



A TO Z PHYSIOTHERAPY

WARM UP SEQUENCES & MOBILISERS

MOVE RIGHT, STRETCH LEFT
& BE CENTERED.

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WARM UP

Trigger ball massage or self-myofascial release.
DYNAMIC (Moving) Stretches BEFORE exercise.
Gentle yoga flow and strengthening (eg. specific muscle activation exercises or band work).
Cardio – specific to style/sport.
Specific plyometric drills (if required).



STATIC (Holding) Stretches AFTER exercise for tight muscles.
Meditation and Rest.

COOL DOWN

IMPORTANT

If you are holding a muscle stretch for longer than 30 seconds, this can stop the muscle from being able to work at its full strength and capacity (for 30mins or more), so this may increase your risk of injury. Only do holding stretches AFTER exercise.



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MOVE RIGHT, STRETCH LEFT & BE CENTERED... REPEAT!

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Contact us!



THESE MOBILISERS ARE FOCUSED ON IMPROVING FLEXIBILITY AND HYDRATION OF THE BODY'S SOFT TISSUES THROUGH FLUID MOVEMENT. THEY WILL ALSO IMPROVE MOBILITY OF THE FASCIAL SYSTEM AND OPEN JOINTS AND MUSCLES THROUGHOUT THE BODY.

TAKE CARE TO GO SLOWLY AND 'OOZE' THROUGH EACH MOVEMENT, THOUGHTFULLY AND GENTLY.

MAKE THE MOVEMENTS FLUID AND CONTINUOUS WITH NO BOUNCING OR SUSTAINED HOLDS.



THINGS TO REMEMBER WHILE PERFORMING THE FOLLOWING MOBILISERS OR ANY WARM UP ACTIVITY:

THERE SHOULD BE NO PAIN WITH ANY OF THESE MOBILIZING MOVEMENTS.

DON'T PUSH INTO ANY DISCOMFORT OR NERVE SENSATION (TINGLING, 'LINE' PULLING).

COMPLETE ON THE LEFT AND RIGHT SIDE FOR EACH MOVEMENT / FLOW.

BREATHE THROUGH EACH MOVEMENT TO FLOW IN AND OUT OF THE STRETCH. DON'T HOLD ANY STRETCH.

REPEAT 3-5 TIMES EACH (OR MORE IF NECESSARY UNTIL YOU FEEL LENGTHENED AND OPEN).



SPINAL MOBILITY EXERCISE

1) Start in standing.

Roll down slowly through each spinal vertebra.

Move from the top of your neck (chin to chest) through your upper back, lower back and hips until you are soft and hanging with bent knees at the bottom (as shown).



2) Lift to half way (fingertips touching the floor or hands on shins/knees) and straighten your back like a 'table top' with spine long and flat. Knees can be slightly bent or straight, depending on your stretch. Don't push into any "line" nerve pain – bend your knees if you need.

3) From this position, place your hands on your hips and lift up with a straight back (hinge from your hips) to standing.

YOU MAY FEEL A STRETCH ALONG YOUR BACK LINE AND BACK OF THE LEGS.



SIDE BODY OPENER

WITH SPIRAL OPENER

EXERCISE

Take one leg behind you, keep feet parallel (like they're on train tracks) and back heel lifted. With lengthened spine and long arm, reach the same arm as your back leg up and over your body to feel a stretch. Remember not to sink into your lower back to arch - keep your spine long and lifted. You may feel the stretch from your arm to your front/outside hip and side body.

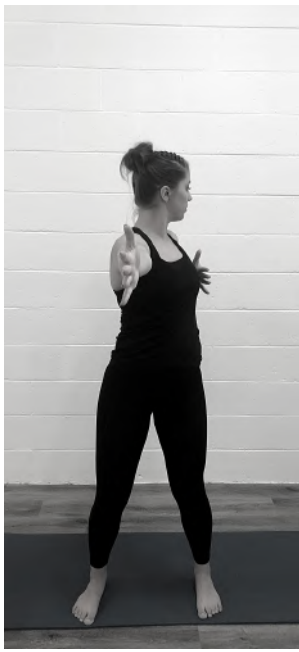


Keeping the same lunge position, twist your upper body and torso to the side (same as your front leg) with collar bones wide. Keep your hips facing the front and spine long and lengthened (no sinking in lower back).

