

Movement Prep Protocol

Self massage / trigger point therapy
Mobility Drills (active stretches)



Movement Prep Part 1

Self massage / trigger point therapy

Self Massage / Trigger Point Therapy

Self massage and trigger point therapy focuses on the treatment of what is known as the body's fascial system. Fascia is a sheath of connective tissue that covers all organs of the body. Muscle fascia covers every muscle and each fiber within every muscle.

When muscle fibers become stressed, injured or chronically shortened, fascial adhesions and "trigger points" often develop. These adhesions limit mobility, create tightness and tenderness in muscles, and place undue stress on the joints and vertebrae.

With the use of a foam roll or massage ball (a tennis or lacrosse ball also works well), one can break up these adhesions as well as stimulate the muscles to relax and allow increased elongation of the soft tissue. Self massage is a very effective form of flexibility training that, when performed consistently and correctly, can have lasting effects.

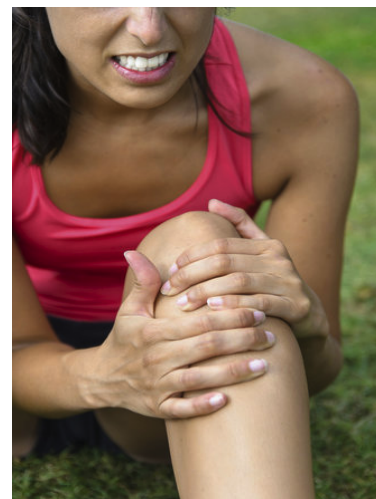
Self massage techniques can be painful over some areas of the body, especially the outer thigh and lat's. Always use caution to not apply too much pressure and avoid direct pressure over joints and bony prominences. This technique should allow you to identify and address areas of the body that cause discomfort and limit performance. Focus on controlled breathing and allow the trigger points to slowly release before moving on to the next point. This process takes time so be patient. Performing a self massage routine followed by active stretching prior to a workout is a great way to loosen up the muscles and get them prepared to work efficiently.

The following areas are common areas of trigger point development that cause referred pain or stiffness:

<u>Area with Trigger Point</u>	<u>Common Referred Pain Pattern</u>
Upper Back / Trapezius	Neck Pain or Stiffness, Upper Back Pain, Shoulder Pain, and Tension Headaches
Posterior Shoulder / Lats*	Shoulder Pain, Neck Pain and Upper Back Pain
Hips / Gluteals	Low Back Pain or Stiffness, Hip Pain, and Knee Pain
Hamstrings	Low Back pain and Knee Pain
Thighs / Hip Flexors	Low Back Pain and Knee Pain
Calves	Knee Pain, Heel Pain, and Foot Pain
Foot / Plantar Fascia	Foot Pain and Heel Pain

* Latissimus Dorsi

Trigger points - Trigger Points are small knots in taut bands of muscle. Trigger points restrict muscle elasticity and can place increased pressure on the joints and vertebrae. Trigger points are usually very tender to the touch and commonly cause pain (referred pain) elsewhere along the path of the muscle or muscle fascia.



Foam Roll
SMR – 1
Myofascial Release

Latissimus Dorsi (Lat.)

Sets: 2

Rest Period: 30-60 sec.

Hold Time: 20-30 sec.

Times Per Day: 2

Preparation

- Lie on your side while placing the foam roll under the low arm pit area.

Movement

- Slowly roll your from your armpit down area until a tender spot is found.
- Upon finding the tender spot hold in place until your feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Roll your torso backward to find additional tender spots.
- Your lat runs from under the arm to the lower back.



Foam Roll
SMR – 2
Myofascial Release

Rhomboid (Upper Middle Back)

Sets: 2

Rest Period: 30–60 sec.

Hold Time: 20–30 sec.

Times Per Day: 2

Preparation

- Lie on your back and cross your arms the foam roll placed across the middle back.
- While bracing your abs, raise your hips.

Movement

- Slowly roll your upper back until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Placing your arms behind your head will change the ability to find tender spots.



Foam Roll ***SMR – 3***

Myofascial Release

Piriformis (Deep Hip Rotator)

Sets: 2

Rest Period: 30–60 sec.

Hold Time: 20–30 sec.

Times Per Day: 2

Preparation

- Sit on the foam roll, cross your leg and slightly roll to that side of your buttocks.
- Place your outside hand on your knee.

