



# ATHLETE SELF MANAGEMENT GUIDELINES

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## A message from Andrew Logan Sports Science & Sports Medicine Manager

Every Swimmer should perform self maintenance exercises on a daily basis to help minimise the risk of injury, improve performance & maximise recovery. This booklet will introduce you to the fundamental principles & basic techniques of self management.



## A message from the British Swimming Medical Team

As a sports science & Sports Medicine Team, we believe that the level of basic self Management among our athletes should be improved. We have therefore put together these guidelines to help improve the level of understanding and ensure each athlete can manage themselves better & be more prepared for training & competition.

# YOU WILL NEED...

The items below are necessary in order to perform the techniques involved in this booklet

TP Ball or Tennis Ball



Peanut



Foam Roller



Medicine Ball



**PRECAUTION**

This booklet is designed as a guide only. If you have any concerns or questions about any of the exercises please ask your coach or physiotherapist for help and advice.

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**YOU WILL NEED:**



## 1. SELF SCALENE STRETCH

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. In standing (a) or sitting (b), place one arm behind your back
2. Place the free hand on top of the head
3. Keep your chest out and stay tall throughout

### Technique

1. Keeping the shoulders down and back
2. **Draw your chin back (to make a double chin)**
3. Slowly pull your head down to the side, away from your lower arm
4. Keep your face forward and avoid turning the head whilst you apply the stretch
5. To increase the stretch just pull the head further away from the lower arm
6. Hold each stretch for 10-30 secs at the point where it feels tight.  
Repeat this 4-6 times on each side as tolerated

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.
2. Return your arm to your side after 2-3 repetitions to allow normal arm circulation before continuing

## Self Scalene Stretch

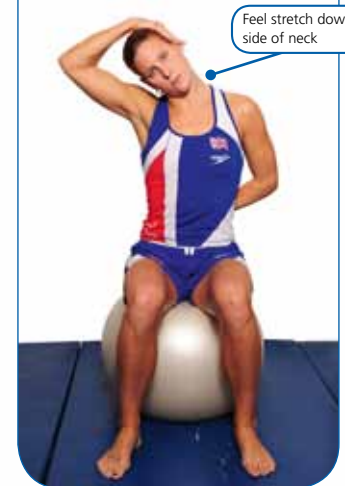
### a. Standing

Reps: 10-30 sec holds

Sets: 4-6 each side



### b. Sitting



## 2. SELF SCALENE STRETCH - FRONT OF NECK

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. In standing or sitting, place one arm behind your back
2. Place the free hand on top of the head
3. Keep your chest out and stay tall throughout

### a) Technique

1. Keeping the shoulders down and back
2. **Tilt head backwards**
3. Slowly pull your head down to the side, away from your lower arm
4. Keep your face forward and avoid turning the head whilst you apply the stretch
5. To increase the stretch just pull the head further away from the lower arm
6. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side as tolerated

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.
2. Return your arm to your side after 2-3 repetitions to allow normal arm circulation before continuing

## Self Scalene Stretch - Front of Neck

### a) Extension

Reps: 10-30 sec holds

Sets: 4-6 each side



## 2. SELF SCALENE STRETCH - BACK OF NECK

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. In standing or sitting, place one arm behind your back
2. Place the free hand on top of the head
3. Keep your chest out and stay tall throughout

### b) Technique

1. Keeping the shoulders down and back
- 2. Poke your chin out**
3. Slowly pull your head down to the side, away from your lower arm
4. To increase the stretch just pull the head further away from the lower arm
5. Keep your face forward and avoid turning the head whilst you apply the stretch. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side as tolerated

### c) Technique

1. To increase the stretch from the back of the neck into the upper back, add Flexion (c)
2. Keeping the shoulders down and back
- 3. Tilt head down resting chin onto chest**
4. Slowly pull your head down to the side, away from your lower arm
5. To increase the stretch just pull the head further away from the lower arm
6. Keep your face forward and avoid turning the head whilst you apply the stretch. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side as tolerated

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.
2. Return your arm to your side after 2-3 repetitions to allow normal arm circulation before continuing

## Self Scalene Stretch - Back of Neck

### b) Protraction

Reps: 10-30 sec holds  
Sets: 4-6 each side



### c) Flexion

Reps: 10-30 sec holds  
Sets: 4-6 each side

### 3. TP BALL RELEASE (LEANING INTO WALL)

#### Purpose

1. Target local soft tissue mobility
2. Improve functional range of movement

#### Start Position

1. Hold a tennis ball against the wall using the soft tissue on the top of the shoulder.
2. You will need to bend over to achieve this correctly
3. Feet should be flat on the floor, knees bent

#### Technique

1. Using your body weight, lean into the tennis ball to compress the soft tissue on top of the shoulder
2. Slowly roll back and forth in small sections to loosen up the upper shoulder musculature
3. Start off with very small movements, and then increase the size of the movement as you loosen up
4. If a "tender point" is located, stay on the tender point until pain decreases by 75%
5. Continue for 1-2 mins as tolerated

#### Tips

1. Use your arms to control the amount of pressure you apply
2. Use a harder ball if necessary

### TP Ball Release (Leaning into Wall)

Reps: 1-2 mins  
Sets: 1





Notes

# THORACIC SPINE

THORACIC SPINE



**YOU WILL NEED:**



## 4. ACTIVE THORACIC ROTATIONS (3 POINT KNEELING)

### Purpose

1. Improve thoracic spine extension and rotation
2. Improve functional range of movement

### Start Position

1. Adopt a 4-point kneeling position on hands and knees with a chosen hand behind the head
2. Gently brace the abdominals and glutes to limit unwanted lumbar spine motion

### Technique

1. Rotate the trunk by taking the chosen elbow past opposite knee
2. Change direction to rotate and extend the trunk; the head and elbow should be pointing upward
3. Do not lead with the elbow, rotate through trunk instead
4. Progress in range of motion and speed based on your comfort level for the desired number of repetitions. 1-2 mins should be sufficient

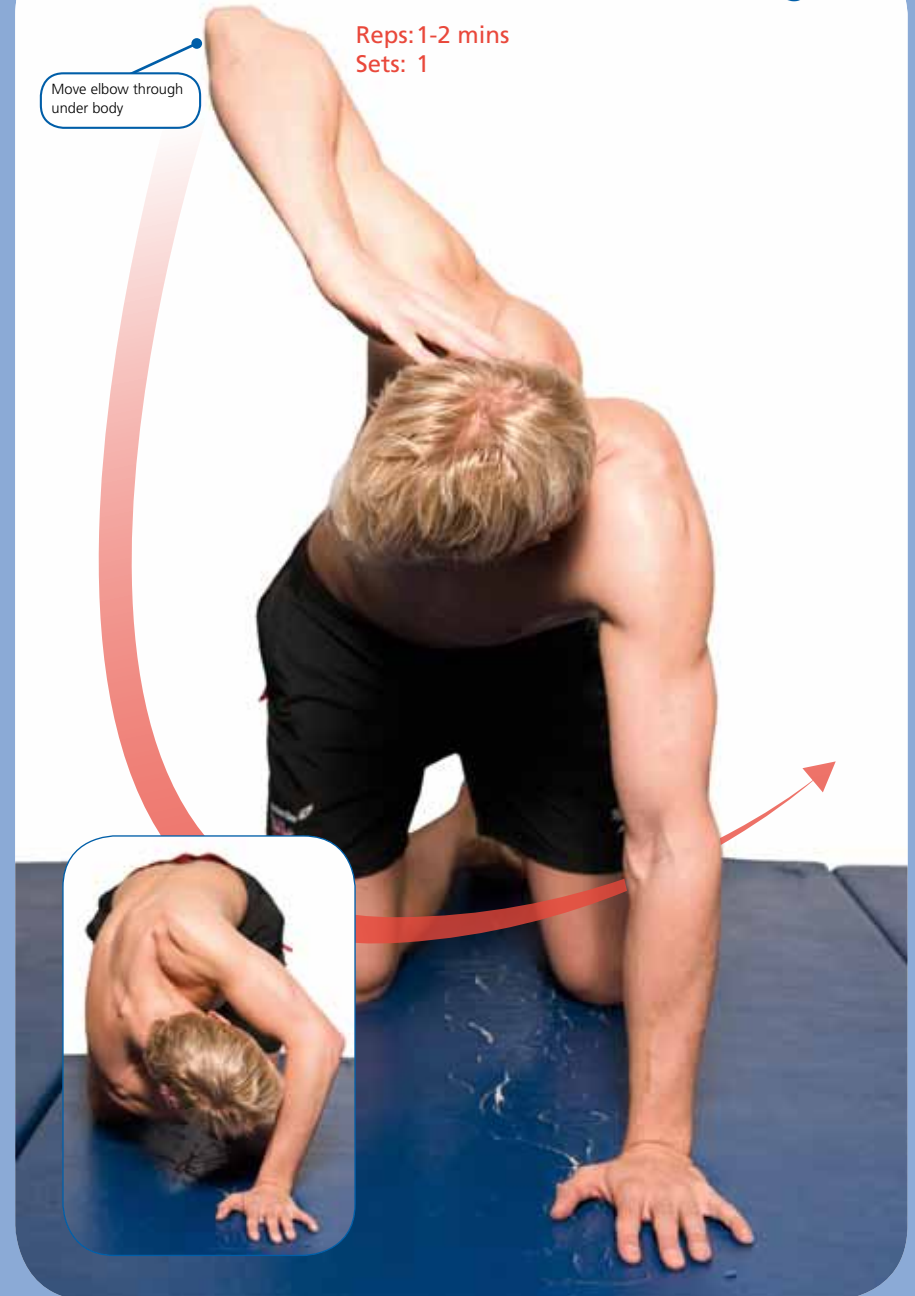
### Tips

1. Move slowly for best effect and to minimise the risk of injury
2. For those with shoulder injuries, place your palm on your chest instead of behind your head

## Active Thoracic Rotations (3 Point Kneeling)

Reps: 1-2 mins  
Sets: 1

Move elbow through under body



## 5. SELF STRETCH - CRUCIFIX (KNEE BENT)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a supine (on your back) lying position
2. Extend both arm out to each side at 90° to the body
3. Bend one leg and cross leg over the body, keeping the bottom leg straight

