



## Racquet Sports Flexibility

**TRAINER :** *KELLY DOYLE, MS, CSCS*

**INTRODUCTION :** To perform self-myofascial release exercises, place a biofoam roller on the floor and position your body as described for each exercise. Slowly roll over the target areas, searching for tender spots. When you find a sensitive area, stay on that area for several seconds, relaxing as much as possible. This will help to reduce the muscular adhesions that have formed in the soft tissue.

For pre-workout stretching, active or dynamic stretches are recommended after a general warm-up of at least 10 minutes.

For post workout stretching, static stretches are best done after foam rolling. Static stretches are typically held for 20-30 seconds.

**WARM UP :** General warm-up 5-10 minutes or after workout

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## SUMMARY OF PROGRAM

Self Myofascial Release	Reps	Duration
IT Band - SMR	1	30-60 seconds
Tensor Fascia Latae - SMR	1	30-60 seconds
Quadriceps - SMR	1	30-60 seconds
Adductor - SMR	1	30-60 seconds
Hamstring - SMR	1	30-60 seconds
Gastroc/Soleus - SMR	1	30-60 seconds
Piriformis - SMR	1	30-60 seconds
Latissimus Dorsi - SMR	1	30-60 seconds
Stretches		
Lat - Kneeling	1-3	20-30 seconds
Calf - Bent Knee Standing Against Wall	1-3	20-30 seconds
Calf - Bent Knee Against Wall With Rotation	5-10	dynamic
Gastrocnemius - Standing	1-3	20-30 seconds
Calf - Straight Leg With Rotation	5-10	dynamic
Quadriceps - Standing	1-3	20-30 seconds
Adductor - Standing	1-3	20-30 seconds
Abductor/Outer Hip - Standing	1-3	20-30 seconds
Pec/Anterior Deltoid	1-3	20-30 seconds
Tricep	1-3	20-30 seconds
Bicep and Anterior Shoulder	1-3	20-30 seconds
Posterior Shoulder	1-3	20-30 seconds
Piriformis	1-3	20-30 seconds
Upper Traps - Seated	1-3	20-30 seconds
Butterfly	1-3	20-30 seconds
Hip Flexor - Kneeling	1-3	20-30 seconds
McKenzie Press Up	10	Coordinate with breathing
Hamstring - Lower, Lying	1-3	20-30 seconds
Spinal Twist - Seated	1-3	20-30 seconds

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## IT BAND - SMR

**Reps : 1**

**Duration : 30-60 seconds**

**Tempo : 0**

**Sets : 0**

**Intensity : 0**

**Rest : 0**

### **Preparation**

: Position yourself on your side lying on foam roll just below hip bone (as shown).

Maintain head in "neutral" with ears aligned with shoulders.

This may be very uncomfortable; if so, do in moderation.

**Movement :** Roll just below hip joint down the outer thigh to just above the knee.

If a "tender point" is located, stop rolling, and rest on the tender point for 5-10 seconds.

Roll off of the tender point briefly, then repeat.

Stay relaxed!

Only roll over soft tissue, avoid rolling over joints.



## TENSOR FASCIA LATAE - SMR

**Reps : 1**

**Duration : 30-60 seconds**

**Tempo : 0**

**Sets : 0**

**Intensity : 0**

**Rest : 0**

### **Preparation**

:

Body is positioned prone with top of quadriceps on foam roll.

It is very important to maintain proper core control to prevent low back compensations. Do not allow low back to sag.

**Movement :** Roll onto one hip so that foam roll is placed just to the outside of the front hip bone (left hip shown in picture).

If a "tender point" is located, rest on the tender point for 5-10 seconds.

Roll off of the tender point briefly, then repeat.

Stay relaxed!

Only roll over soft tissue, avoid rolling over joints.



## QUADRICEPS - SMR

**Reps : 1**

**Duration : 30-60 seconds**

**Tempo : 0**

**Sets : 0**

**Intensity : 0**

**Rest : 0**

### Preparation

:

Body is positioned prone with top of quadriceps on foam roll.

