

Lisa M. Satalino, PT
415 Pinkster La.
Slingerlands, NY 12159
518-339-5792
crescentviewpt@yahoo.com
lisasatalino.com

Myofascial Stretching Techniques:

For each technique, you will bring the tissue to your comfortable end-range and then hold for 90-120 seconds for one repetition. As the tissue elongates you stretch further into the ROM.

I always tell my patients that I'd rather see them do one repetition and hold it through several elongations than to do multiple quick repetitions.

As this takes some time you can choose what tissue feels the “tightest” each day and spend some time in those areas.

1. Heel Cord Stretch
 - Face a wall and lunge forward toward the wall.
 - Be sure that your back foot is perpendicular to the wall (no toe in or toe out.)
 - Make sure your back knee is straight.
2. Heel Cord Stretch with your knee bent:
 - Face a wall in a half-kneeling position with the knee that is “up” in front.
 - Keeping your heel down move your knee as close as you can toward the wall, stretching the back of your calf.
3. Stretch for the front of your foot:
 - Kneel on the floor and place the sock with tennis balls in it under your foot just below your toes.
 - Gently push down on your heel to stretch the front of your foot.
4. Hamstring Stretch:
 - Sit in a long sitting position.
 - Sit “tall” and push your “sit bones” behind you so that you are slightly arched.
 - Raise your arms to shoulder height.
 - Glide arms forward stretching your hamstrings.
 - Do this with toes flexed and toes pointed.
5. Hip Flexor Stretch:

- Kneel on the floor with your back to the wall.
 - Place one leg so that your lower leg rests against the wall from the knee upward.
 - Do a pelvic tilt.
 - Make sure your hips are square.
 - Push hip forward on the side that is against the wall.
6. Piroformis Stretch:
- Lie on your back and cross one knee over the other knee.
 - Pull both knees toward your chest.
7. Piroformis Stretch Advanced:
- For a more intense stretch begin on your hands and knees.
 - Cross one leg over the other leg and slide downward toward the ground.
 - Rock your hips slightly side to side until you feel the greatest stretch in your hip. Hold 90-120 sec. Repeat on other side.
8. ITB Release:
- The best way to engage the ITB is to use a cylindrical roll or tennis ball and roll it up the ITB while lying on your side. Find the tight/tender spots and hold 90-120 sec.
9. Adductor Stretch:
- Begin in sitting preferably on a therapy ball.
 - Shift ball to one side and place opposite leg out to the side. Lean sideways and slightly forward towards the side with the straight leg. Hold 90-120 sec.
 - This can also be done in standing with legs slightly apart.
 - Shift to one side and glide opposite side toward the floor stretching the groin area.

Self-Release Techniques:

There are many tools that can be used for self-release techniques. The principle for using these tools is to understand that “normal” tissue is never hot, hard, or tender.

The principles of self-release techniques require finding the trigger points and applying pressure to those areas for at least 90-120 sec. Initially there will be tenderness to palpation. As the tissue releases the tenderness decreases until the next collagenous barrier is reached. The tenderness then increases again until the next release occurs, etc.

In our gym we most often use a “peanut” which is simply two tennis balls in a tube sock.

There is a difference between “rolling out” and “self-release.”

“Rolling out” is best used before activity to “wake up” the muscles and bring circulation to the area. This is characterized by rolling back and forth over a muscle group with a peanut, foam roller, or hand roller.

“Self-Release” is done to decrease soft tissue tightness and restriction. This is completed after activity and should be repeated daily until improvement is seen in tissue mobility and pain.