### Technique

1. Take a deep breath
2. On exhalation attempt to get the knee of the top leg to the floor whilst keeping your shoulders down
5. To increase the stretch, raise the height of the crossed leg until the desired stretch is achieved
3. Hold each stretch for 5-10 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk

## Self Stretch - Crucifix (Knee Bent)

Reps: 5-10 sec holds

Sets: 4-6 each side



## 6. THORACIC FOAM ROLLER RELEASE

### Purpose

1. Improve thoracic spine extension

### Start Position

1. Place a foam roller on the ground in a parallel position.
2. Lie flat on the floor with the foam roller positioned parallel to your spine and in line with your shoulder blades
3. Feet should be flat on the floor, knees bent to 90 degrees, and buttocks flat on the floor as well
4. Fold your arms across your body (a)
5. Lift your hips up slightly
6. To combine this with Scapular Stability work move arms up at 90° to body (b)
7. Push hands away to stretch across mid back and shoulder blades and hold

### Technique

1. Slowly roll back and forth in small sections to loosen up the upper back musculature
2. Start off with very small movements, and then increase the size of the movement as you loosen up
3. If a "tender point" is located, stay on the tender point until pain decreases by 75%
4. Continue for around 1-2 mins

### Coaching Cues

1. Keep your arms folded and across your body throughout

## Thoracic Foam Roller Release

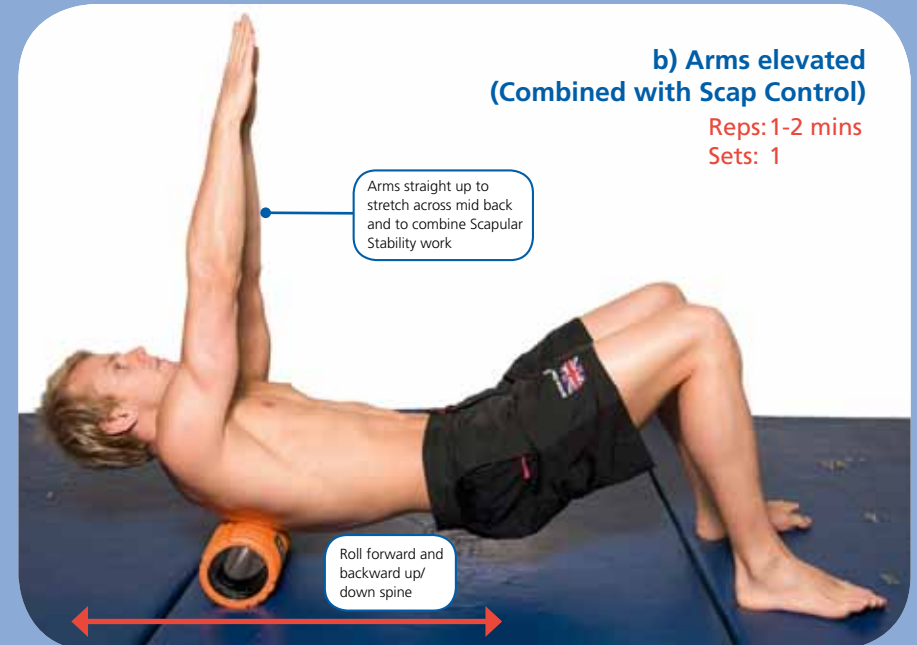
### a) Arms crossed

Reps: 1-2 mins  
Sets: 1



### b) Arms elevated (Combined with Scap Control)

Reps: 1-2 mins  
Sets: 1



## 7. TP BALL/PEANUT SELF RELEASE (SUPINE)

### Purpose

1. Improve thoracic spine extension

### Start Position

1. Place a TP Ball on the ground in a parallel position.
2. Lie flat on the floor with the peanut positioned parallel to your spine and in line with your shoulder blades
3. Feet should be flat on the floor, knees bent to 90 degrees, and buttocks flat on the floor as well

### Technique

1. Fold your arms across your body
2. Lift your hips up slightly
3. Slowly roll back and forth in small sections to loosen up the upper back musculature
4. Start off with very small movements, and then increase the size of the movement as you loosen up
5. If a "tender point" is located, stay on the tender point until pain decreases by 75%
6. Continue for around 1-2 mins

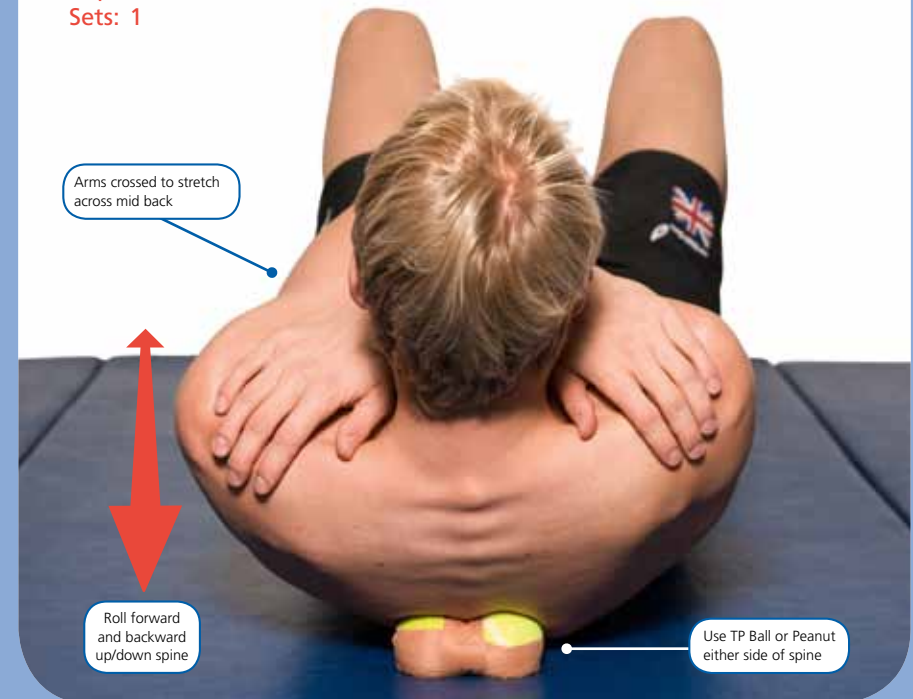
### Tips

1. Keep your arms folded and across your body throughout

## TP Ball/Peanut Self Release (Supine)

Reps: 1-2 mins

Sets: 1



## 8. TP BALL/PEANUT SELF RELEASE (STANDING WALL LEAN)

### Purpose

1. Improve thoracic spine extension

### Start Position

1. Place a TP Ball between the back of your shoulder & a wall.
2. Stand with your back to the wall & lean into the ball
3. Feet should be flat on the floor, knees slightly bent

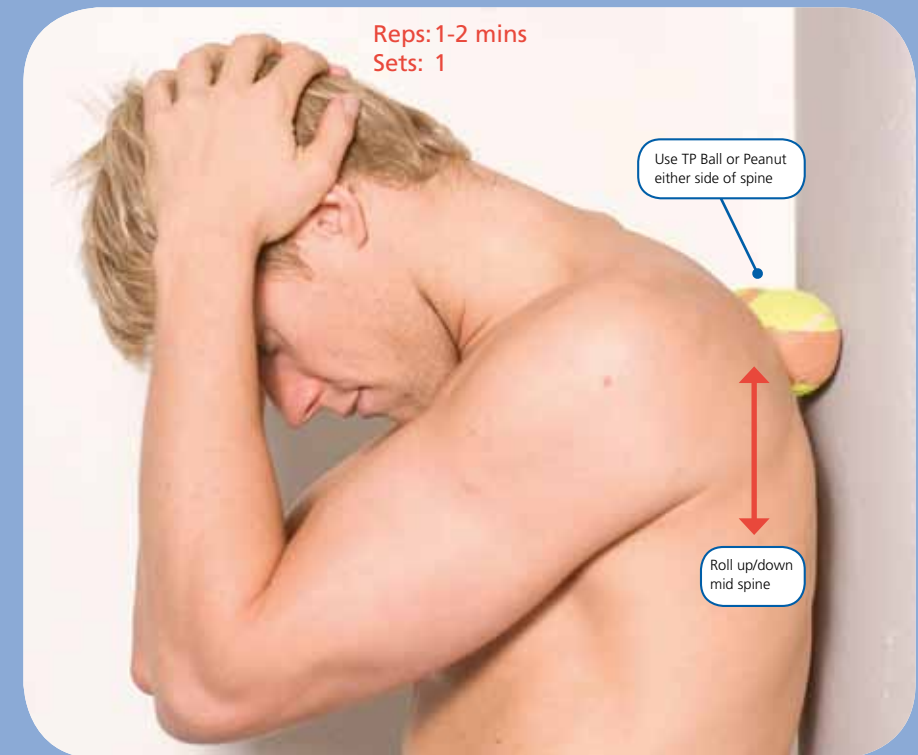
### Technique

1. Hands behind your head to gently pull chin to chest
2. Slowly roll back and forth in small sections to loosen up the upper back musculature
3. Start off with very small movements, and then increase the size of the movement as you loosen up
4. If a "tender point" is located, stay on the tender point until pain decreases by 75%
5. Continue for around 1-2 mins

### Tips

1. Keep your head pulled down throughout, knees slightly bent

## TP Ball/Peanut Self Release (Standing Wall Lean)



# LUMBAR SPINE

Notes



LUMBAR SPINE

**YOU WILL NEED:**



or



## 9. SELF STRETCH - CRUCIFIX (LEG STRAIGHT)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a supine (on your back) lying position
2. Extend both arm out to each side at 90° to the body
3. Cross one leg over the body, keeping the bottom leg straight

### Technique

1. Take a deep breath
2. On exhalation attempt to get the top leg to the floor whilst keeping your shoulders down
3. To increase the stretch, raise the height of the crossed leg until the desired stretch is achieved
4. Hold each stretch for 10-30 secs at the point where it feels tight.  
Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk

