



EXPRO Virtual Circuit Breaker Practical Workshop | Ranell Hobson Mobilisation for your clients at home

Now is the time to show your PT clients a little virtual love, some additional support from your home to theirs and prepare them for returning to the gym without dysfunction or muscle extensibility issues. One of the ways you can do this is by videoing yourself running through 3 to 5 min mobility sessions and then texting them to your clients for a morning stretch and re-align or you can set up a google drive folder or similar and send the link to your clients to access.

Since so many of our clients are working from home right now, perhaps sitting in front of the computer screen for hours on end. I want to spend some time with you today sharing ways that you can share with your clients so they may sustain their posture, alleviate any back pain, thoracic and neck pain that they may be feeling and then I want to share with you ways to tackle the hips. Sitting all day shortens our hip flexors and hamstrings and creates an unwanted dysfunction upon returning to loaded training in the gym, so let's tackle that as well and provide our clients with as much content to restore and prepare for when we can meet them face to face again.

We are going to start with a morning awakening sun salutation – please join with me, move your chairs back from your computer screens create a small space around you and lets lengthen, strengthen and most importantly breathe.



ACTION YOGA: SUN SALUTATION We will dynamically move in and out of yoga positions to increase blood flow and synovial fluid lubrication of joint structures, bring breath and oxygen into the body and prepare our spirit and mind for the day ahead.

NECK, SHOULDERS AND THORACIC RESTORATION

Treatment for a stiff thoracic spine can include joint mobilisations, soft tissue massage, postural exercises, strength exercises and self stretching. Self stretching is very important and something that should be included as a part of any mobilisation program. It brings much needed extensibility back to the muscle tissue. The shoulders may feel tight and stiff as the result of stress and tension, by sitting for extended periods and incorrect sleeping positions. Let's look at some simple stretches we can send to our clients to help them relieve and prevent soreness and stiffness.



Neck roll

(towel behind neck – relax and breathe)

This is a very gentle stretch used to **release tension around your neck from sitting in front of a screen all day.**

Roll a towel; Place it at the base of your head; Let your head fall back toward the floor and relax.

Stay in this position for about 10 minutes

Chin to Chest

This exercise provides a deep stretch for the **upper trapezius and neck extensors**.

Begin by sitting comfortably in a chair or on the floor.

Clasp your hands behind your head; Gently pull your head down bringing the chin toward the chest.

Hold for 30-40 seconds. Ensure you return to your upright position slowly, no rushed movements.



Lateral Neck Flexion



This stretch targets the **upper trapezius**.

Begin by sitting comfortably on the floor or in a chair; Place your right hand on the top of your head and gently pull it to your right.

Keep the back straight and shoulders relaxed.

Hold for 30-40 seconds and then slowly lift your head back to the initial position.

Repeat on the other side.

Butterfly (hands on shoulders and elbow touch)

This stretches posterior deltoid and Rhomboids.

Start by placing your hands on each shoulder.

Gently pull the elbows together, then relax them out again and repeat several times





Upper Trapezius Stretch

This stretches both **the neck and the shoulders**.

Begin by putting the right arm behind you and grabbing it with your left hand.

Pull the hand gently toward your left foot.
Tilt your left ear toward your left shoulder;
Hold for 20 seconds and repeat on the other side.
You can also do the same stretch by keeping your hands in front of you, this way you also get a good upper trapezius stretch, but from a slightly different angle.

Thread the Needle

This stretch releases the tension in the **upper back and between the shoulder blades**.

Begin by getting on your hands and knees.

Then slide the left arm with the palm up between your right arm and legs, rotating your body until your head touches the ground.

Hold for 30-40 seconds then repeat on the other side.



Shoulder Roll

This movement releases **tension around the shoulders**.

Begin in a sitting or standing position, keep the back and neck straight.

Lift the shoulders up and then roll them back and down.
Moving through full range of motion



Anterior Shoulder Stretch

This is a very **deep anterior deltoid and chest** stretch.

Begin by standing up straight.

Clasp your hands behind your back.

Raise your arms up until you feel a stretch.

Hold for 30-40 seconds, repeat 3 times.

You may bend forward if you need a deeper stretch.

COMBINATION UPPER AND LOWER BODY STRETCHES

Half Cow Face Pose

This will stretch the latissimus dorsi and triceps, open the chest and thoracic spine, as well as the piriformis, ITB and gluteals within the hips.

Get into a crossed legged seated position and fold one knee over the other

Sit up really straight and Fold one arm behind you

Hold for 30-40 seconds, repeat 3 times.

You may bend sideways if you need a deeper stretch





Cow Face Pose

From the Half Cow Face pose

Bring your right hand behind your back, reach up, and grab your left hand;

Hold for 10 seconds, then release the hands, and repeat on the other side.

If you can't reach the fingertips of the other hand, use a towel to help. Hold the towel with the hand that is above your head and grab it with the other hand, creating a gentle pull.



LOWER BODY STRETCHING

Spending a lot of time sitting keeps the hip flexors in a shortened position more than they should be.

Constricting the muscles in this way can make them super tight. Tight hip flexors pull you into a flexed hip position and make it harder for you to get maximum contractions out of your glutes.

Since they're opposing muscle groups, when one is really tight the other becomes lengthened.