Movement

- Slowly roll your hip and buttocks until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Pull your knee towards your chest to open the hip and increase effectiveness.



Foam Roll
SMR – 4
Myofascial Release

Adductors (Inner Thigh)

Sets: 2

Rest Period: 30–60 sec.

Hold Time: 20–30 sec.

Times Per Day: 2

Preparation

- In the face down position place your inner thigh on the foam roll.

Movement

- Slowly roll your inner thigh until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Bend your knee to release some pressure and extend your leg to increase pressure.
- Remember to roll from the groin to just above the knee.



Foam Roll
SMR – 5
Myofascial Release

Illiotalibial Band (IT Band)

Sets: 2

Rest Period: 30–60 sec.

Hold Time: 20–30 sec.

Times Per Day: 2

Preparation

- Lie on your side while placing your outer thigh on the foam roll with your top foot placed on the floor in front of you.

Movement

- Slowly roll your outer thigh until a tender spot is found.
USE CAUTION: Tender Area of the body.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Raise your body off the floor to increase pressure and effectiveness.
- Releasing this region of the body will greatly aid your performance.



Foam Roll

SMR – 6

Myofascial Release

Hamstring

Sets: 2

Rest Period: 30–60 sec.

Hold Time: 20–30 sec.

Times Per Day: 2 *Precision Fitness Copyright*

Preparation

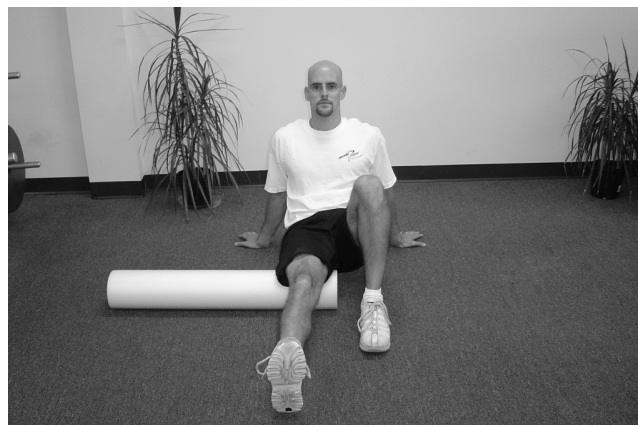
- Place the back of your leg on the foam roll just above the knee.

Movement

- Slowly roll your back of leg until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Raise your body off the floor to increase pressure and effectiveness.
- Rotate your leg in and out to find additional tender spots.
- Place your free leg on top of the roller leg to increase pressure. (Increased pressure will result in a faster more effective release.)



Foam Roll
SMR – 7
Myofascial Release

Quadriceps

Sets: 2

Rest Period: 30–60 sec.

Hold Time: 20–30 sec.

Times Per Day: 2

Preparation

- In the face down position place your thigh on the foam roll.

Movement

- Slowly roll your thighs until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Bend your knee to release some pressure and extend your leg to increase pressure.
- Rotate your leg in and out to find additional tender spots.



Foam Roll
SMR – 8
Myofascial Release

Calves

Sets: 2

Rest Period: 30–60 sec.

Hold Time: 20–30 sec.

Times Per Day: 2

Preparation

- Place you're the back of your lower leg on the foam roll just above ankle.

Movement

- Slowly roll you're the back of your leg until a tender spot is found.
- Upon finding the tender spot hold in place until your feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Raise your body off the floor to increase pressure and effectiveness.
- Rotate your leg in and out to find additional tender spots.
- Place your free leg on top of the roller leg to increase pressure. (Increasing pressure will result in a faster more effective release.)



Place the ball on the area and keep pressure on the area for 20-30 seconds or until the 'tenderness' decreases. Move on to the next point that is tender. Please remember to never place the ball directly on bones, especially the spine..... muscles are fair game.

Traps / Upper Back



Preparation

- Place the ball against a wall.
- Place the ball on your upper back or in between your shoulder blades

Movement

- Find the trigger point's or sore spots and hold for 20 -30 seconds each, move to the next point and repeat.
- Repeat on the opposite side.

Tips

- You can hold the arm out to get deeper in the shoulder, move around to find the next trigger point.

Preparation

- Place the ball against a wall.
- Place the ball toward the back of your hip and in your gluteal muscle.