## Self Stretch - Crucifix (Leg Straight)

Reps: 10-30 sec holds

Sets: 4-6 each side





## 10. SELF STRETCH - PRONE FIG 4 WITH TRUNK ROTATION (QL)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a plank position
2. Cross the desired leg underneath your body – like in the picture
3. Bend your free/supporting leg so that your knee is placed on the floor
4. Make sure that your trunk stays in as straight a line as possible
5. Reach the arm of the same side under

### Technique

1. Slowly push your hips/stomach forward whilst keeping your shoulders back
2. Feel the stretch up the outside of your thigh and bum of the crossed leg
3. Push your arm further under to wind up the stretch
4. For those of you with good flexibility take the crossed leg further around or have your knee position further forward until the desired stretch is achieved
5. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. Be careful to lower your body weight slowly onto the crossed leg as this can be a vulnerable position for your hip of the crossed leg

## Self Stretch - Prone Fig 4 with Trunk Rotation (QL)

Reps: 10-30 sec holds  
Sets: 4-6 each side



## 11. LUMBAR FOAM ROLLER RELEASE

### Purpose

1. Improve lumbar spine mobility
2. Target soft tissue tightness and soreness
3. Improve functional range of movement

### Start Position

1. Place a foam roller on the ground in a parallel position.
2. Lie flat on the floor with the foam roller positioned parallel to your lumbar spine
3. Feet should be flat on the floor, knees bent to 90 degrees

### Technique

1. Fold your arms across your body
2. Lift your hips up slightly
3. Slowly roll back and forth in small sections to loosen up the back musculature
4. Start off with very small movements, and then increase the size of the movement as you loosen up
5. If a "tender point" is located, stay on the tender point until pain decreases by 75%
6. Continue for 1-2 mins

### Tips

1. Keep your arms folded and across your body throughout

## Lumbar Foam Roller Release

Reps: 1-2 mins

Sets: 1



## 12. TP BALL/PEANUT SELF RELEASE (SUPINE)

### Purpose

1. Improve lumbar spine mobility
2. Target soft tissue tightness and soreness
3. Improve functional range of movement

### Start Position

1. Place a tennis ball or peanut on the ground.
2. Lie on your side or back so that the problem area is over the tennis ball
3. Use your free elbow for support and to control the applied pressure

### Technique

1. Lower your body onto the ball
2. Move to ensure that you are in the correct place
3. Maintain a local compressive force over the tennis ball
4. Start off with a light pressure only, and then increase this as tolerated
5. If a "tender point" is located, stay on the tender point until pain decreases by 75%
6. Continue for 1-2 mins or until release achieved

### Tips

1. Don't apply too much pressure at first as this will be very painful
2. Increase the pressure as tolerated
3. For further release, use a harder ball

## TP Ball/Peanut Self Release (Supine)

Reps: 1-2 mins

Sets: 1



## 13. TP BALL/PEANUT SELF RELEASE (SIDE LYING - QL)

### Purpose

1. Improve lumbar spine mobility
2. Target soft tissue tightness and soreness
3. Improve functional range of movement

### Start Position

1. Place a tennis ball on the ground.
2. Lie on your side or back so that the problem area is over the tennis ball
3. Use your free elbow for support and to control the applied pressure

### Technique

1. Lower your body onto the ball
2. Move to ensure that you are in the correct place
3. Maintain a local compressive force over the tennis ball
4. Start off with a light pressure only, and then increase this as tolerated
5. If a "tender point" is located, stay on the tender point until pain decreases by 75%
6. Continue for 1-2 mins or until release achieved

### Tips

1. Don't apply too much pressure at first as this will be very painful
2. Increase the pressure as tolerated
3. For further release, use a harder ball

## TP Ball/Peanut Self Release (Side Lying - QL)

Reps: 1-2 mins

Sets: 1



# GLUTES/ PIRIFORMIS

Notes



GLUTES/  
PIRIFORMIS

**YOU WILL NEED:**



## 14. SELF STRETCH - GLUTES/PIRIFORMIS - PRONE FIG 4

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a plank position
2. Cross the desired leg underneath your body – like in the picture
3. Bend your free/supporting leg so that you knee is placed on the floor
4. Make sure that your trunk stays in as straight a line as possible

### Technique

1. Slowly push your hips/stomach forward whilst keeping your shoulders back
2. Feel the stretch up the outside of your thigh and bum of the crossed leg
3. For those of you with good flexibility take the crossed leg further around or have your knee position further forward until the desired stretch is achieved
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. Be careful to lower your body weight slowly onto the crossed leg as this can be a vulnerable position for your hip of the crossed leg

### Self Stretch - Glutes/Piriformis - Prone Fig 4

Reps: 10-30 sec holds  
Sets: 4-6 each side



## 15. SELF STRETCH - SUPINE FIG 4

### Purpose

1. Target soft tissue tightness and hip joint tightness
2. Improve functional range of movement

### Start Position

1. Lie on the floor facing a wall
2. Place the foot of the stretching leg on the wall in front of you, as shown in the picture, so that your hip and knee angles are 90°
3. Cross the free ankle/leg over the fixed knee – as shown

### Performance

1. Gently push on knee of crossed leg as shown in picture
2. Move foot on wall outwards (Hip MR) or inwards (Hip LR) to change area of strength
3. For those of you with good mobility/flexibility you can start each stretch with your foot further out to the side or across your body as desired
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

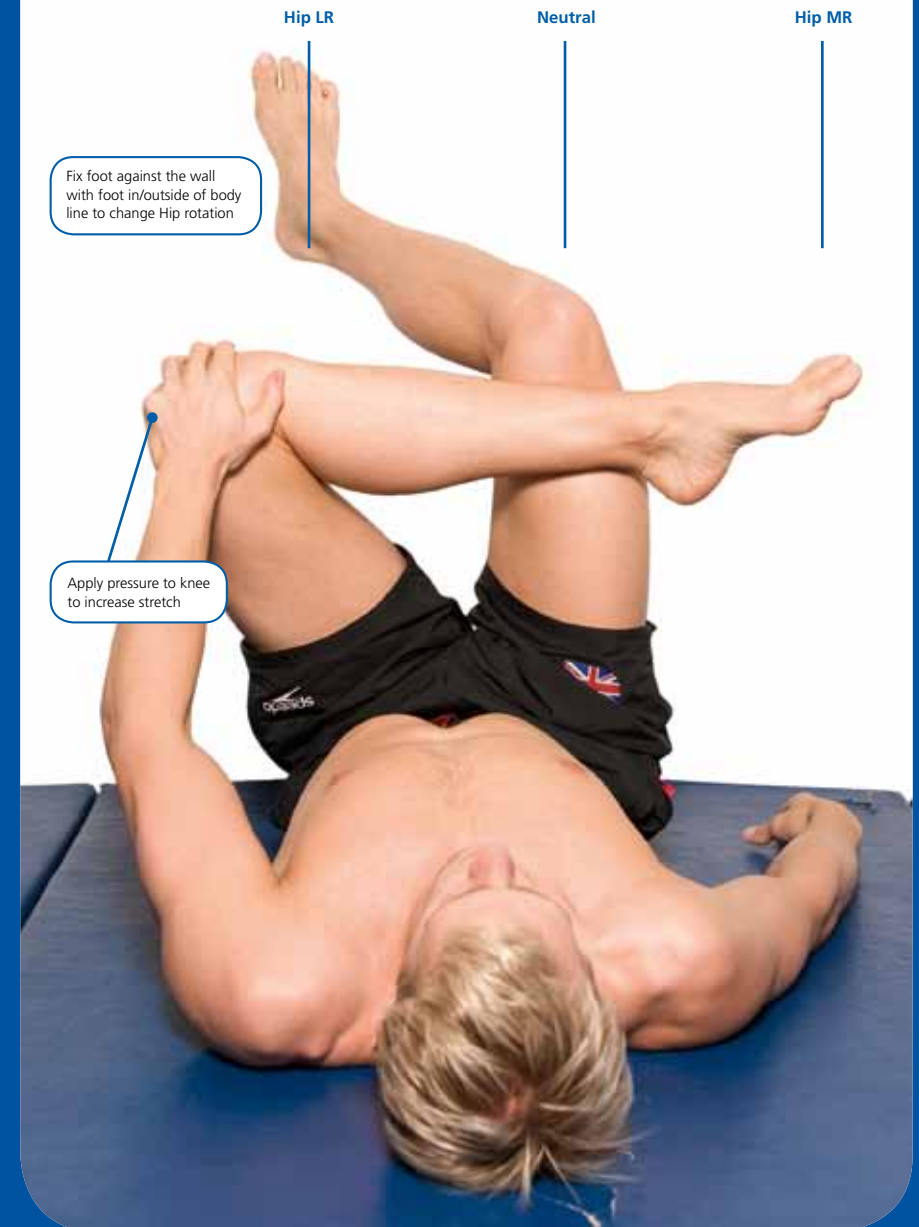
### Coaching Cues

1. Move slowly during this exercise for best effect and to minimise risk
2. Be careful to add force in a steady way as this can be a vulnerable position for your hip

## Self Stretch - Supine Fig 4

Reps: 10-30 sec holds

Sets: 4-6 each side



## 16. GLUTE FOAM ROLLER RELEASE

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Use a foam roller
2. Choose a starting position depending on tolerance (a or b)
3. For increased pressure and isolation – cross one leg over another, as shown, (b) and target the movement on the side of the crossed leg

### Technique

1. When a tender spot is located, stay on the tender point until the pain decreases by 75%
2. Roll forwards and backwards (only a small movement) over the tender spot for 1-2 mins

