

Foam Rolling Exercises

General Information:

Foam roller exercises will stretch muscles and tendons and by using your own body weight you can perform self massage or myofascial release. For various reasons including inactivity, not enough stretching, or injuries, the fascia and the underlying muscle tissue can become stuck together. This is called an adhesion and it results in restricted muscle movement. It also causes pain, soreness and reduced flexibility or range of motion. Myofascial release strategies such as foam roller exercises can result in softening and lengthening (release) of the fascia and breaking down scar tissue or adhesions between skin, muscles and bones.

General Rules:

- * Foam roller should be placed on a muscle as shown in examples.
- * You should roll up and down the muscle for approx 60s.
- * Extra time can be spent on trigger points/ tender spots.
- * Wait for the discomfort to diminish by 50%.
- * Repeat on other areas of sensitivity/ excessive tightness
- * When the area is free of pain and can be rolled over, continue to roll regularly to keep the area relaxed.
- * Use the foam roller as a warm-up prior to activity and part of your cool down post activity.
- * Foam rolling should never replace a dynamic warm-up
- * **NB.** Foam rollers should supplement but do not replace a regular flexibility programme



Thoracic Spine

Bend knees and push through the floor
Roll between shoulders and lower back



Calves

Keep arms and legs straight
Try to avoid shrugging shoulders
Point toes back towards shin
Gently roll from the back of the knee to the ankle



Hamstrings

Keep legs straight and off the floor
Point toes back towards shins
Keep core strong and roll gently
from the buttocks to the back of the knee



Glutes

Keep your balance
Keep shoulders square and gently
roll across the buttocks



Iliotibial Band

Keep elbow under shoulder
Shoulders square and facing
forwards
Roll from the top of the knee to
the hip (on the side of your leg)



Shins / Tibialis Anterior

Keep your balance
Keep shoulder square and gently
roll from the knee to the ankle



Quadriceps

Look at the floor, keeping your
back straight
Roll from the top of the knee to
the hip

Roll up and down the length of each muscle for 60s.
Spend extra time on trigger points / sensitive areas.

Flexibility Exercises

General Information:

The objective of flexibility training is to improve the range of movement of muscles. Flexibility plays an important part in the preparation of athletes by developing a range of movement to allow technical development and assisting in the prevention of injury

General Rules:

- * Stretching should always be performed following a minimum of 5 mins warm-up and mobilisation.
- * Each stretch should be held for a minimum of 30 seconds, allow 30 seconds recovery between each stretch.
- * Each stretch should be repeated three times.
- * If the stretch is on one side of the body, i.e. right hamstring, simply alternate with no or minimal rest to the left.
- * Stretching should not be painful, slight discomfort is ok.
- * During the 'stretch hold', the intensity of the stretch is likely to decrease. At this point you should apply a little more pressure to the stretch, thus maintaining the intensity.
- * You should focus your attention on the stretch avoiding any distractions to get the most out of the process.



Hamstring Stretch



Hamstring Stretch



Hip Flexor Stretch



Quad/Hip Flexor Stretch



Groin Stretch



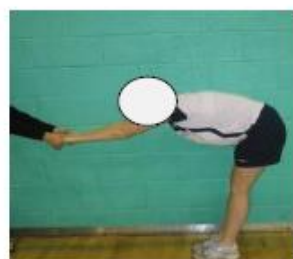
Piriformis Stretch



Lumbar Rotation Stretch



Glute Stretch



Lat Stretch



Quad Stretch



Calf Stretch (Gastroc)



Calf Stretch (Soleus)



Pec Stretches – As the pectoralis major is a fan shaped muscle it is important to stretch in multiple directions as shown above. Ensure that a tall position is maintained throughout keeping lumbar position fixed.

Hold each stretch for 30s. Rest. Repeat 3 times.