



MOVE RECOVERY & PERFORMANCE MOBILITY & STRETCH ROUTINE

DISCLAIMER:

The opinions of this handout are strictly my own. The material in this handout is provided for informational purposes only. It is general information that may not apply to you as an individual and it is not a substitute for your own doctor's medical care or advice. This handout is not intended to diagnose, treat, cure, or prevent any disease or injury.

Morning Warm-Up Routine:

This morning routine is intended to activate and wake up the musculoskeletal system to allow for a decrease in joint stiffness and allow for the body to be ready for the day.

- **At anytime if you experience pain, STOP! if pain continues see a medical professional.**
- The movements of the morning routine should be brought into a slight stretch and not sustained as this is a dynamic movement and activation.
- Each movement should be repeated 10 times for 2-3 rounds.

Upper Body 10 Reps 2-3 Rounds

Neck Rotations

- Sit on your hand opposite the direction you choose to perform half moon rotations. This allows for the shoulder to stay in place providing you to achieve full range of the half moon rotations.

Shoulder / Arm Rotations

- On knees with arms up to approx. 90 degrees (no higher) to shoulders
- Start by rotating your arms as far as possible with no pain with palms facing up
- Rotate the arms in the other direct thumbs pointing down

- Full rotation is 1 rep. repeat 10 times.

Chest Pull Throughs

- While on knees or standing, bent over with hands on chair seat, level with back



- Pull the chest through the arms, keeping your head level with the back and back through the arms towards to the ceiling

Crab Stretch

- Position yourself in a crab walk position with butt on ground, hands behind back as far as possible but still comfortable
- Bring hips up to ceiling far enough to feel a stretch through the front of the shoulders and chest.



Lower Body 10 Reps 2-3 Rounds

For the next 3 exercises perform on your back with one leg raised and the other bent with foot flat on the ground.



Ankle Rotations

- As simple as it sounds, rotate your foot one way 10 times and the other direction 10 times switch legs and repeat

Hip Rotations

- Rotate your leg one way so your knee is pointing away from you, and rotate in the other direction with knee pointing in towards you
- Repeat 10 times
- Switch legs and repeat
- Make sure the rotation is coming from the hip and not the foot by concentrating on the movement with knee direction.

Leg Raises

- Bring leg down to floor
- Raise leg up to a level you feel a slight stretch
- Repeat 10 times and switch legs

Kneeling Postion

For the next 2 exercises the kneeling lunge position will be used



Lunges

- Start in the lunge position, remember to keep back straight and engaging core by bring the belly button into the spine
- Your knee should be in a position slightly behind you as shown in the picture above, you should feel a slight pull in the front of the hip at this point
- Squeeze the glue of the extended leg, the hip stretch should have increased at this point
- To activate the movement bring the hips forward, the movement should not be coming from the back

Side Bends

- Same position as the lunge



- Bring the hand that is on the same side as extended leg up to the back of your head or reaching over head
- Movement comes from side bending until you feel a slight stretch in the side of the hip and will extend up the side of the torso in some individuals