

Warm-ups:

- **Low back rotations-** Lie face up on the floor with knees bent. Slowly drop knees to the left side with the shoulders flat on the ground. Bring knees back to center then slowly drop them to the right. Alternate from left to right 10 times.
- **Cat/Cow-** Start on all fours with shoulders and legs hip width distance apart. Slowly round your upper back and drop your neck (cat). Slowly lower your stomach while “tilting” your hips and lift your head up (cow). Alternate between cat and cow 10 times.
- **Hip circles-** While on all fours, slowly rotate your right hip in a clockwise fashion, focusing on small controlled movements. Do this 5 times clockwise and 5 counterclockwise. Repeat on left.
- **Calf stretches-** In downward dog, slowly push your right heel to the floor, lift your right heel then slowly lower your left heel to the floor. Alternate from right to left 10 times.
- **Hamstring-** Start with your right leg back, left leg forward and arms to the side for balance. Slowly push off right leg balancing yourself on the left. Slowly lower torso to your left leg, dropping your arms and hands toward the floor. Slowly come back up. You may “spot” the wall/floor for balance. Alternate from left to right 10 times.

Strengthening/Workouts:

Can be done according to your own workout plan. Consists of cardiovascular and strength training. **The FIT principle:**

- a. **Frequency:** how often you perform the activity
- b. **Intensity:** how hard you work at something
- c. **Time:** how long you perform and activity

Example: To burn more calories you might perform the same activity at the same intensity but might add 10 minutes. The next day might be 30 minutes but working harder during that time period. (Refer also to Exercise Prescription Sheet for Weight-lifting exercises)

Recovery:

Static stretches (listed below) can be done throughout the day but most are important following any exercise/intense activity. If available can use band to stretch and alternated with foam roll.

Ice/heat rule of thumb: Use ice if it's new, different, increased or you're unsure. Use heat if it's stiff, sore, tight or same old, same old; never use heat within 48 hours of injury. Use ice packs, heat packs or shower. Icy hot, Biofreeze, etc is ok to wear during the day but is NOT the same thing! Never do more than 20 minutes of a therapy and do not put ice on for 20 with heat immediately after if you are alternating. Always allow 40 minutes between therapies.

Stretches:

- **Door Stretch:** elbow and shoulders at 90°. Slowly lean forward with head up.
- **Eagle Pose:** with left arm at 90° in front of the body, “scoop” the right elbow under the left and interlock hands. Repeat on the right.
- **Arm in Front:** (Bicep)-holding the right arm across body, use the left to pull the right across the body. Switch arms and repeat.

- **Arm Overhead:** bend right elbow to 90°, use left hand to push elbow “down”. Repeat on opposite side.
- **Side Neck:** tilt head to the left shoulder and place the left hand on your head, let right hand hang. Repeat on the right side.
- **Spinal Twist:** lie on back with right leg straight. Bend left knee and let it drop over the right keeping your shoulders flat on the ground. Switch sides and repeat.
- **McKenzie:** lie on back and bring right knee to chest. Repeat on left.
- **Piriformis:** lie on back, bring left knee to 90°. Cross right ankle over left thigh and bring left leg toward the chest feeling the stretch in the right glute. Switch sides and repeat.
- **Hamstring:** stand with left foot rotated to the left (45°) keeping the knee straight and behind the right foot with a wide stance. Pointing the right foot straight ahead, keep the right heel in line with left heel. “Twist” hips so they are facing forward and slowly lean chest over the right leg keeping your back flat. Switch sides and repeat.

* Hold each stretch, breathe, and don't bounce. Hold for 15-30 seconds as needed.