

## Myofascial Release

Myofascial release is a self-massage practice that involves the use of a roller or firm ball. Regularly using a roller offers many of the same benefits as a sports massage. Myofascial release can improve flexibility, joint range of motion, improve circulation and reduce muscle soreness.

Roll out for 20-30 seconds per side of each desired muscle group. Apply as much body weight or pressure to the targeted area as tolerable. You might feel some discomfort as you come across trigger points or a tender area, but this should not be painful.

Stretching after completing a period of myofascial release can further improve joint range of motion.

### Calf

Place the foam roller under your right calf and cross your left foot over your right shin. With your palms on the ground, lift yourself up so your body weight is on the foam roller. Complete both sides.



### Hip Flexor

Start by laying on your stomach with the ball positioned below your hip joint. Brace yourself with your forearms and raise your torso off the group. Roll along the quadricep and hip flexors. Complete both sides.



### IT Band

Lay on your left side with the foam roller perpendicular to your leg. Cross your right leg over your left and keep your left leg straight on the floor. Support your upper body with your elbow or hand and roll along the leg from your hip to knee. Complete both sides.



### **Glute**

Sit on the ball so it is positioned on your left glute. With your right leg bent, push into the ground with your hands to elevate your hip off the ground. Roll out along the entire glute muscle. Complete both sides.



### **Quadricep**

Lying on stomach, place the foam roller under your quad and use your arms to support your body weight. Apply as much body weight directly into the foam roller as tolerable. Roll up and down the quad then complete a few reps of bending then straightening your knee. Complete both sides.



### **Latissimus Dorsi**

Lay on your side with the foam roller placed on the side of your back underneath your shoulder. Roll up and down the muscle then slightly onto your back towards your spine. Apply as much pressure to the muscle as tolerable. Complete both sides.



*\*All exercises can be done with a foam roller or lacrosse ball\**

## Passive Stretching

Stretching with a resistance band is a great method for improving joint range of motion and flexibility. Complete 3 reps of 20 – 30 second holds for each stretch.

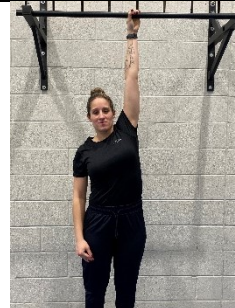
### Latissimus Dorsi

Tie the resistance band to an elevated fixed object. Hold the band with one hand and raise the arm above your head to create a stretch in your lats. Complete both sides.



### Latissimus Dorsi

Grab onto a pull-up bar with one hand and gently shift your body side to side to stretch the lats. Complete both sides.



### Pectorals

Create a 90 degree angle with your elbow and shoulder joint. Place your forearm against a fixed object and turn your torso away from your arm to stretch the pectoral muscles. This stretch can also be completed in a doorway. Complete both sides.



### **Hamstring**

Hold the band with both hands and put one foot inside the band. Straighten the leg and pull the band towards your body to stretch the hamstring. Gently pull your leg a few inches across your body to stretch the lateral fibres of the hamstring. Complete both sides.



### **Hip Flexor**

Tie the resistance band to a fixed object. Step into the band with one leg and place the band around your upper thigh underneath your glutes. From a kneeling position, gently shift your pelvis forwards to stretch the hip flexors. Complete both sides.



### **Ankle**

Tie the resistance band to a fixed object. Step into the band with one leg and place the band around your ankle. From a kneeling position, gently guide your knee with your hand forwards and backwards to mobilize the ankle. Complete both sides.



## Shoulder Range of Motion Exercises – Dowel

### **Shoulder Dislocates**

Hold the dowel with your elbows straight and hands wider than shoulder width apart. While keeping the elbows straight, raise the dowel above your head and bring the dowel as far back as your shoulders permit. This movement should not feel painful. Do not force the dowel behind your body and avoid arching your back throughout the movement. This exercise can also be completed using a resistance band.



### **Around the World**

Hold the dowel with your elbows straight and hands wider than shoulder width apart. Raise the right side of the dowel above your head and bring this part of the dowel behind your body. Once both hands are behind your back, raise the left side of the dowel above your head and bring this side of the dowel in front of your body. Complete this movement both directions.