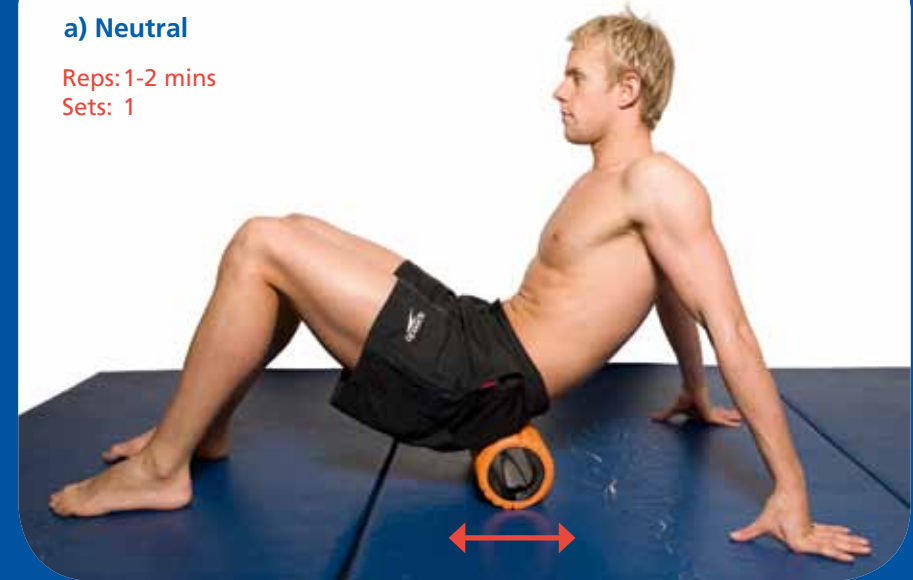
### Tips

1. Move slowly during this exercise for best effect and rest as required.
2. To further increase the stretch of the raised leg just pull gently on the raised ankle towards the opposite shoulder

## Glute Foam Roller Release

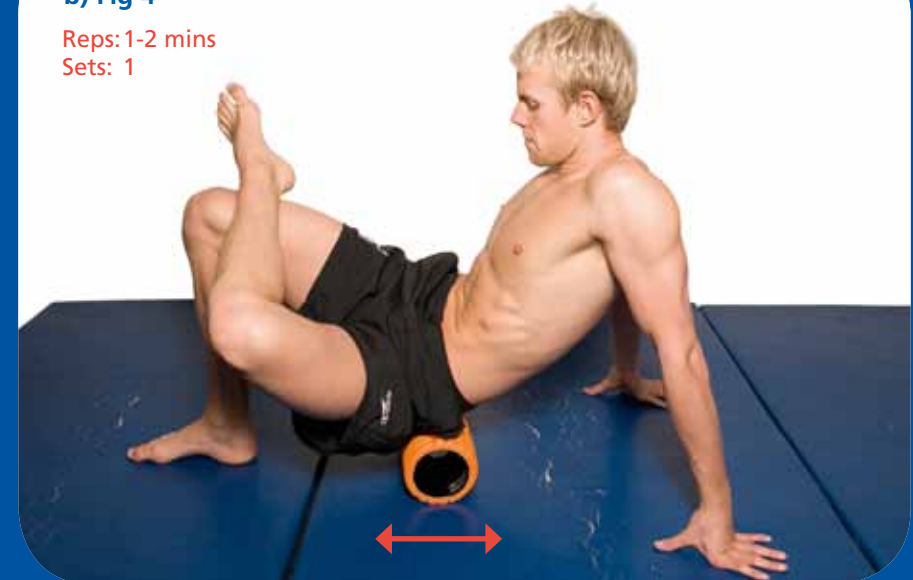
### a) Neutral

Reps: 1-2 mins  
Sets: 1



### b) Fig 4

Reps: 1-2 mins  
Sets: 1





## 17. TP BALL SELF RELEASE - SUPINE FIG 4

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start position

1. Cross one leg over another, as shown, and target the movement on the side of the raised leg
2. Use a tennis ball

### Technique

1. When a tender spot is located, stop rolling and stay on the tender point until the pain decreases by 75%
2. Roll forwards and backwards (only a small movement) over the tender spot for 1-2 mins

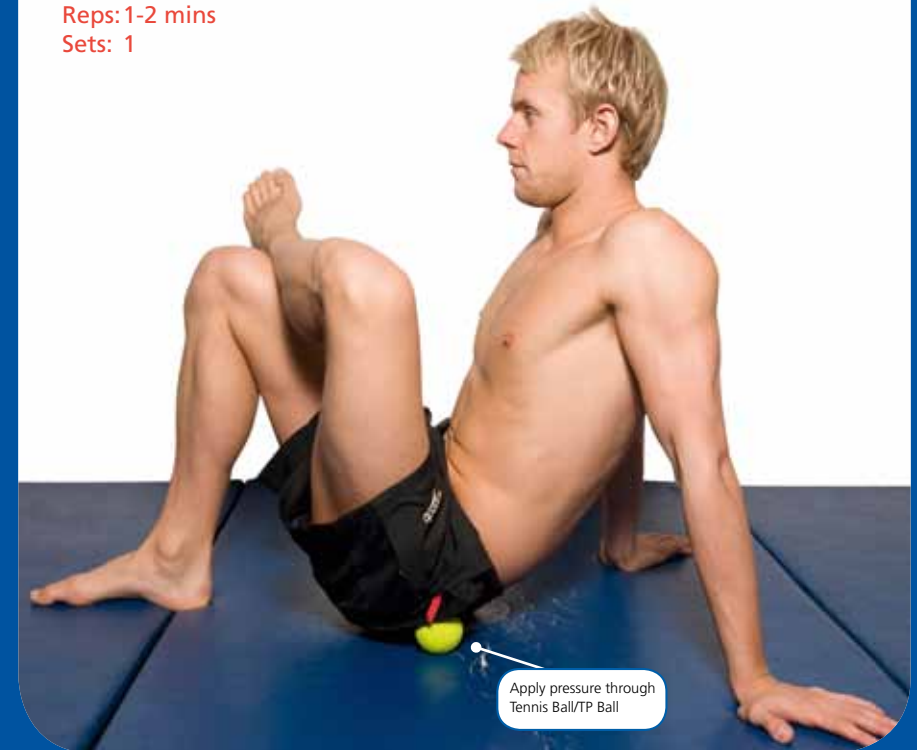
### Tips

1. Move slowly during this exercise for best effect and rest as required.
2. To further increase the stretch of the raised leg just pull gently on the raised ankle towards the opposite shoulder

## TP Ball Self Release - Supine Fig 4

Reps: 1-2 mins

Sets: 1



# HIP FLEXORS

Notes



**YOU WILL NEED:**



## 18. SELF STRETCH - ARROWMANS

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a half kneeling lunge position as shown (a)
2. Make sure that your trunk stays as upright as possible

### Technique

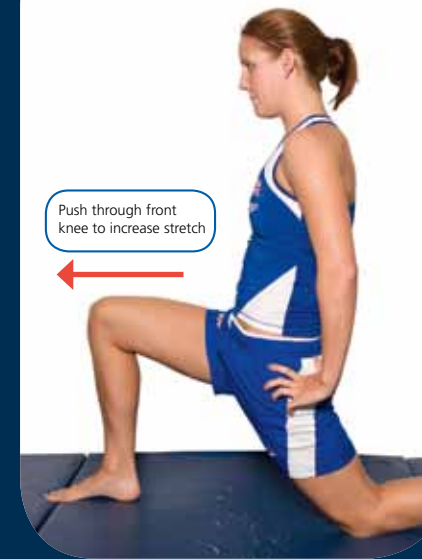
1. Slowly push your front knee forward whilst keeping your shoulders back and tall. Gently squeeze glutes (buttocks)
2. Feel the stretch up the front of the trail leg
3. To increase the thigh component, hold your rear ankle and pull it closer towards your bottom (b & d)
4. To increase the stretch, raise the rear knee onto a raised surface until the desired stretch is achieved (c & d)
5. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. If you intend to stretch the thigh component – using a chair to prop your ankle upon will stop you having to physically pull the ankle towards your bottom and can be more comfortable. Particularly if you are intending to hold the stretch for longer.

## Self Stretch - Arrowmans Reps: 10-30 sec holds Sets: 4-6 each side

a) Neutral



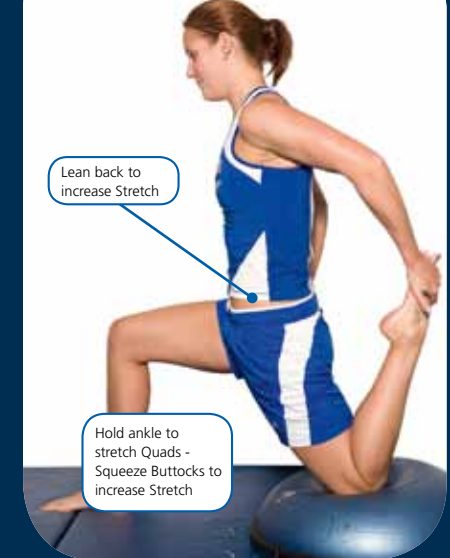
b) With Quad



c) Elevated



d) Elevated with Quad



## 19. SELF STRETCH - ARROWMANS (WITH HIP MR/LR VARIATIONS)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a half kneeling lunge position as shown
2. Make sure that your trunk stays as upright as possible

### Technique

1. Slowly push your front knee forward whilst keeping your shoulders back and tall. Gently squeeze glutes (buttocks)
2. Feel the stretch up the front of the trail leg
3. To alter area of stretch - move back foot inward (LR) or outward (MR)
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. It is quite easy to lose balance when you lean so don't attempt to go too far initially until your used to it

## Self Stretch - Arrowmans (with Hip MR/LR Variations)

Reps: 10-30 sec holds  
Sets: 4-6 each side



## 20. SELF STRETCH - ARROWMANS WITH STREAMLINE ARMS LEFT & RIGHT LEAN)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a half kneeling lunge position as shown
2. Adopt a streamline arms position
3. Make sure that your trunk stays as upright as possible

### Technique

1. Slowly push your front knee forward whilst keeping your shoulders back and tall
2. Feel the stretch up the front of the trail leg
3. Add a streamline posture and lean your body to the left (b) or right (a) to wind up the stretch further
4. To increase the stretch, raise the rear foot onto a ball or bench to a given height until the desired stretch is achieved as previously described
5. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. It is quite easy to lose balance when you lean so don't attempt to go too far initially until your used to it

## Self Stretch - Arrowmans (with streamline arms left & right lean)

### a) Streamline (R) Lean

Reps: 10-30 sec holds  
Sets: 4-6 each side

Lean to side to change  
angle of stretch

### b) Streamline (L) Lean

Lean back to  
increase stretch



## 21. SELF STRETCH - ARROWMANS (WITH TRUNK ROTATION)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a half kneeling position as seen in the above picture
2. To include the trunk and connecting tissue, adopt a streamline position or trunk rotation
3. Make sure that your trunk stays as upright as possible

