



# Just Knead It

Sports & Remedial Massage

## Stretch for Success EBFit Bootcamp

### Overview:

- Today is about being as practical and personalised as possible!

### Session Covers:

- Dynamic Warm Up for Better Performance
- Stretching/ Triggering to Improve Posture
  - Pecs – Trigger & Stretch
  - Using nerve stretches/ glides
  - Thoracic Extension
  - Posterior Shoulder Capsule
  - Easy 3 min Partner Shoulder Massage
- Freeing up hips:
  - Assisted Stretch – Gluts, H/strings, Quads, Adductors
  - Foam Rolling Calves, Quads, Gluts
  - Triggering: Gluts and Hip Flexors.

### Just Knead It Tips:

- Play around to find out what works best for you and your body!
- If it's too much to stretch every muscles every day pick a few muscles/ day to stretch so all ones you need to work on are covered 2x/ week
- Work with in your pain threshold!

### Stretching:

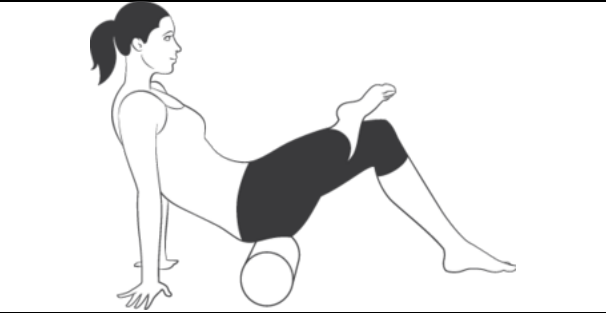
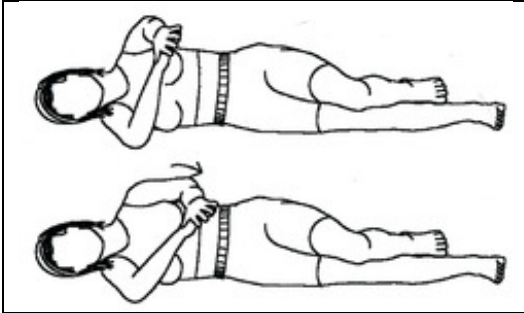
- 1:30min per muscle group
- This can be broken down into sections i.e 3 x 30sec
- Always continue to lean into the stretch

### Foam Rolling:

- There is no exact science to it
- Rolling over really bony bits is not great
- Be careful rolling through the lumbar spine (quite provocative)
- Find the spots that hurt and lean into them
- 2/3 minutes per area
- Aim for a 5 – 6/ 10 on the pain scale so that it is not TOO painful that you don't want to do it more than once.
- Use your legs and hands that aren't on the foam roller or tennis ball to take some of the load.
- Numbness/ pins and needles/ tingling stop immediately!



<p><b>Pec Triggering:</b></p> <ul style="list-style-type: none"> <li>Facing wall – bring arm across body &amp; away from body.</li> </ul>	<p><b>Pec Stretching:</b></p> <ul style="list-style-type: none"> <li>In door way/ against wall. Arm at 90 degrees. Rotate Inwards</li> </ul>
<p><b>Assisted Pec Stretch</b></p> <ul style="list-style-type: none"> <li>Arms behind head, gentle pull backwards on elbows</li> </ul>	<p><b>Median Nerve Stretch and Glide</b></p> <ul style="list-style-type: none"> <li>Stretch – Fingers straight, wrist fully bent backwards, arm straight, head tilted opposite side and hold</li> <li>Glide – hand on ear with elbow up, drop head to same side and bring arm out the ‘stretch’ position.’ Turn hand around, bring elbow back towards body and tilt head to opposite side.</li> </ul>
<p><b>Thoracic Spine Mobility &amp; Errector Spinae</b></p> <p>Exercise 1.</p> <ul style="list-style-type: none"> <li>Roller up and down the spine</li> </ul> <p>Exercise 2.</p> <ul style="list-style-type: none"> <li>Middle of back, arch over the roller, take a few deep breaks, move up towards head and repeat</li> </ul>	<p><b>Thoracic Spine Mobility &amp; Errector Spinae</b></p> <p>2 tennis balls strapped together or a locker room sport Posture Pro on either side of the spine.  <a href="http://www.lockeroomsports.com/posture-pro.html/">http://www.lockeroomsports.com/posture-pro.html/</a></p>



**Posterior Capsule Stretch**

- Be gentle! Lying on side, arm at 90 degrees. Rotate arm down towards ground. Push back and hold for 10sec. Shake it out and assume the position again. (Should feel gentle pull)

**Gluts**

Position:

- One foot off the roller
- Hands behind taking body weight
- Cross one leg over the other

Exercise

- Roll back and forth

Gluts are a large muscle group so rotate the pelvis from side to side get the whole muscle group.