Do not allow low back to sag.

**Movement :** Roll down front of thighs to just above knees.

If a "tender point" is located, rest on the tender point for 5-10 seconds.

Roll off of the tender point briefly, then repeat.

Stay relaxed!

Only roll over soft tissue, avoid rolling over joints.



## ADDUCTOR - SMR

**Reps : 1**

**Duration : 30-60 seconds**

**Tempo : 0**

**Sets : 0**

**Intensity : 0**

**Rest : 0**

### Preparation

:

Body is positioned prone with one leg out to side.

Leg will be on top of foam roll near groin so that inner thigh is resting on roll.

Maintain neutral neck and spine.

**Movement :** Roll down inner thigh to just above knee.

If a "tender point" is located, rest on the tender point for 5-10 seconds.

Roll off of the tender point briefly, then repeat.

Stay relaxed!

Only roll over soft tissue, avoid rolling over joints.



## HAMSTRING - SMR

**Reps : 1**

**Duration : 30-60 seconds**

**Tempo : 0**

**Sets : 0**

**Intensity : 0**

**Rest : 0**

### Preparation

:

Sit on foam roll with legs stretched out straight in front of you (as shown).

Place hands on floor to help support posture.



**Movement :** Roll down back of thighs to just above knee.

If a "tender point" is located, rest on the tender point for 5-10 seconds.

Roll off of the tender point briefly, then repeat.

Stay relaxed!

Only roll over soft tissue, avoid rolling over joints.



## GASTROC/SOLEUS - SMR

**Reps : 1**

**Duration : 30-60 seconds**

**Tempo : 0**

**Sets : 0**

**Intensity : 0**

**Rest : 0**

### Preparation

:

Place foam roll under mid belly of lower leg.

Cross one leg over other to increase pressure (optional).

Lift hips off floor to increase pressure.



**Movement :** Slowly roll calf area.

If a "tender point" is located, stop rolling, and rest on the tender point for 5-10 seconds.

Roll off of the tender point briefly, then repeat.

Stay relaxed!

Only roll over soft tissue, avoid rolling over joints.



## PIRIFORMIS - SMR

**Reps : 1**

**Duration : 30-60 seconds**

**Tempo : 0**

**Sets : 0**

**Intensity : 0**

**Rest : 0**

**Preparation :** Begin by sitting on foam roll.

Cross one leg over other knee as shown.

Shift weight to hip with crossed leg.

**Movement :** Slowly roll the posterior hip area.

Increase stretch by pulling knee toward opposite shoulder (as shown).

If a "tender point" is located, stop rolling, and rest on the tender point for 5-10 seconds.

Roll off of the tender point briefly, then repeat.

Stay relaxed!

Only roll over soft tissue, avoid rolling over joints.



## LATISSIMUS DORSI - SMR

**Reps : 1**

**Duration : 30-60 seconds**

**Tempo : 0**

**Sets : 0**

**Intensity : 0**

**Rest : 0**

**Preparation :**

Start in a side lying position with arm outstretched and palm facing upward.

Place the foam roll in the arm pit area.

**Movement :** Slowly roll the posterior arm pit area.

If a "tender point" is located, stop rolling, and rest on the tender point for 5-10 seconds.

Roll off of the tender point briefly, then repeat.

Stay relaxed!

Only roll over soft tissue, avoid rolling over joints.



## LAT – KNEELING

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation

:

From hands and knees, sit back on heels and place forehead on floor with palms down.

### Movement :

Push hand forward along floor as far as you can reach. Push from shoulder, do not pull with fingers.

Externally rotate shoulder so that palm is facing up.

Hold for desired length of time.



## CALF – BENT KNEE STANDING AGAINST WALL

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation

:

Begin by bracing yourself against a wall or sturdy object with your arms.

Retract shoulders to neutral position.

Your back leg should be bent at the knee with toes pointing straight ahead.

**Movement :** Knee of back leg should be kept bent throughout exercise.

Hold for 20 – 30 seconds.



