

Neck Daily Check In

Why do it?

Evaluate your readiness to train and prevent injuries.



Neck Extension

1

Sitting or standing with good posture, look up to the ceiling.

Do you notice any pinching?



NO



YES



Chin tucks/retraction-

Sitting tall in a chair in neutral position, pull your chin backwards-making a double chin. Keep your chin horizontal and hold for 2-3 seconds before returning to a neutral position. Do 10 reps.



Neck Flexion

2

Sitting or standing with good posture, tuck chin to chest.

Is there tension there?



NO



YES



Lie on your back, knees bent, hip-width apart. Arms extended up over the chest holding the end of a band in each hand. Pull the band apart by lowering arms to the floor in a "T", then lift your head, flexing your neck to bring your chin to your chest keeping the rest of your body still. Return to starting position. Do 10 reps.



Neck Rotation

3

Turn your head to the left, then tuck your chin to your collar bone, repeat on the other side.

Do you notice a difference side to side?
Do you notice any discomfort or pinching on either side?



YES



Towel Pull- Using a rolled towel around your neck, hold the ends. Slowly look up as far as you can, rolling your head over the towel. Apply gentle pressure on towel to support the head as you extend head back. Return to starting position. Do 10 reps.



Key points



This program is a quick way to evaluate your muscular tension in an effort to improve mobility prior to training.



You know your body! If you prefer a different stretch or would like to hold for longer then you can individualize your daily check in.



This program is designed to identify tension, if you feel pain, contact your therapist for individualized advice!

Thorax Daily Check In



Why do it?

Evaluate your readiness to train and prevent injuries.

Thoracic Extension

1



Standing wall Test – Hips, shoulder and head against the wall, with arms overhead.

Do you feel tension in the mid back?

YES



Foam Roller extension mobilizations – Hips elevated off the ground, find stiff area of mid back, extend over roller by dropping the back of your head towards the floor.

5x5 secs



NO

Thoracic Rotation

2



Seated Thoracic Rotation – Cross arms, knees together feet on the ground, turn right as far as you can go?

Do you feel any tension?

YES



Quadruped TS rotation – In a kneeling position place your right hand in the small of your back and rotate towards the right.

Do 10-15x reps or until the tension eases



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Lumbar Daily Check In



Why do it?

Evaluate your readiness to train and prevent injuries.

Lumbar Flexion

1 With feet together, bend forwards keeping your knees straight.

Do you notice tension in your low back?



YES



Perform the Cat-Cow exercise

Repeating 10-15x or until the tension eases.

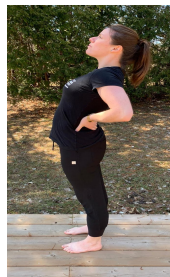


↓ NO

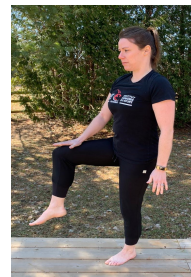
Lumbar Extension

2 With feet together, bend backwards keeping your knees straight.

Do you notice pinching in your low back?

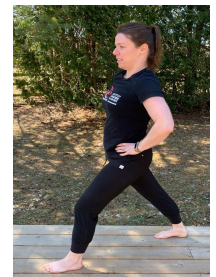


YES



Perform resisted hip flexion for 5 seconds

Followed by 5 pulsed hip extension stretch.



↓ NO

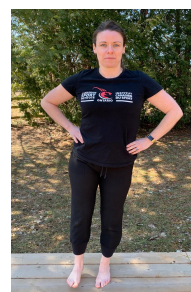
Lumbar Side Bend

3 With feet together, bend sideways keeping your knees straight.

Do you notice a difference in the stretch from side to side?

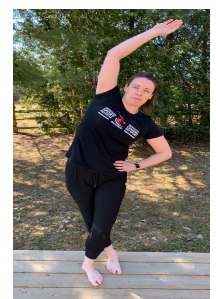


YES



Perform 5 hip hikes

Followed by 5 pulsed QL stretches.



Key points



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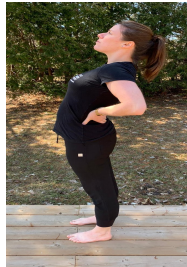
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Hip Daily Check In



Hip Flexors

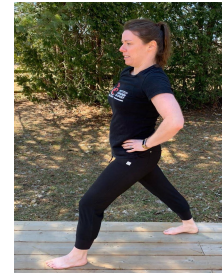
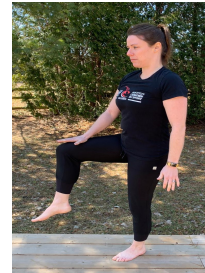
1 With feet together, bend backwards keeping your knees straight. Do you notice tension in the front of your hip?



YES →

Perform resisted hip flexion for 5 seconds

Followed by 5 pulsed hip extension stretch.



NO ↓

Hip Add/Abductors

2



Triangle pose – wide base of support, front foot externally rotated, back foot forward, arms out and reach down towards front foot.

Do you feel tension on the inner thigh of the front leg?

YES →

NO ↓

Do you feel tension on the outside of the trail leg?

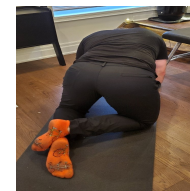
YES →

NO ↓



Frog stretch - Rock back and forth slowly until tension eases.

10- 15x reps



Posterior capsule stretch - in kneeling, cross one foot over the other. Rock backwards

10 – 15x reps

Hip Internal Rotation

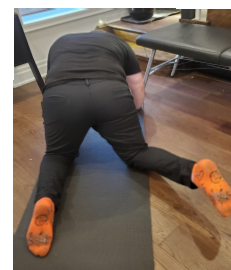
3

Seated with knees together, rotate one foot outwards.

Do you feel any pinching?



YES →



Quadruped knee internal rotations- In 4 point kneeling, brace core, slowly rotate leg feeling effort in back pocket.

10 -15x reps



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