### Technique

1. Slowly push your front knee forward whilst keeping your shoulders back and tall. Gently squeeze glutes (buttocks)
2. Feel the stretch up the front of the trail leg
3. Slowly rotate your body left to right alternately
4. To increase the stretch, raise the rear foot onto a ball or bench to a given height until the desired stretch is achieved as previously described
5. Rotate for 10-30 secs. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. It is quite easy to lose balance when you rotate so don't attempt to go too far initially until your used to it
3. Keep your body upright

## Self Stretch - Arrowmans (with Trunk Rotation)

Reps: 10-30 secs  
Sets: 4-6 each side



## 22. SELF STRETCH - STANDING ITB SIDE LEAN

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a standing position with one leg crossed over the other in front (as shown) or behind other leg
2. Raise the arm on the same side as the crossed leg overhead as seen in the picture

### Technique

1. Keeping your shoulders back and tall and slowly push hip out to side
2. Feel the stretch up the outside of thigh of the crossed leg
3. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

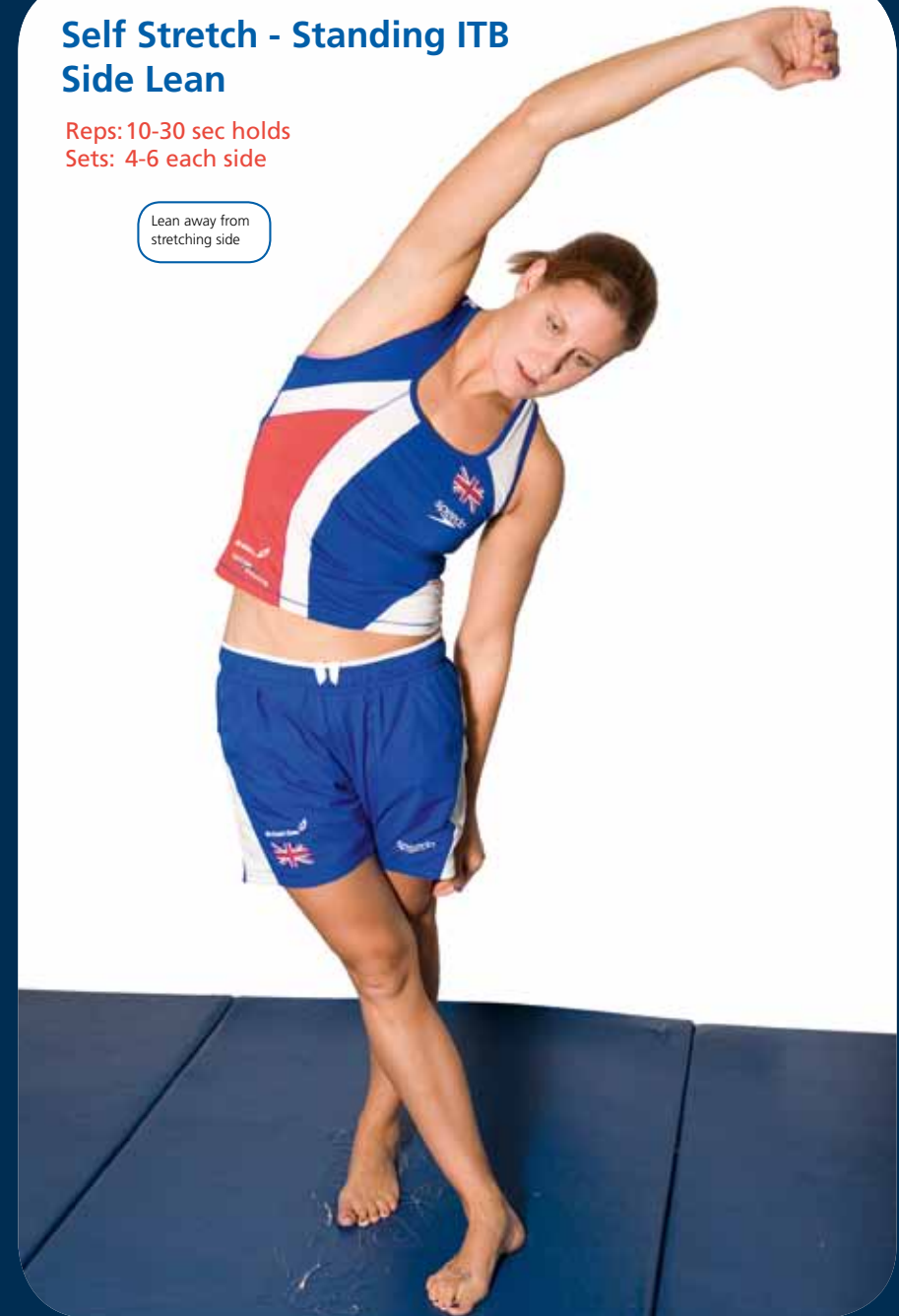
### Tips

1. Move slowly during this exercise for best effect and to minimise risk

## Self Stretch - Standing ITB Side Lean

Reps: 10-30 sec holds  
Sets: 4-6 each side

Lean away from  
stretching side



## 23. SELF STRETCH - PRONE FIG 4 (ITB)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a plank position
2. Cross the desired leg underneath your body – like in the picture
3. Bend your free/supporting leg so that you knee is placed on the floor
4. Make sure that your trunk stays in as straight a line as possible

### Technique

1. Slowly push your hips/stomach forward whilst keeping your shoulders back
2. Feel the stretch up the outside of your thigh and bum of the crossed leg
3. For those of you with good flexibility take the crossed leg further around or have your knee position further forward until the desired stretch is achieved
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. Be careful to lower your body weight slowly onto the crossed leg as this can be a vulnerable position for your hip of the crossed leg

## Self Stretch - Prone Fig 4 (ITB)

Reps: 10-30 sec holds

Sets: 4-6 each side





## 24. SELF STRETCH - PRONE SKY DIVER (ANTERIOR FASCIA)

### PRECAUTION

If at any time you get a pain in your back or neck STOP STRETCH  
If you have any back or neck problems DO NOT STRETCH

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Body is positioned prone (face down)
2. Bend both knees keeping them close together
3. Hold each ankle as shown
4. Keep your forehead on the floor with your chin pulled in
5. Draw the shoulder blades back and down

### Technique

1. In one smooth and slow movement, pull your ankles towards your bum whilst keeping your head in line with your spine, looking slightly down and ahead
2. To increase the stretch, pull more firmly so that the knees and shoulders raise off the floor slightly
3. Hold each stretch for 5-10 secs at the point where it feels tight. Repeat this 4-6 times

### Tips

1. Keep your head and chest down throughout the movement at first while you're getting used to it
2. As you feel more confident, increase the stretch
3. Move slowly throughout to reduce risk and maximise benefit

## Self Stretch - Prone Sky Diver (Anterior Fascia)

Reps: 5-10 sec holds

Sets: 4-6



## 25. FOAM ROLLER RELEASE

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Body is positioned prone (face down) with Quads on the foam roll (a)
2. To target the outside of the thigh (ITB), the body is positioned side lying with outside of thigh on the foam roller (b)
3. Brace your abs and tighten your glutes to prevent lower back compensation

### Technique

1. Roll from pelvic bone to knee up front of thigh (a) or outer thigh (b)
2. If a tender spot is located, stop rolling and rest on the tender point until the pain decreases by 75%
3. Continue for 1-2 mins or until a release has been achieved

### Tips

1. Keep the head and chest down throughout and move slowly for best effect

## Foam Roller Release

### a) Prone - Rec Fem

Reps: 1-2 mins  
Sets: 1



### b) Side lying - TFL/ITB



Notes

# HAMSTRINGS AND GROINS



HAMSTRINGS  
AND GROINS

**YOU WILL NEED:**



## 26. SELF STRETCH - SL LUNGE (HAMSTRINGS)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a kneeling position
2. Straighten one leg out in front
3. Make sure that your trunk stays as straight as possible whilst leaning over front leg

### Technique

1. Slowly lean forward emphasising a tall chest position throughout
2. To increase the stretch, lean further over the extended leg whilst maintaining a tall chest position throughout
3. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. Holding onto a chair or gym ball can help to balance during the stretch to avoid compensation through balance issues

## Self Stretch - SL Lunge (Hamstrings)

Reps: 10-30 sec holds  
Sets: 4-6 each side



## 27. SELF STRETCH - SL LUNGE (HAMSTRINGS)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a kneeling position
2. Straighten one leg out in front
3. Make sure that your trunk stays as straight as possible

### Technique

1. Slowly lean forward emphasising a tall chest position throughout
2. To increase the stretch, lean further towards the extended leg whilst maintaining a tall chest position throughout
3. Holding stretch as above, lift foot/toes up towards body keeping heel on floor (a) and the push foot/toes to floor (b)
4. Then lift toes/foot up and rotate foot side to side alternately (c & d)
5. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

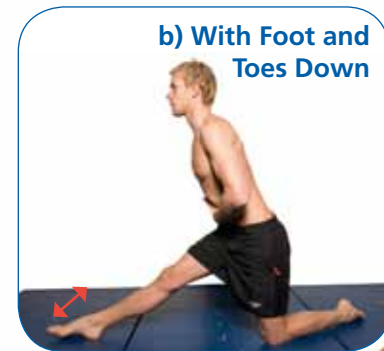
### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. Holding onto a chair or gym ball can help to balance during the stretch to avoid compensation through balance issues

