold 30 (s) at end range; then slowly release stretch.



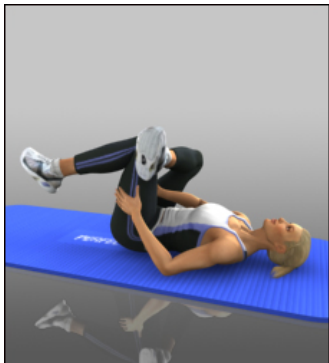
1.) Hip Adductor Stretch (Lateral Lunge)

Repeat 3 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume a standing position with your feet straight ahead much wider than shoulder width and place your hands on your thighs. Shift your weight over one leg by bending your knee and straighten the opposing leg to be stretched. You should feel a stretch on the inside aspect of your thigh and groin of the straight leg. Hold 30 (s) at end range; then slowly release the stretch.



2.) Supine Piriformis III

Repeat 2 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Lie on your back with one knee bent up with your foot on the floor. Bring your other leg up and position the outside of your ankle on your lower thigh just above your knee. Grasp the thigh of the leg that remains on the floor and pull it towards your chest until a gentle stretch is felt in your opposite hip. Hold 30 (s) at end range; then slowly release stretch.



3.) Step Up Hip Flexor Stretch (Trunk Rotation)

Repeat 2 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume a step-up lunge position with your hands clasped behind your head. Position your front foot far enough forward so your knee does not cross your toes as you slide forward. Slide forward until you feel a stretch on the front of your hip then rotate your trunk toward your leading leg to intensify the stretch. Hold 30 (s) at end range; then slowly release the stretch.



4.) TFL/ITB Stretch (Foam Roll)

Repeat 10 Time(s)

Hold 5 Seconds

Complete 2 Set(s)

Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a side-lying position; position a full foam roll under your lower hip/thigh. Elevate your trunk up using your lower arm for support. Position your top leg foot on the floor in front of your bottom leg thigh to assist with balance. Roll up and down over the foam roll to stretch the outside of your lower hip and thigh. Continue for 1-3 minutes or longer if directed by your health care professional.



5.) Hamstring Stretch (Lateral Trunk Rotation + Lumbar Flexion)

Repeat 2 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume a single leg standing position with one leg positioned on an elevated surface and the other on the floor facing straight forward. Clasp your hands behind your head, pull your toes toward your nose, and forward bend your trunk in the direction of your elevated foot. At end range rotate your trunk toward the leg being stretched. You should feel the stretch in your lateral hamstrings (outside/back aspect of thigh). Hold 30 (s) at end range; then slowly release the stretch.



6.) Quadruped Calf Stretch

Repeat 5 Time(s)

Hold 10 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Assume a quadruped position on your hands and knees. Walk your hands backwards, straighten your knees, and lower your heels down until they are in contact with the floor. You should feel the stretch on the back of your ankles and calf muscles. Hold 30 seconds and gently release.



7.) Slump Stretch (Neural mobilization)

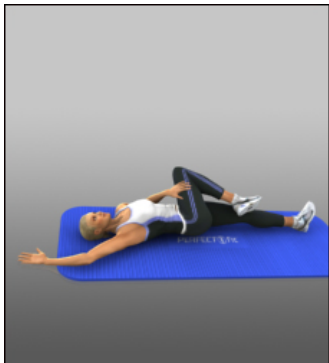
Repeat 10 Time(s)

Hold 2 Seconds

Complete 2 Set(s)

Perform ____ Time(s) a Day

INSTRUCTIONS: Sit in a slumped posture on a surface high enough so your feet don't touch the ground. Pull your toes/foot of your involved leg towards your chin. Slowly raise and straighten out your leg until you feel a stretch and/or you bring on your symptoms. Hold position, slowly alternating pulling your foot up, then pointing it to bring the stretch on and off. Take the appropriate rest between sets.



8.) Single Leg Trunk Rotation

Repeat 2 Time(s)

Hold 20 Seconds

Perform 2 Time(s) a Day

INSTRUCTIONS: Lie on your back with a single knee bent and the other straight. Reach overhead with one hand and pull the single knee across the straight leg toward the floor using the opposing hand. Apply overpressure with this hand to push your leg closer to the floor. Hold 30 (s) at end range; then slowly release stretch.

STRETCH IT OUT!

By: Greg Gatz

As we navigate through this challenging period of time, we coaches and staff find ourselves in a different working environment, namely more SITTING. Computer time, conference calls, and mobile communicating keep us in stationary positions for an unusual amount of time. Being conscious of taking breaks, getting up and moving, and dedicated stretch intervals will help keep your time working from home more productive.

Below are a few example stretches, courtesy of fitness coach Steve Myrland, for daily work relief. *Be smart with how far you can stretch. Go only to your current end range. Try to improve each time.



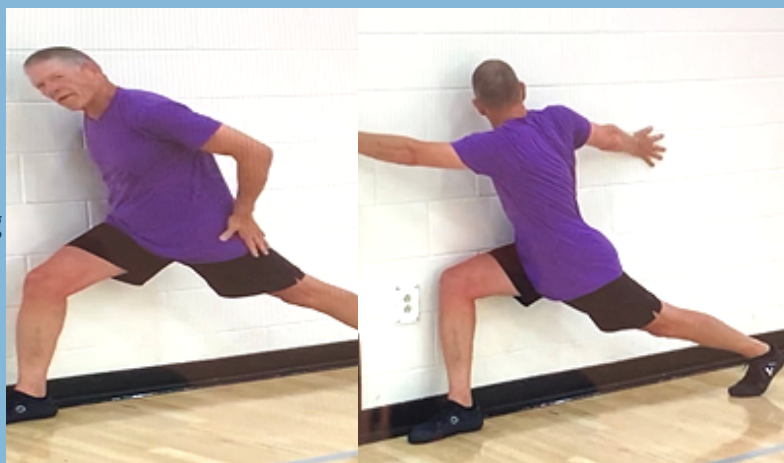
1. Wall Assisted Torso Rotation w/ Diagonal Reach

Stand in a wide stance with back to wall. Rotate right or left backwards to wall while letting feet pivot & turn. Reach with lead arm, down and away, while trail arm extends up and out.

Alternate back and forth slowly trying to increase the stretch each time using the wall to help drive your range. Perform 6 repetitions each side.

2. Wall Anchored Wide Stance w/ Torso Rotation

Stand next to a wall in split stance, front knee bent forward, back leg extended. Rotate torso towards wall while extending arms out to side. Use the wall and arms to increase the stretch. Repeat in opposite direction. Keep alternating sides for 6 repetitions each sides.



3. Wide Stance Alternating Side to Side Squat w/ Opposite Shin Reach

Lean to one side into a squat, while straightening opposite leg, and slowly reach down toward your shin. Pause and repeat for 8 repetitions on each side. Repeat sequence on opposite side leg.