**Hamstring Stretch**

Position:

- Lying on back, take leg up to bind, make sure pelvis IS NOT MOVING!

Direction of stretch:

- Pressure through knee, push towards the ground/ against the resistance of the strap

**Glut stretch**

Position:

- Lying on back, bring one leg to 90 degrees, grab the ankle and rotate leg, bring towards opposite shoulder.

Direction of stretch:

Across body, towards opposite shoulder



**QL Stretch**

Direction of stretch:

- Lean toward the out stretched leg.  
\*Warning can irritate your back. Be careful!

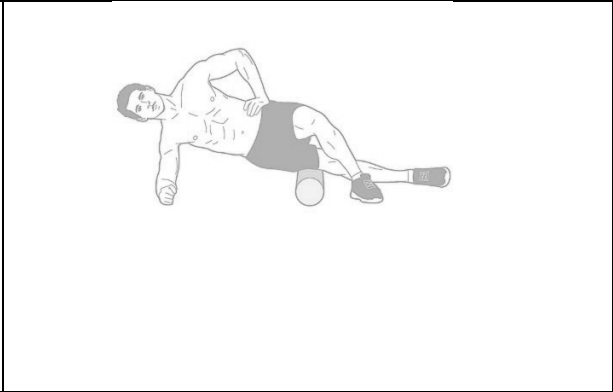
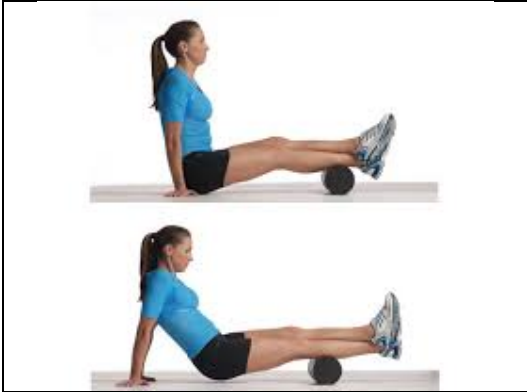
**Quadriceps & Hip Flexors**

Exercise 1:

- Small pulses. Rotate hips inward to the side to get more into hip flexors than quad, outward to hit your adductors (inside leg muscles)

Exercise 2:

Long glides up & down the muscles rotating the leg in and out.



**Calves**

Exercise 1:

- Small pulses up near back of knee (NOT DIRECTLY ON BACK OF KNEE) middle of lower leg & close to the Achilles. Rotate leg inward & outward with each glide to get different muscle fibers.

Exercise 2:

- Long glides up and down the lower leg, rotating the leg pelvis inward and outward with each glide to get different muscle fibres.

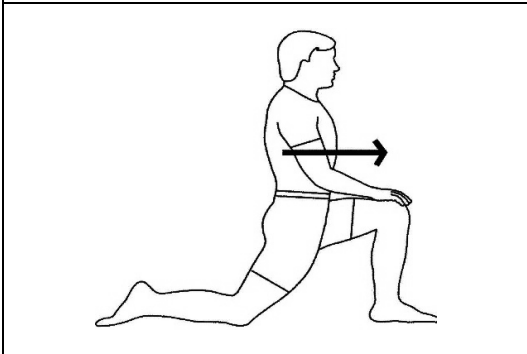
**Lateral Quad, Hip Flexors & ITB**

Exercise 1:

- Small pulses up near the hip, middle of leg & close to the knee. Rotate hips inward to the side to get more into quad/ hamstrings insertion

Exercise 2:

- Long glides up and down the muscles, rotating the pelvis inward and outward with each glide to get different muscle fibres.



**Hip flexor & Quad Stretch**

Position:

- 1 hip flexed, knee bent & foot flat on the ground. The opposite knee on the ground hip extended.

Direction of stretch:

Push hips forward, you may need to think about rocking the hips backwards.