## CALF - BENT KNEE AGAINST WALL WITH ROTATION, FUNCTIONAL

**Reps :** 5-10

**Duration :** dynamic

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation

:

Begin by bracing yourself against a wall or sturdy object with your arms.

Retract shoulders to neutral position.

Your back leg should be bent at the knee with toes pointing straight ahead.

Lift front knee so that foot is off floor.



### Movement :

Keep rear foot on the ground, with the opposite hip and knee bent throughout exercise.

Slowly move through your hips creating pronation and supination at the ankle. Heel of back foot must remain in contact with floor.

Knee of back leg should be kept bent throughout exercise.



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## GASTROCNEMIUS - STANDING

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### **Preparation**

:

Begin by bracing yourself against a wall or sturdy object with your arms.

Retract shoulders to neutral position.

Your back leg should be straight at the knee with toes pointing straight ahead.

**Movement :** Knee of back leg should be kept straight throughout exercise.

Keep heel of back leg flat on floor.

To enhance stretch, attempt to lift toes of back foot.

Hold for 20 – 30 seconds.



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## CALF - FUNCTIONAL STRAIGHT LEG WITH ROTATION

**Reps :** 5-10

**Duration :** dynamic

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation

:

Begin by bracing yourself against a wall or sturdy object with your arms.

Retract shoulders to neutral position.

Your back leg should be straight at the knee with toes pointing straight ahead. Keep heel flat on floor.

Lift front knee so that foot is off floor.



**Movement :** Keep rear foot on the ground, with the opposite hip and knee bent throughout exercise.

Slowly move through your hips creating pronation and supination at the ankle. Heel of back foot must remain in contact with floor.

Knee of back leg should be kept straight throughout exercise.



## QUADRICEPS - STANDING

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation

:

Stand as pictured, with "tall" posture in optimal alignment, grasping one ankle.

Use other arm to brace against wall or sturdy object if needed.

**Movement :** Perform a posterior pelvic tilt while squeezing the glute of the stretching leg.

Hold for 20-30 seconds.



## ADDUCTOR - STANDING

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation :

With legs spread, shift weight to one side so that one knee is straight and the other is bent (as shown).

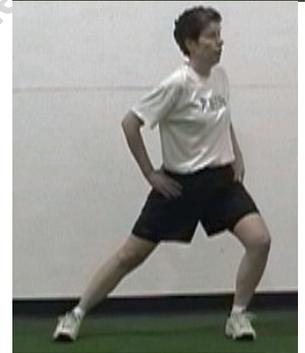
Keep toes pointed straight ahead.

### Movement :

Keeping knee straight, rotate body to left and right to vary the stretch.

Switch sides and repeat.

Can be done as a static stretch or an active stretch.



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## ABDUCTOR/OUTER HIP - STANDING

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation

:

Keeping knees straight, internally rotate one leg from the hip.

### Movement :

Shift weight so that internally rotated hip is pushed straight out to the side.

Switch sides and repeat.



## PEC/ANTERIOR DELTOID

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation :

Stand against a wall or sturdy object and form a 90/90-degree angle with your arm and shoulder as depicted.

### Movement :

Slowly rotate your trunk forward around stationary arm until a slight stretch is felt in the anterior shoulder region.



TRICEP		
<b>PREPARATION</b>	Stand erect with good posture.	
<b>MOVEMENT</b>	<p>With left hand, reach up and place palm of hand between shoulder blades as if you are patting yourself on the back.</p> <p>Assist stretch by gently pulling elbow (as shown).</p>	
<b>VARIATIONS</b>		
BICEP & ANTERIOR SHOULDER		
<b>PREPARATION</b>	Stand erect with good posture.	
<b>MOVEMENT</b>	<p>Without shrugging or leaning forward, extend shoulder and rest hand against sturdy object (chair, countertop, etc).</p> <p>Roll arm so that palm is facing downward.</p> <p>Hold for 20-30 seconds.</p>	
<b>VARIATIONS</b>		

