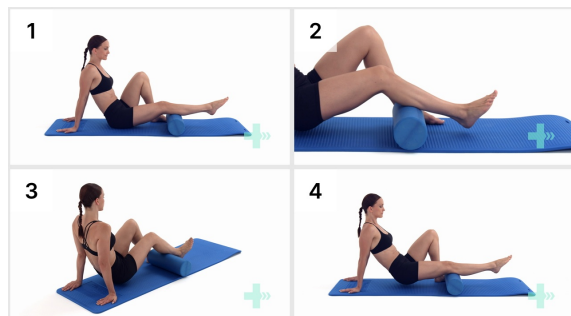




Physica
25 Wantirna Rd
Ringwood VIC, 3134

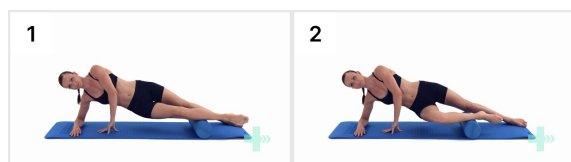
1 Set / 1 Rep / 1 min duration



1. Calf foam roller

Sit on the floor with your calf on a foam roller.
Roll your calf over the foam, increasing the pressure by lifting your hips up with your hands.

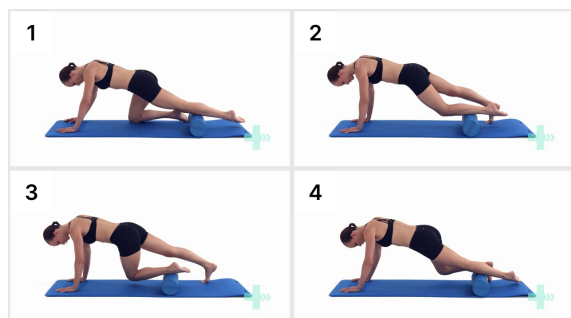
1 Set / 1 Rep



2. Peronei foam roller

Lie on your side with the outside edge of your lower leg on the foam roller.
Roll your lower leg over the foam, lifting hips off the floor to increase the pressure.

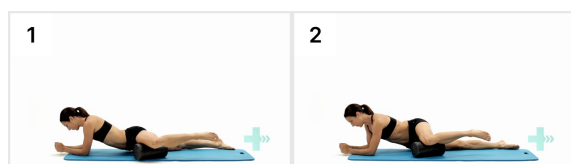
1 Set / 1 Rep



3. Shin foam roller

Lie on your front with your lower leg on a foam roller.
Make sure it is the soft part of your leg and not the bony shin on the foam roller.
Roll your lower leg up and down on the foam, increasing the pressure by lifting your body up off the floor more.

1 Set / 1 Rep / 1 min duration

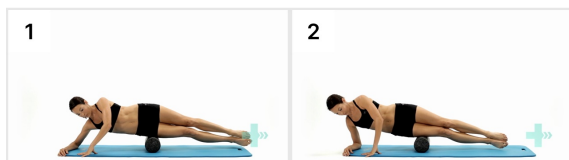


4. Hip adductor foam roll

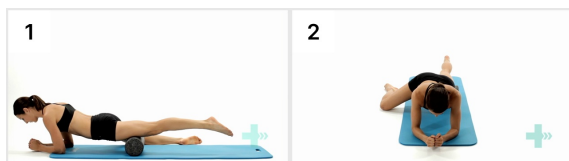
Lay face down and place the foam roller "sideways" underneath the medial thigh.
Pull your hip towards you, and push it away from you creating a rolling motion.

5. ITB foam roll

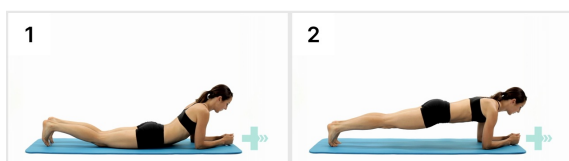
Place the foam roller underneath the IT band.
 Stack your legs on top of one another to apply added pressure.
 Roll from the head of the femur to just above the knee joint.
 Do not roll over bone on a foam roller, stay on the soft tissue.

