

# **General Stretching**

Complete this 2x per week.

### **Posterior Nerve Slider**

Sets: 2 Reps: 5

### Preparation:

- · Lay on back with leg elevated
- Bend one hip and knee to 90 degrees

#### **Execution:**

- Straighten your knee
- At the same time bend your foot up
- Bend your knee back down
- At the same time pump your ankle downward and inward as if pressing the brakes in a car
- Remember the emphasis is on sliding your nerves, DO NOT try to stretch your nerves!



Bend knee, point toes



Straighten knee, bend toes up

## **Hamstring Stretch (Belt)**

Sets: 2 Hold: 30 sec

## Preparation:

- Lie on your back
- · Loop a belt around your foot

#### **Execution:**

• Use belt to lift leg. You should feel a stretch along the back of your thigh.



Pull foot overhead

## **Lower Back Rotation Stretch**

Sets: 2 Hold: 30 sec

## Preparation:

Lie on your back with your legs flat

- Bend your hip and your knee to 90 degrees
- Let your leg fall across your body, towards the floor, until you feel a stretch
- Gently pull your knee closer to the ground with one arm
- · Keep your upper back firmly on the ground



Start on your back



Let leg fall across body

#### Provided by Brendan Fogarty, Mar 20 2020

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## Glute Stretch- Dynamic

Sets: 2 Hold: 30 sec

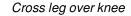
## Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

### **Execution:**

- Pull your knees towards your chest
- Feel a gentle stretch in buttock for an instant
- Rock legs back down to the start position. Repeat this motion







Pull knees toward chest

# **Hip Flexor Stretch**

Sets: 2 Hold: 30 sec

### Preparation:

• Kneel into a lunge position

- · Gently press hip forwards to feel a stretch
- Avoid arching your low back or let your hips roll forwards



Straight Posture, Press hip forward



## **Thoracic Extension (Foam Roller)**

Sets: 2 Hold: 30 sec each segment

## **Preparation:**

- Lie on a foam roll as shown.
- Support your neck with your hands.

#### **Execution:**

- Arch your upper back over the foam roller towards the floor.
- Move up and down the foam roller and repeat at different levels of you upper back.

## Important:

• DO NOT arch through the lower back



Lie on roll, support neck with hands



Arch upper back over roll



Move up and down the roll and repeat







### Lat Stretch

Reps: 2 Hold: 30secs

## Preparation:

• Arms on table, palms up

### **Execution:**

· Lean backward from the hips



Arms on table, palms up lean backward from the hips

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## **Pectoralis Stretch (Wall)**

Sets: 2 Hold: 30 sec

## Preparation:

 Place your forearm against the wall with arm at shoulder height

#### **Execution:**

- Twist away from the wall
- You should feel a stretch across your shoulder and chest



Forearm against the wall, stand tall



Twist away from wall

## Thigh Release (Foam Roller)

Duration: 30 sec

#### **Execution:**

- Position foam roll beneath hip, as shown.
- Roll along the foam, towards your knee.
- Whenever you find a sore spot, pause for as long as you can, to stretch this area out.





**Note:**This exercise is normally quite uncomfortable. If it gets to be too much, give yourself a break.

Start Position

Roll out along foam

# Hamstring Release (Foam Roller)

Duration: 30 sec

- Roll your the back of thigh as shown
- Stop on tight portions of the muscle to allow them to release.



Roll back of thigh on foam roll



Stop over tight areas and let them melt away



Continue rolling



# **Hip Adductor Release (Foam Roller)**

Duration: 30 sec

## Preparation:

- Lie on foam roller as shown
- Position the roll between legs, resting on the inside of one groin

#### **Execution:**

• Roll up and down in the groin and thigh area



Stop and hold if you find a tender point, let it relax

# Calf Release (Foam Roller)

### Preparation:

• Sit with your calf on a foam roll.

- Roll your calf up and down on the roll.
- Stop on tight portions of the calf muscle to allow them to release.



Sit with calf on foam roll



Roll calf up and down roll



## **Hip Specific Mobility**

Complete this 2 x per week.

## Child's Pose

## Preparation:

• Kneel on the floor, buttocks over heels.

### **Execution:**

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.





Start in 4 point

Buttocks over heels, stretch arms

# **Downward Dog**

## Preparation:

· Resting on all fours

#### **Execution:**

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling



# **Upward Facing Dog**





## **Downward Dog**

## Preparation:

· Resting on all fours

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling





## Deep Lunge | Back Knee on Ground

### **Execution:**

- Lunge one leg forward keeping the other leg bent
- · Reach to hold the floor
- Push back hip towards the floor



Push back hip forward, knee touches floor, sink into front hip

## **Downward Dog**

## Preparation:

· Resting on all fours

#### **Execution:**

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling



## **Pigeon Pose**

#### Preparation:

· Kneel on the ground

### **Execution:**

- · Stretch one leg back behind you
- · Position front foot across body
- Inhale, growing tall through trunk
- Exhale, lowering trunk over front knee



Inhale, growing tall through trunk



Exhale, lowering trunk over front knee

## **Downward Dog**

## Preparation:

Resting on all fours

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling





# **Rotated Side Angle**







# **Downward Dog**

## Preparation:

· Resting on all fours

### **Execution:**

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttocks towards the ceiling



# Repeat on the other leg