



# Your Injury Prevention TOOL BOX

## CHEST OPENER

Grab a pillow or bolster. Lie with your back supported. Raise your hands above your body and allow them to draw out to the side .

## ROLLING SHOULDER PATTERNS

Place your ball between your shoulder blade and spine near the top of your shoulder blade. Place hand down at your side: raise to the side, come across body, draw peace sign

## CLOCK

Lie on your side with your knees bent and arms straight out in front of you. Take top arm push forward and draw a circle around your head to the other side. Return to starting position.

## CAT COW

Start on your hands and knees. Breath in and round your back, exhale and raise your head and arch back all while keeping your core engaged. Add circle movement if you require.

## 90/90

Starting sitting on your bum leaning back knees bent with feet on the ground slightly wider then shoulder width apart. Allow knees to fall side to side. Allow them to completely go to one side and sit up. Rock the front hip joint forward and back. Then alternate lifting front and back foot.

## DEAD BUG

Lying on your back engage your core (remember those awesome cues!) Hold and breath at the same time. If you can hold this for 10 sec try raising a foot a few inches above the ground. If you can stay engaged. Raise knees and arms. Extend opposite arm and leg slowly and controlled. Staying engaged.

## I'S, Y'S, T'S

Lying on your stomach raise your arms above your head forming the shape 'Y' with your arms. lift your torso and arms off the ground. Pulse arms at the end of your range . Remember thumbs up! Repeat this making a 'T' shape and 'I' shape.

## GLUTE MED LEG LIFT

Lying on your side with your bottom knee bent and top leg straight. Roll your pelvis forward. Lift the top leg up, back and turn your foot down towards the ground. From this position drop down and lift up.

## HAMSTRING, SQUAT, OVERHEAD ARM RAISE

Hinge the hips back and forward fold. At end range bend the knees and move into a squat. From the squat raise hands over head, then return to standing. Try and increase your range each time.

## WALL SHOULDER MOBILITY

Sitting against a wall with legs straight out in front, raise your elbows to 90 degrees hands rotate back to touch the wall. Rotate down while keeping elbows on the wall. At the top push hands up the wall keeping elbows on the wall.



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## INCH WORM

Standing, bend forward to touch your toes. Place your hands on the ground and walk them forward until you arrive in a plank position. Walk hands as far forward as possible then walk back to standing.

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### HOW TO SET UP YOUR REPS AND SETS

- Stretching:
    - to get best benefits, hold your stretch for a minimum of 30 seconds
    - you will want to repeat each stretch per side 2-3 times
  - Mobility
    - When doing mobility exercises you want to start with smaller ranges, and work your way up to the full range you have
    - Once at full range you will want to do 3-5 reps
  - Strength
    - For strength and activation you want to start with 10 reps repeated 3 times
    - For jobs that require endurance from the muscles you will want to increase from 10 reps up as you get stronger
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### NOTES: