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The information provided in these videos is for educational purposes only. Concepts for your particular sport and individual requirements may vary so please seek customized advise from a registered health professional to suit your individual goals.

Improve Flexibility & Mobility

Mayur Thakkar

Sports Physiotherapist

Department of Sports Science and Medicine

Sir H N Reliance Foundation Hospital

Movement Pyramid



Base of Movement Pyramid

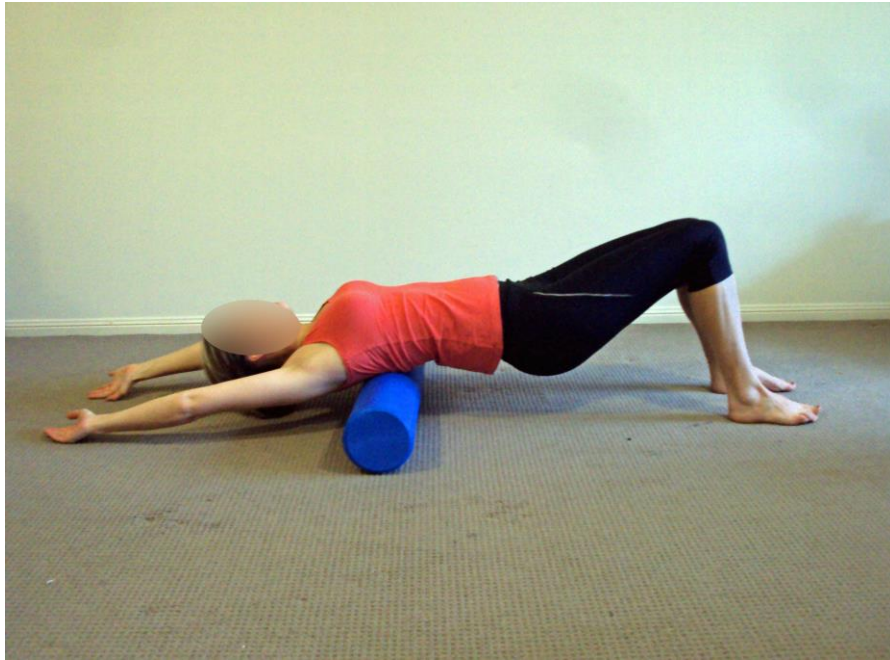


Spinal Mobility Drills



- These drills can be done in warm up or starting of the day
- Do 10-15 repetitions of these drills which will makes your spine move freely
- It improves mobility of spinal joints and soft tissue
- It also improves posture

Spinal Mobility Drills



- Note: If player has any pain while doing any of these drills then consult Sports physio / Sports medicine doctor / Health care professional before doing

(Reference- Brukner & Khan's Clinical Sports Medicine, Fourth Edition)

Foam Roller Spinal Mobilization



Lumbar Twist



Quadruped Twist

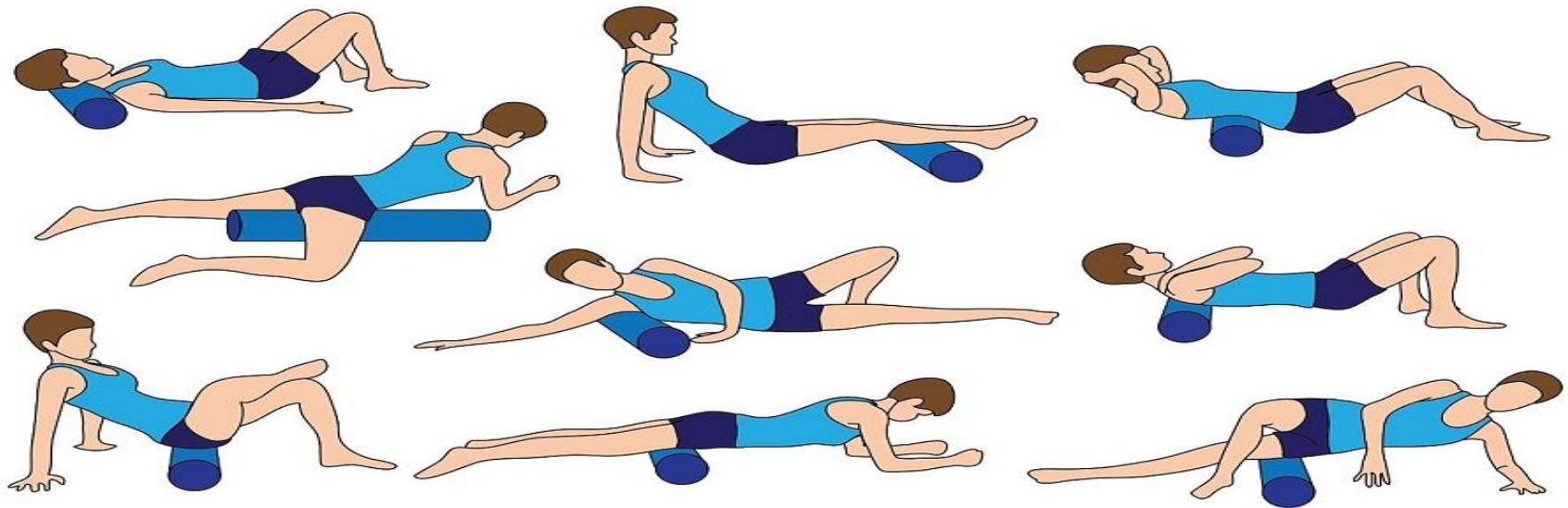


Foam Rolling Drills



- These drills can be done in warm up and also can be done in cooldown or at the end of day
- It loosens up muscles and release myofascial trigger points
- Do each drill for 2-5 minutes for each muscle
- Rolling over specific pressure point or trigger point area of muscle belly will be always more beneficial

Foam Rolling Drills



- Note: If player has any pain while doing any of these drills then consult Sports physio / Sports medicine doctor / Health care professional before doing this in pain (Pressure pain is expected while doing foam rolling drills. Don't get confused between pressure/soreness pain and injury pain)

(Reference- ACSM's 19th Health & Fitness Summit & Exposition)

Foam Rolling over Calf muscle



Foam Rolling over Hip & Glute muscles



Foam Rolling over Quadriceps muscle



Foam Rolling over Lower Back



Foam Rolling over Latissimus Dorsi



Ball Rolling Drills



Upper Trapezius

Levator Scapulae

Rhomboids

Rear Deltoid

Infraspinatus
(Rotator)

True-Natural-Bodybuilding.com

Active Static Stretches



- Static Stretches should be done in cool down
- It helps to regain length and flexibility of muscle
- It should be held for 20-30 seconds with at least 2-3 repetitions for each muscle
- These stretches should be done with gentle pressure without jerk (Hold to a position of mild discomfort)

Active Static Stretches



- Do not over stretch your muscle in single stretch, slowly increase stretch pressure with every repetition
- Doing stretches after foam rolling will be more beneficial
- Note: If player has any pain while doing any of these stretches then consult Sports physio / Sports medicine doctor / Health care professional before doing it

(Reference- ACSM's Guidelines for Exercising Testing and Prescription, Ninth Edition)

Hamstrings Stretch



Glutes Stretch



Hip Flexor Stretch



Quadriceps Stretch



Side Torso Stretch



Anterior Chest Stretch



Triceps & Latissimus Stretch



Side of Neck Stretch





Thank You!!!



Questions Please



and