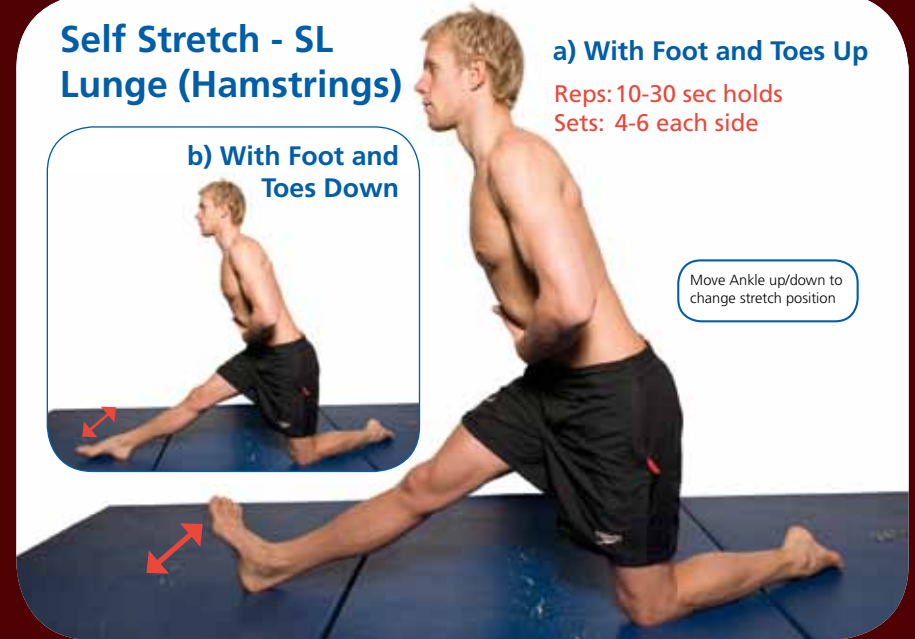
### Self Stretch - SL Lunge (Hamstrings)

a) With Foot and Toes Up

Reps: 10-30 sec holds  
Sets: 4-6 each side



Move Ankle up/down to change stretch position



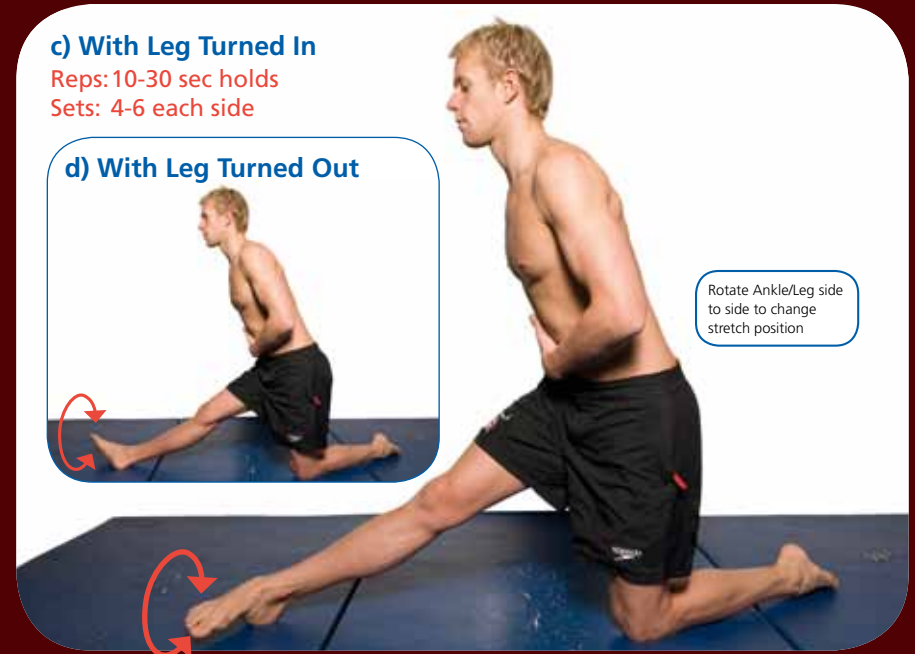
### c) With Leg Turned In

Reps: 10-30 sec holds  
Sets: 4-6 each side

### d) With Leg Turned Out



Rotate Ankle/Leg side to side to change stretch position



## 28. SELF STRETCH - SL LATERAL LUNGE (GROINS)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a kneeling position facing forward
2. Straighten one leg out to side
3. Make sure that your trunk stays as straight as possible

### Technique

1. Slowly lean forward emphasising a tall chest position throughout
2. To increase the stretch, lean further towards the extended leg whilst maintaining a tall chest position throughout
3. Then lift toes/foot up and rotate foot side to side alternately (a & b)
4. Holding stretch as above, lift foot/toes up towards body keeping heel on floor and then push foot/toes to floor (c & d). Repeat alternately
5. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. Holding onto a chair or gym ball can help to balance during the stretch to avoid compensation through balance issues

## Self Stretch - SL Lateral Lunge (Groins)

a) With Leg Turned In

Reps: 10-30 sec holds  
Sets: 4-6 each side

a) With Leg Turned Out



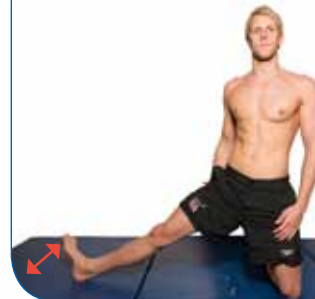
Rotate Ankle/Leg side to side to change stretch position



c) With Foot and Toes Down

Reps: 10-30 sec holds  
Sets: 4-6 each side

d) With Foot and Toes Up



Move Ankle up and down to change stretch position



## 29. SELF STRETCH - (GROIN) KNEE OPENER

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Starting Position

1. Adopt a sitting position
2. Bend both knees and place the soles of your feet together
3. Make sure that your trunk stays as upright as possible
4. Pull both heels towards groin and hold

### Technique

1. Keeping your shoulders back and trunk straight lean forward over feet
2. Using your hands or elbows, gently push both knees down whilst keeping your heels pulled back
3. To increase the stretch, simply add more force to push knees further down or pull both heels closer to your groin area
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times

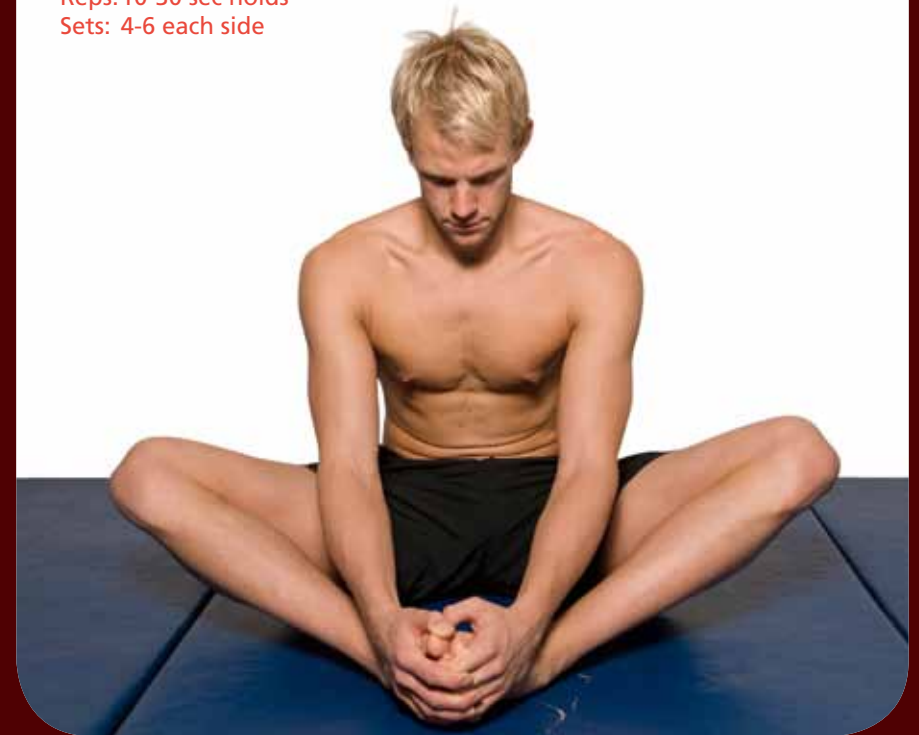
### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. Using the elbows is often easiest as it allows you to control the stretch and hold your ankles to stop them slipping forward

## Self Stretch - (Groin) Knee Opener

Reps: 10-30 sec holds

Sets: 4-6 each side



## 30. FOAM ROLLER RELEASE - HAMSTRINGS

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Starting Position

1. Body is positioned in long sitting
2. Desired leg is placed on top of the roller with other leg bent, foot on floor

### Technique

1. Support your weight on your hands and other foot (a)
2. Foam roll from bottom to knee for 1-2 mins
3. If a tender spot is located, stay on the tender point until the pain decreases by 75%
4. To increase the pressure and depth of release, you can cross the free leg over the rolling leg as shown (b), and apply a downward force. Alternatively use a more dense foam roll

### Tips

1. Keep your trunk tight throughout and move slowly for best effect
2. Avoid rolling on the back of the knee joint

## Foam Roller Release - Hamstrings

### a) Supine

Reps: 1-2 mins  
Sets: 1



### b) Supine - Legs Crossed





## 31. TIGHT GROINS - SELF FOAM ROLLER RELEASE

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Body is positioned in side lying with the leg that is going to be rolled on top i.e. to roll your right leg you must lie on your left side and vice versa
2. Brace your abs and tighten your glutes to prevent lower back compensation

### Technique

1. Use the free leg and your arms to move your leg along the foam roller (a)
2. Foam roll from the top of the inner thigh to knee for 1-2 mins
3. If a tender spot is located, stay on the tender point until the pain decreases by 75%
4. To increase the pressure and depth of release, you can cross the free leg over the rolling leg (b) as shown and apply a downward force. Alternatively use a more dense foam roll

### Tips

1. Keep your trunk tight throughout and move slowly for best effect

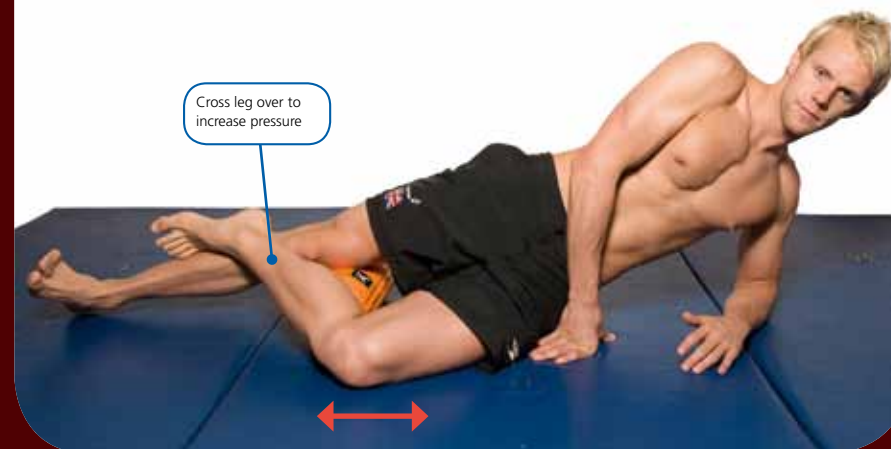
## Tight Groins - Self Foam Roller Release