**6. Quadriceps foam roll**

Lie on your front and place the foam roller underneath your leg.
 Bend the opposite leg and bring it out to the side to help you move back and forth.
 Roll the entire length of the thigh muscle, staying off the knee joint.

**7. Plank**

Lie on your front with your toes on the floor.
 Place your forearms on the floor and push up, lifting your torso and legs.
 Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.
 Keep your buttocks squeezed and your hips level.
 You will feel the core muscles working.

**8. Thoracic foam roll**

Lie with a foam roller in your mid-back, and hug your arms across your chest to open up the upper back.
 Lift your hips off the mat, and roll back and forth, pushing with your legs.
30-40 seconds.



9. Spine rotation - single leg supine

Lie on your back with your legs extended and your feet together and your arms stretched out to the sides in a "T" position, with your palms facing downwards.

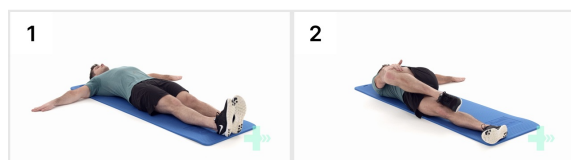
Keep your head in contact with the mat for the duration of the exercise and perform at a slow controlled pace.

Start by rolling towards the right from your hips and at the same time bring up your left leg and reach over with the right arm to grasp the outside of your left knee. Then pull gently upwards to hold in a comfortable stretch for the desired amount of time and then release the knee and return back to the starting position.

Repeat for the opposite side.

Again, roll your body to the left using the hips then raise your right leg and bend at the knee, grasp the outside of your knee with your left hand hold the stretch for the required time and then return to the starting position.

A note of caution, make sure you keep your head in contact with the mat throughout this exercise.



1 Set / 3 Reps / 10 s hold

10. Quads stretch - stand

Stand up straight, close to a wall or supportive surface.

Bend your knee on the affected leg, taking your heel towards your buttock.

Hold onto the top of your foot with your hand, and gently pull your heel closer in towards your buttock, until you feel a stretch in the front of your thigh.

Ensure you keep your knees together.

Hold this position.



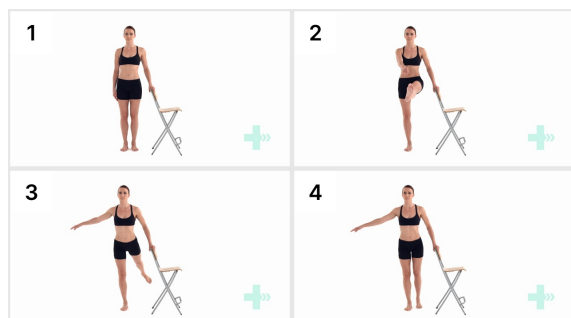
1 Set / 10 Reps

11. High kick hamstring stretch

Stand straight and take a small step back with your affected leg.

Swing this leg through to the front, trying to kick as high as you can.

Reach for the opposite hand to increase the stretch and help with your balance.



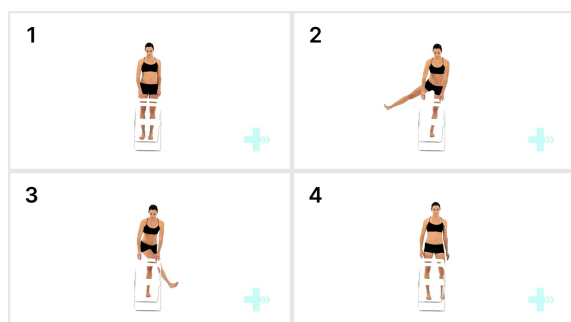
1 Set / 3 Reps / 20 sec duration

12. Lateral leg swing

Hold on to something for stability.

Swing one leg out to the side and back across the mid-line of your body.

This is a good exercise to warm up your hips and IT bands, especially if you are a runner.



13. Calf stretch standing

In a standing position, hold on to a table or chair for support and step the symptomatic leg back behind you.

Keep the heel on the floor and the toes pointing forwards.

Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.

Make sure your heel does not come off the floor and your back knee does not bend.

