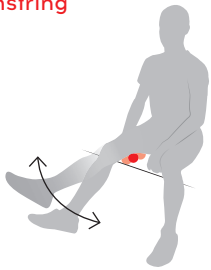


USE re+ TOOLS TO IMPROVE YOUR PERFORMANCE.

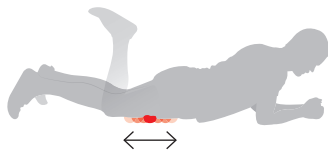


RELEASE TECHNIQUES

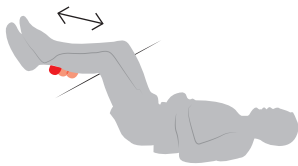
Hamstring roll



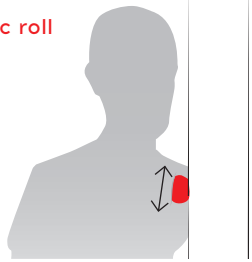
Quad roll



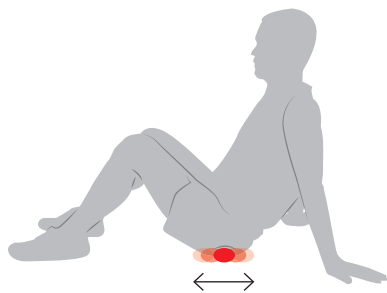
Calf roll



Pec roll



Glute/ piriformis roll



Spine roll



STRENGTHEN TECHNIQUES

Wall glutes



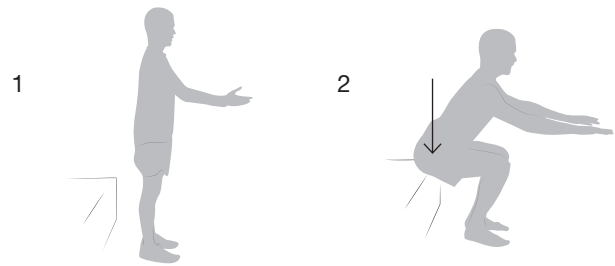
Darts



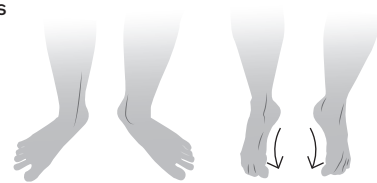
Box adductors



Box squats



Foot scrapes



Check out our website for detailed instructions and videos.
This program is aimed to supplement the specific advice given to you by your experienced clinician.
If pain increases with any activity, stop and see your professional!

USE rechargeclass TO IMPROVE YOUR PERFORMANCE.

We recommend these tools



DOUBLAR



SOLO



EAGLE



BIRDIE

Warm-up

Research and practice has changed what we do to warm up our body before a tough session. Don't overdo any stretching or release of muscles that will be needed to work hard during your session. Increasing a muscle's range of motion can also reduce its power. In general, we want to gently release muscles that are tight so we can start the session with better posture and joint range of motion. Follow this up with a dynamic and/or specific warm up to fire up the muscles you need to use.

Recovery

After a hard session, we want to reduce the stiffness and muscle pain you feel days later. The quicker we can recover, the harder we can go next session (and the more we can enjoy it). This leads to greater improvements in your performance. Treat the muscles you have just worked to return them to their full range of motion. Choose to release the muscles you have worked in that session. Consider also looking at the muscles that supported you during your session, for example your postural muscles and feet.

Pre-hab

No one likes the thought of injury, lost training time, and the subsequent frustration and loss of performance. Pre-hab is now commonplace in the elite level of sports – make it part of your training too. If you want more incentive, research suggests that appropriate and targeted pre-hab exercises can also improve your performance. Preventing injury AND making you stronger – what are you waiting for? Extra attention should be paid to the muscles prone to niggles and injury. These will depend on what your session includes, such as quads, glutes, calves, hamstrings or back extensors. If not already part of your session, strengthening the muscles in your feet, calves and core are also recommended.

Common overuse conditions

Injuries are a common by-product of most sports. They are often sport-specific and the way we use our bodies or how they are structured will affect our likelihood to suffer from them. If you notice any pain during or after your sporting activity, see your health professional for a complete assessment before things get worse. Using proper technique and building up slowly also helps to reduce the incidence of injury. For example, ligaments and tendons take much longer to develop than muscles. Work with a qualified personal trainer, exercise physiologist or coach for best results.

Images credits:
"BXP135630 Javelin Thrower in Action at a Competition, <https://www.flickr.com/photos/53370644@N06/4975878855/> by tableatny, used under CC BY 4.0 / Desaturated and greyscaled from original



Release and Mobilise

Inherently these are passive changes that are applied to your tissue. That is, you apply a force to relaxed tissue and the tissue changes passively to this force. That change may be in relation to the length of the muscle, such as treating trigger points (**release**) or the movement of the joint (**mobilise**).

Activate and Strengthen

These are active changes applied to your tissue. That is, the muscle we want to change does all the work. We sometimes need to use a small and subtle contraction to 'wake up' the neural pathway to that muscle (**activate**) before we can adequately add more power (**strengthen**).