### a) Side Lying

Reps: 1-2 mins  
Sets: 1



### b) Side Lying - Legs Crossed



# CALVES

Notes



**YOU WILL NEED:**



or



## 32. SELF STRETCH - WALL LEAN - CALVES

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Starting Position

1. In standing with both hand on the wall, keep head level with spine
2. Adopt a stride stance position with the desired stretching leg behind
3. Keep your head and chest down and rear leg straight
4. Keep your foot of the rear leg pointing straight forward and not out to the side

### Technique

1. Keep body tight and your head and chest upright (a)
2. Push your rear heel into the floor whilst keeping your leg straight
3. To increase the stretch, simply reposition your rear leg so it is further away and repeat same sequence or raise the toes up onto a block as shown (b)
4. Hold stretch 10-30 secs. Repeat 4-6 times on each side

### Tips

1. Move slowly for best effect and avoid bouncing.
2. Locking the rear leg straight allows the stretch to work best

## Self Stretch - Wall Lean - Calves

### a) Gastrocnemius

Reps: 10-30 sec holds  
Sets: 4-6 each side



### b) Gastrocnemius - Toes on Block

Keep heel down  
and leg straight

Push body forward  
bending at knee

Toes raised on block



### 33. SELF STRETCH - BENT KNEE TO WALL - CALVES

#### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

#### Start Position

1. In standing with both hand on the wall, keep head level with spine
2. Adopt a stride stance position with the desired leg behind
3. Keep your head and chest upright
4. Keep your foot of the rear leg pointing forward and not out to the side
5. Heel should be flat on the floor

#### Technique

1. Keep tall with your head and chest upright (a)
2. Bend your rear knee whilst keeping the heel on the floor
3. Transfer body weight down through rear leg
5. To increase the stretch, simply push your rear knee further over the toes or raise the toes up into a block as shown (b)
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

#### Tips

1. Move slowly for best effect and avoid bouncing.
2. Keeping the rear heel on the floor allows the stretch to work best
3. Changing the height of the block can be a simple progression

### Self Stretch - Bent Knee to Wall - Calves

#### a) Soleus

Reps: 10-30 sec holds  
Sets: 4-6 each side



## 34. FOAM ROLLER RELEASE - CALVES

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Body is positioned in long sitting with calves on the foam roll
2. Brace your abs and tighten your glutes, and use your arms to move forwards and backwards on the roller

### Technique

1. Roll along the calf to the knee, compressing different areas of the calf in turn for 1-2 mins (a)
2. If a tender spot is located, stay on the tender point until the pain decreases by 75%
3. To increase the compression force, cross the free leg over the rolling leg and push it into the roller (b)

### Tips

1. Move slowly for best effect and avoid rolling onto the back of the knee and bony parts on the outside of the knee

## Foam Roller Release - Calves

### a) Supine

Reps: 1-2 mins  
Sets: 1



### b) Supine - Legs Crossed



## 35. TP BALL RELEASE - PLANTAR FASCIA (STANDING)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement of the posterior chain and foot arch tissue

### Start Position

1. In standing or sitting
2. Tennis ball placed under the arch of the desired foot
3. Keep your head and chest upright

### Technique

1. Slowly roll the foot forwards and backwards over the ball
2. Bend and straighten the working knee as desired
3. To increase the stretch, simply push your foot more firmly onto the ball or use a harder ball
4. Find and work on areas of particular tightness or tenderness
5. Work for 1-2 mins or until desired effect achieved

### Tips

1. Move slowly for best effect
2. Use a harder ball for a deeper soft tissue release

## TP Ball Release - Plantar Fascia (Standing)

Reps: 1-2 mins  
Sets: 1



# LATS

Notes



**YOU WILL NEED:**



## 36. SELF STRETCH - PRONE HANGS - LATISSIMUS DORSI

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Standing at arms length from a solid post/wall
2. Straighten both arm out onto the wall or grip the post in front of you

### Technique

1. Keeping your elbows extended and back straight
2. Slowly bend forwards towards the floor keeping your hands higher than your head
3. To increase the stretch, lower the chest further, leaning back or push the arm/hand higher away from you
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times

### Tips

1. Move slowly during this exercise for best effect and to minimise risk

## Self Stretch - Prone Hangs - Latissimus Dorsi

Reps: 10-30 sec holds  
Sets: 4-6





## 37. SELF STRETCH - PRAYER POSITION (PRONE KNEELING)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Adopt a kneeling position
2. Straighten both arm out onto the floor in front of you (a)
3. To concentrate on one side, cross the selected arm beneath the body (b)
4. To further increase this stretch add a foam roller under shoulder as shown (c)

### Technique

1. Keeping your elbows extended sit back onto your heels (a)
2. Slowly push your chest towards the floor keeping your head in line with your body
3. Push stretching hand further away from you
4. To increase the stretch, lower the chest further or push the arm/hand further away from you
5. Hold each stretch for 15-20 secs at the point where it feels tight. Repeat this 4-6 times on each side
6. To concentrate on one side, move arm of chosen side under body as shown (b) to rotate body
7. To increase this stretch repeat the above stretch using a foam roller under arm as shown (c)

### Tips

1. Move slowly during this exercise for best effect and to minimise risk
2. You may rotate the extended arms to change the starting position to wind up varying structures at your own discretion or with physio guidance
3. You may add a foam roller to compress local tight tissue at you discretion – as seen in the picture

## Self Stretch - Prayer Position (Prone Kneeling)

### a) Neutral (Bilateral Arms)

Reps: 15-20 sec holds  
Sets: 4-6 each side



### b) Arms Crossed Through



### c) Arms Crossed Through - Foam Roller



## 38. FOAM ROLLER RELEASE (SIDE LYING)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Body is positioned on side lying over the foam roller. Ensure thumb of lower extended arm is up as shown (To roll your right lat you must lie on your right side and vice versa)
2. Brace your abs and tighten your glutes to prevent lower back compensation

### Technique

1. Use the legs and your other arm to move along the foam roller
2. If a tender spot is located, stay on the tender point until the pain decreases by 75%
3. Foam roll from the armpit to halfway down side of trunk for 1-2 mins

### Tips

1. Keep your trunk tight throughout and move slowly for best effect

## Foam Roller Release (Side Lying)

Reps: 1-2 mins

Sets: 1



# PECS

Notes



YOU WILL NEED:



or



## 39. SELF STRETCH - STANDING - PECS

### PRECAUTION

Apply stretch with care if you have any shoulder problems  
If stretch causes any pain in shoulder try exercises 41 and 42 instead

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. In standing, place one arm against a fixed and secure stationary object, such as the corner of a wall or doorframe
2. Chose a position which achieves the desired stretch effect (a) with arm bent at elbow or (b) with arm straight - this moves stretch across different parts of the pectoral muscles

### Technique

1. Keeping the shoulder down and back
2. Slowly turn your head and body (as one), away from your arm
3. To increase the stretch just turn your body even further away from the stretching arm
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.
2. Return your arm to your side after 2-3 repetitions to allow normal arm circulation before continuing

## Self Stretch - Standing - Pecs

### a) Arm 90° - Pec Major

Reps: 10-30 sec holds  
Sets: 4-6 each side

Fix lower arm against wall. Bring shoulder and body in front of elbow

### b) Arm Elevated - Pec Minor

Elbow above shoulder

Fix lower arm against wall. Bring shoulder and body in front of elbow



## 40. SELF STRETCH - STANDING

### PRECAUTION

Apply stretch with care if you have any shoulder problems

If stretch causes any pain in shoulder try exercises 41 and 42 instead

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. In standing, place one arm against a fixed and secure stationary object, such as the corner of a wall or doorframe
2. Chose a position which achieves the desired stretch effect, thumb up (a) thumb down (b) or thumb facing forward (c) - this changes the area of stretch slightly

### Technique

1. Keeping the shoulder down and back
2. Slowly turn your head and body (as one), away from your arm
3. To increase the stretch just turn your body even further away from the stretching arm
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.
2. Return your arm to your side after 2-3 repetitions to allow normal arm circulation before continuing
3. Try all three stretch positions to ensure you get an effective stretch

## Self Stretch - Standing

### a) Straight Arm - Lateral Rotation

Fix hand against wall.  
Bring shoulder and body  
in front of hand/elbow

Reps: 10-30 sec holds  
Sets: 4-6 each side

Thumb up



### b) Straight Arm Medial Rotation

Thumb down

### c) Straight Arm - Neutral

Thumb facing  
forward

## 41. TP BALL/MEDICINE BALL RELEASE - PECS

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Standing facing a wall/post, trap a TP/tennis ball (a) or a medicine ball (b) in between affected chest muscle and wall/post
2. Lie on front and place a TP/tennis ball (c) or a medicine ball (d) under the desired shoulder and in line with the chest muscle
3. Using a TP/tennis ball will allow work through a more specific point and using a medicine ball will give a more general release

### Technique

1. Apply pressure through the ball
2. Slowly move in multidirectional planes to work on any tenderness/soreness that is present
3. When a tender spot is located, stay on the tender point until the pain decreases by 75%
4. Roll (only a small movement) over the tender spot for 1-2 mins

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.