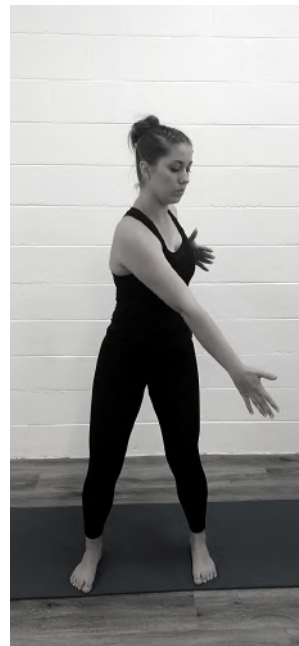
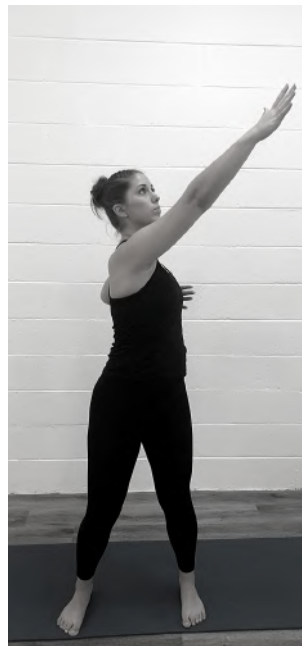
YOU MAY FEEL THE STRETCH IN YOUR UPPER BACK AND/OR DEEP FROM ABDOMINALS TO BACK HIP.



SHOULDERS & UPPER BACK SEQUENCE



Reach to open your shoulders, upper back and torso in all directions as if you are 'cleaning a big glass box'.



YOU MAY FEEL THIS STRETCH FROM YOUR ARMS TO YOUR UPPER BACK, SIDES OF THE BODY AND CHEST.

Imagine your arm and shoulder blade reaching away from your ribcage as far as you can without compromising a lengthened spine position (keep lifted and long). Breathe into your ribcage in all directions (front, back and sides) to fill your lungs like a balloon. Make sure to twist and rotate through your entire body from hip to foot as you stretch (so not to twist and hurt your knee etc.) Look towards your reaching hand to open your neck as well.



INNER THIGH & HIP STRETCH

Lunge sideways to bend your knee and feel the stretch from your inner hip and thigh of the other leg. Bend forward from your hips (keeping the spine lengthened and strong) and sit back into the stretch with your hips. Twist to open your torso and shoulders towards your bent knee and sweep your fingers of your opposite hand past your foot to reach the arm long.



YOU MAY FEEL A STRETCH THROUGH THE INNER THIGH, GROIN AND TORSO TO HIP AS YOU TWIST.

HAMSTRINGS & CALF STRETCH

Place one foot forward and sit back into your hips with back knee bent and spine long and lifted. Reach your arms forward as you sweep through extended fingers as you sit back into the stretch.

Perform 3x each side with the three variations below.

YOU MAY FEEL THE STRETCH FROM YOUR HAMSTRINGS TO CALF AND BACK OF HIPS AND BACK LINE.



1) Turn both feet slightly OUTWARDS. Not too far that it is uncomfortable or 'forced'.



2) Turn both feet slightly INWARDS. You can keep your back foot facing forward if it's more comfortable.



3) Keep both feet facing the front and rock backwards to lift the front foot and toes (heel still connected) as you sit back into the stretch. Draw your opposite arm across to twist and reach for your extended foot. Imagine you are 'cutting off your pinky toe with your little finger'.



LUNGE WITH TORSO TWIST MOBILISER

1) Position yourself in a lunge with your back knee, shin and top of foot on the floor. Both legs should be parallel (as if on train tracks). Keep your front knee lined up over your ankle as you lunge forward to open the front of your back hip. You may wish to move your front foot slightly forward to allow for this. Twist to open your shoulders and torso (hands in prayer position and collar bones wide). Lean forwards and wrap the back of your elbow to the outside of your knee / lower thigh. Make sure to keep your front knee in line with your hip and foot (not collapsing or drawing inwards) as you twist your upper body.



2) Gently open your torso and twist towards the opposite side to place your lower hand to the floor, on the inside of your front foot. Lengthen the top hand to reach for the ceiling in line with the side body (not falling behind to extend past your shoulder). Look towards the top hand with a long neck.



LUNGE WITH TORSO TWIST ADVANCED



3) You may wish to progress lifting your back knee and leg long and strong onto the ball of your foot. This will challenge your strength and balance. Keep your hips and knees in align.

You may feel the stretch through the front thigh and hip (of the back leg) and through your shoulders, upper back and chest.

LUNGE WITH DEEP FRONT LINE OPENER

1) Knee Down: Position yourself in a lunge (front foot slightly more forward) with back knee and shin and top of your foot connected to the floor.

Both legs should be parallel (as if on train tracks). Keep front knee lined up over ankle as we lunge forward to open the front of the hip (back leg). LIFT your body and your arms up to the ceiling and away from your hips. Flow your arms up and back to open your spine, chest and hip. Look back to give your throat and chest a stretch as well. Don't 'hinge' back to compress the lower back.



2) High Lunge: You may wish to progress lifting your back knee and leg long and strong onto the ball of your foot. This will challenge your strength and balance. Keep your hips and knees in alignment.

YOU SHOULD FEEL A STRETCH FROM YOUR THROAT TO YOUR DEEP ABDOMINALS AND INTO THE FRONT OF THE HIP AND THIGH (BACK LEG).

"Doing your best
is more
important than
being the best."

- ZIG ZIGLAR



Find out more...
KNOW YOUR BODY.
ACCESS YOUR POTENTIAL.



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