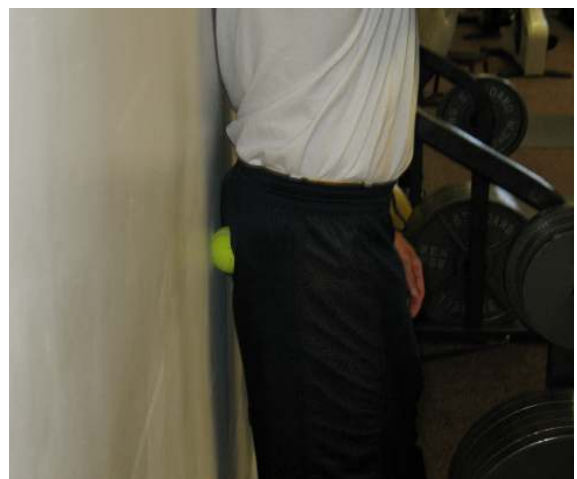
Movement

- Find the trigger point's or sore spots and hold for 20 -30 seconds each, move to the next point and repeat.
- Repeat on the opposite side.

Tips

- Move around to find the trigger points, they will be in the center of your glute and on the sides toward the hip

Hips / Gluteals



Preparation

- Place the ball against a wall or on the floor.
- Place the ball on the hamstring (back of the leg).

Movement

- Find the trigger point's or sore spots and hold for 20 -30 seconds each, move to the next point and repeat.
- Repeat on the opposite side.

Tips

- Move around to find the trigger points, work from just behind the knee to just below your buttocks.

Hamstrings



Thigh / Hip Flexors



Preparation

- Place the ball against a wall or on the floor.
- Place the ball on the front of your leg.

Movement

- Find the trigger point's or sore spots and hold for 20 -30 seconds each, move to the next point and repeat.
- Repeat on the opposite side.

Tips

- Move around to find the trigger points, work from just above the knee to just below the front of your hip.

Rear Shoulder / Lats



Preparation

- Place the ball against a wall or on the floor.
- Place the ball under your arm pit and or on the side of your shoulder blade.

Movement

- Find the trigger point's or sore spots and hold for 20 -30 seconds each, move to the next point and repeat.
- Repeat on the opposite side.

Tips

- Move around to find the trigger points, work from around the base of your arm around the shoulder blade down to the ribs.

Preparation

- Place the ball on the floor.
- Place your calf on the ball.

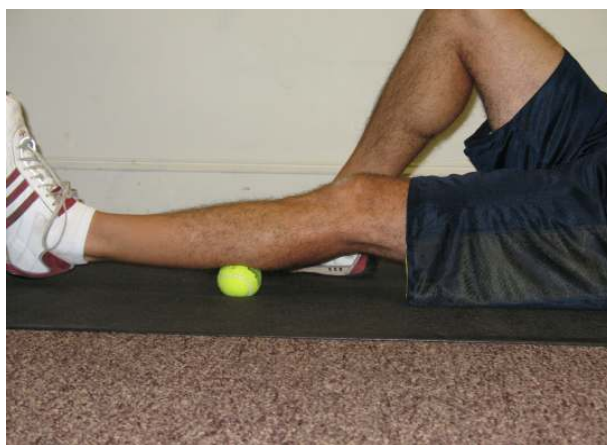
Movement

- Find the trigger point's or sore spots and hold for 20 -30 seconds each, move to the next point and repeat.
- Repeat on the opposite side.

Tips

- Move around to find the trigger points, work around the entire calf muscle from the base of your knee to the ankle.

Lower Leg / Calf



Preparation

- Place the ball on the wall.
- Place the side of your leg against the ball.

Movement

- Find the trigger point's or sore spots and hold for 20 -30 seconds each, move to the next point and repeat.
- Repeat on the opposite side.
- Use CAUTION with this area, it is very sore and can be quite painful, but can quickly reduce back and knee pain.

Tips

- Move around to find the trigger points, work from just above the side of the knee to just below the side of the hip, you may have to roll the leg in or out slightly to get all the trigger points.

Lateral Hip / Iliotibial band



Foot / Plantar fascia



Preparation

- Place the ball on the floor.
- Place your bare foot on the ball.

Movement

- Find the trigger point's or sore spots and hold for 20 -30 seconds, move to the next point and repeat.
- Repeat on the opposite side.

Tips

- Move around to find the trigger points, work around the entire foot from the base of your toes to the heel.
- Begin this technique while sitting, as you can tolerate the pressure do it standing.