## TP Ball/Medicine Ball Release - Pecs

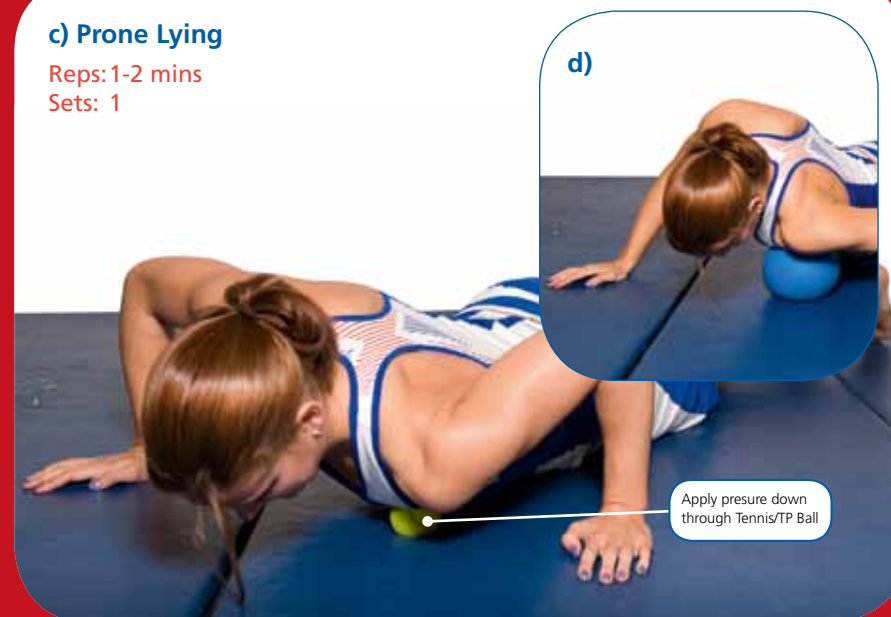
### a) Standing Wall Lean

Reps: 1-2 mins  
Sets: 1



### c) Prone Lying

Reps: 1-2 mins  
Sets: 1



# SHOULDER JOINT

Notes



**YOU WILL NEED:**



or



## 42. SELF STRETCH - SHOULDERS

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Standing or sitting, move arm straight across body (a)
2. Stand facing the wall, place one arm across the body against the wall at chest height. (b)
3. Chose a position which achieves the desired stretch effect

### Technique

1. Apply pressure with free arm to pull stretched arm into body (a) or slowly turn your body (as one), away from the stretching arm (b)
2. To increase the stretch reach further across the body
3. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

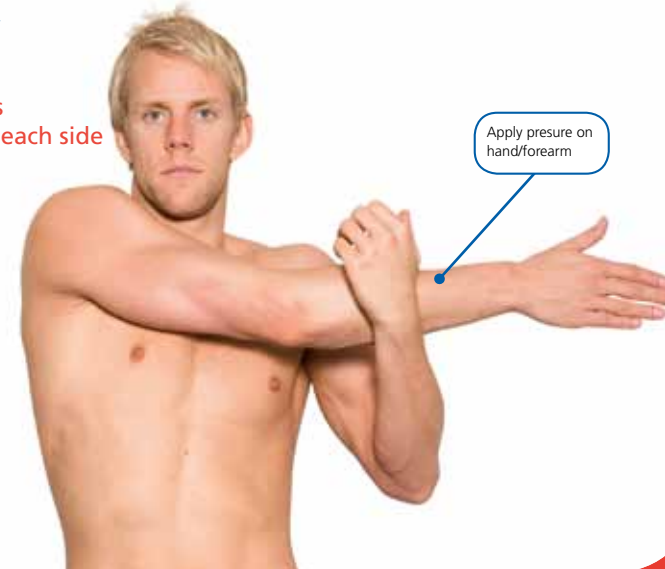
### Tips

1. Move slowly during this exercise for best effect and to minimise risk.
2. Return your arm to your side after 2-3 repetitions to allow normal arm circulation before continuing

## Self Stretch - Shoulders

### a) Cross Body (Scarf Test)

Reps: 10-30 secs  
Sets: 4-6 times each side



### b) Cross Body (Wall Lean Rotation)

Reps: 10-30 secs  
Sets: 4-6 times each side





## 43. SLEEPER STRETCH

### PRECAUTION

Ensure you perform this stretch in a quiet area where there is no risk of being knocked by other people, as this stretch puts the shoulder into a vulnerable position.

Ensure you are in full control at all times

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Lie on the same side as the chosen shoulder to be stretched
2. Raise the arm so that the shoulder is at 90° to your body
3. Bend your elbow to 90°

### Technique

1. Keep the top shoulder leaning slightly forward
2. Slowly move your stretching arm by drawing the hand down towards the floor
3. To increase the stretch take hand further towards the floor
4. Hold each stretch for 10-30 secs at the point where it feels tight. Repeat this 4-6 times on each side

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.
2. Return your arm to your side after 2-3 repetitions to allow normal arm circulation before continuing
3. This can be a vulnerable position for the shoulder so move carefully at all times and avoid any bouncing in the stretch

## Sleeper Stretch

Reps: 10-30 secs

Sets: 4-6 times each side



## 44. TP BALL RELEASE (ANTERIOR)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Start Position

1. Stand facing a wall/post and trap ball between front of shoulder and wall/post (a)
2. Lie on front, with hand behind back (b)
3. Place a tennis ball in front of the desired shoulder and in line with the front of the shoulder

### Technique

1. Apply pressure through the ball
2. Slowly move in all directions to work on any tenderness/soreness that is present
3. When a tender spot is located, stay on the tender point until the pain decreases by 75%
4. Roll (only a small movement) over the tender spot for 1-2 mins

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.

## TP Ball Release (Anterior)

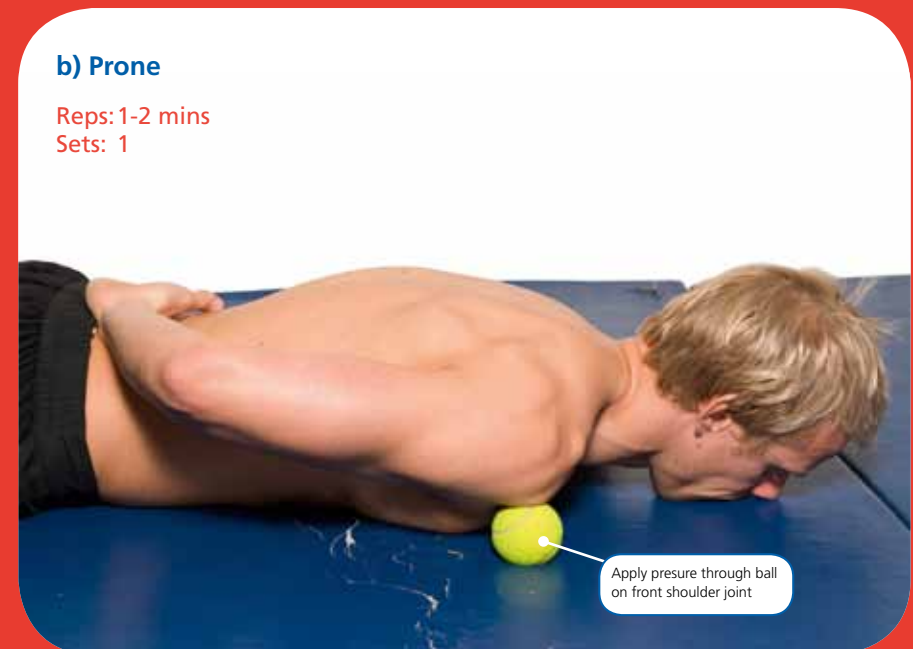
### a) Standing

Reps: 1-2 mins  
Sets: 1



### b) Prone

Reps: 1-2 mins  
Sets: 1



## 45. TP BALL RELEASE (POSTERIOR)

### Purpose

1. Target soft tissue tightness and soreness
2. Improve functional range of movement

### Set-up

1. Stand with your back to wall/post. Trap a TP/Tennis ball between the back of the shoulder and the wall/post (a)
2. Lie on back, with arm across body, hand on opposite shoulder (b)
3. Place a tennis ball behind the desired shoulder

### Technique

1. Slowly push yourself backwards onto the ball so that it makes firm contact
2. Slowly move in all directions to work on any tenderness/soreness that is present
3. When a tender spot is located, stay on the tender point until the pain decreases by 75%
4. Roll (only a small movement) over the tender spot for 1-2 mins

### Tips

1. Move slowly during this exercise for best effect and to minimise risk.

### a) Standing

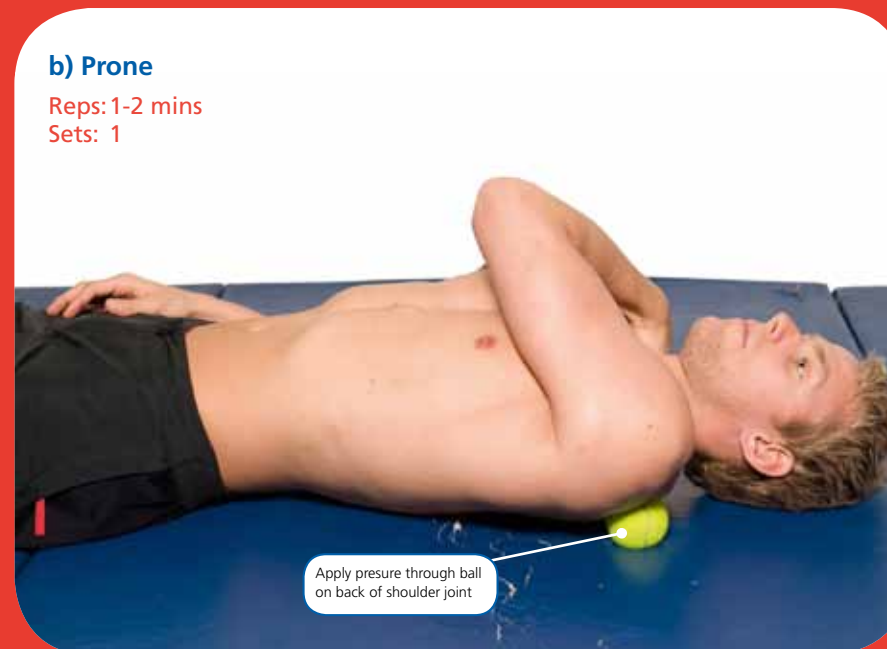
Reps: 1-2 mins  
Sets: 1



## TP Ball Release (Posterior)

### b) Prone

Reps: 1-2 mins  
Sets: 1





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