POSTERIOR SHOULDER		
<b>PREPARATION</b>	Standing upright, bring arm across chest.	
<b>MOVEMENT</b>	Gently assist stretch by placing hand on elbow as shown.	
<b>VARIATIONS</b>		

PIRIFORMIS		
<b>Reps : 1-3</b>	<b>Duration : 20-30 seconds</b>	<b>Tempo : 0</b>
<b>Sets : 0</b>	<b>Intensity : 0</b>	<b>Rest : 0</b>
<p><b>Preparation :</b></p> <p>Begin in figure 4 position as pictured.</p> <p>Place foot of support leg as close to buttock as possible.</p>		
<p><b>Movement :</b></p> <p>Push knee of bent leg away from you until stretch is noted, hold for 20-30 seconds.</p> <p>Pull knee toward opposite shoulder until stretch is felt, hold for 20-30 seconds.</p> <p>Repeat for other leg.</p> <p>Place support leg up on stability ball or chair for greater support if needed.</p>	 	

## UPPER TRAPS - SEATED

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation

:

In optimal posture sit on a bench with a 90 degree bend at the hips and knees.

Grasp the side of the bench with the left hand and lean to the right so that the arm is taut (as shown).

### Movement :

Tuck your chin in and slowly draw your right ear toward your right shoulder until tension is felt.

Hold for 20-30 seconds.

Repeat on other side.

**Optional:** Use your your right hand to apply slight pressure to enhance stretch (as shown).



## BUTTERFLY

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### Preparation

:

Sit with soles of feet together and knees out to sides (as shown).

### Movement :

Actively pull knees toward floor.

Hold for 20-30 seconds.

For added stretch, press knees toward floor with hands.



## HIP FLEXOR - KNEELING

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### **Preparation :**

Slightly internally rotate the back leg and kneel down. Be sure to rotate BEFORE kneeling.

Keep torso erect.

### **Movement :**

Draw your belly button inward.

To enhance the stretch, reach same side arm up and over. It is important not to deviate forward or backward while reaching up and over.

While maintaining the above-mentioned steps, rotate backwards slightly on the same side being stretched.

Tighten glutes and perform a posterior pelvic tilt.

Avoid arching low back!

Motion occurs predominately at the pelvis (posterior pelvic tilt), the back leg should not move.



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## MCKENZIE PRESS UP

**Reps :** 10

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

**Notes :** coordinate with breathing

### Preparation

:

This exercise should be avoided if any low back pain or discomfort is present.

Lie on your stomach. Place hands just outside the tops of your shoulders.

### Movement :

Inhale deeply and begin pressing upward (push up). As you slowly push up, *exhale* and keep your hip bones/pelvis on the floor.

It is very important to relax the buttocks & spine muscles!

Hold the position at the top until you need to take a breath.

As you inhale, slowly lower your body to the floor.



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## HAMSTRING - LOWER, LYING

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### **Preparation :**

Lie down on back and flex hip and knee to 90°. Your lumbar spine should NOT move!

Grasp leg behind knee with hands as shown.

### **Movement :**

Pull your toes back toward your shin as far as you can control.

Slowly extend knee to ceiling until a slight stretch is felt. The thigh must remain vertical without allowing the spine to move.

Lumbar spine must remain neutral.

Alternative technique: Following movement instructions, wrap towel around foot and slowly extend knee to ceiling until a slight stretch is felt.



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## SPINAL TWIST - SEATED

**Reps :** 1-3

**Duration :** 20-30 seconds

**Tempo :** 0

**Sets :** 0

**Intensity :** 0

**Rest :** 0

### **Preparation :**

Sit on floor with legs stretched out straight in front of you.

### **Movement :**

Bend left leg, placing heel near left sit bone.

Bring right arm across between chest and left knee.

Rotate to left and place left hand on floor behind you.

Bend right arm with elbow pressing against the outer right knee.

Maintain upright torso, gaze over left shoulder.

Repeat on other side.



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