When your glutes are in this compromised position, it can cause other muscles to do more

work than they should, making your workouts less efficient and increasing risk of injury. This is the last thing that we want for our clients upon returning to face to face training under loaded conditions. So, here are some ways to get them ready to train and load.



Long Lunge with Spinal Twist

Sink back into a long lunge, keeping your right leg straight behind you with your toes on the ground, so you feel a stretch at the front of your right thigh.

Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling.

Hold for 30 60 seconds. Repeat on the other side.

90 90 Hip Stretch

Sit with your right knee bent at 90-degrees in front of you, calf perpendicular to your body and the sole of your foot facing to the left. Keep your right foot flexed.

Let your leg rest flat on the floor.

Place your left knee to the left of your body, and bend the knee so that your foot faces behind you. Keep your left foot flexed.

Keep your right butt cheek on the floor. Try to move the left cheek as close to the floor as possible. It may not be possible if you're super tight.

Hold for 30 to 60 seconds. Repeat on the other side.



Reclining Butterfly Pose

Lie on your back.

Bring the soles of your feet together and allow your knees to open up and move closer to the floor. Let gravity do its work.

Hold for 30 to 60 seconds.



Side Lying Pretzel Stretch

Lie on your left side with your head resting on your arm.

Bend your right knee and hip up toward your chest as far as you can, and let it drop to the floor.

Bend your left knee and grab your left foot (use a strap if you can't reach it) with your right hand.

Make sure your leg and torso remain in a straight line as you gently bring your top shoulder blade toward the floor.

For more of a spinal twist, turn your head to look over your right shoulder.



Kneeling Hip Stretch with Baby Back Bend

Kneel on one knee. Place the opposing foot flat on the floor in front of you, knee bent.

Lean forward, stretching your hip toward the floor. Press your hips forward; this will give you a deeper hip flexor stretch

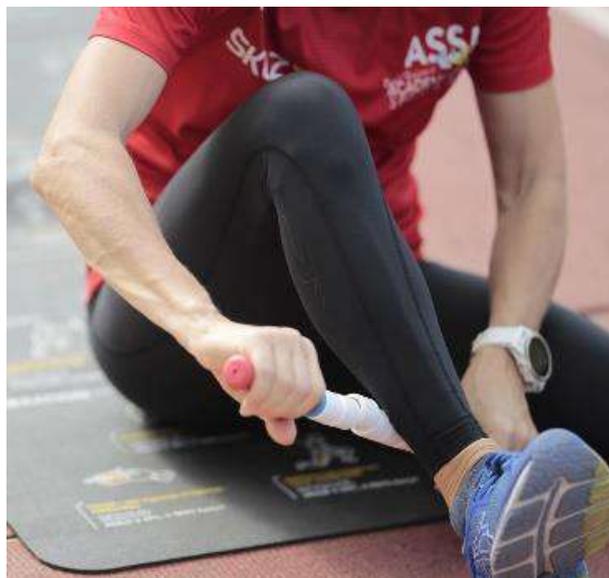
Reach your arms up and behind in a baby back bend.

Hold for 30 to 60 seconds. Switch sides.

OTHER LOWER BODY MOBILISATION TECHNIQUES

CALF COMPLEX: Get better positions in your squat and in high speed running by increasing the range of motion at the joint, improving myo-fascial integrity and sliding surfaces. Here we combine banded stretching, active ankle dynamics and self-myofascial release.

Pressure Wave - We'll start by using a Massage Stick to press deep into muscle tissue and begin to relax. Slowly rolling through Quadriceps, Adductors, Hamstrings, Abductors, IT Band and Calf Complex. We will work deep into the Achilles, which is always at risk especially in our older clients if we do not maintain good tissue integrity.



Tack & Stretch & Cross Friction

Sit on the floor with your proximal Achilles sitting on top of a barbell or dowel, place the other leg on top to lock it down.

Reach forward to hold onto the barbell, keep your abs tight. Flex and extend the foot, move it through small circles. If you find tight spots then spend time there. Roll it around, scrub through and release the tender spots, then move the bar up 1 – 2 cms and start again. Always



moving through the soft tissue by flexing and extending, rolling the foot left and right and around. Roll through the entire area until there's no tightness. Be sure not to pull the foot so far back that you go into a neural tension stretch. Ensure you do both sides.

HIP FLEXOR & QUAD:

Any client that jogs or runs, need sufficiency in their anterior hip. I have numerous examples of athletes who have movement restrictions through the hip flexors and quads. This trio of exercises open up the hips and regains movement quality.



End Range Oscillation Move into a **90/90 stretch position.**

Oscillate in and out of the ROM. With the rib cage pulled in and down, laterally bend away from the distraction. Push the hip forward and tuck the hips under. Do this for 1- 2 minutes.

Couch Stretch with a Difference

Get into the couch stretch position with a foam knee support (a pillow will do). Stay up tall if you can, press the front foot into the ground and work through the distal portion down by the knee. Move around a little and find bands of restriction through the tissue then lock it in.

Rotate between finding the restrictions and holding and moving around and **oscillating** in and out.

Spend 1 to 2 minutes doing this.

Now **foam roll** of **stick massage** through the VMO (vastus medialis oblique), explore all tight spots. The goal is to unglue any restricted soft tissue.



HAMSTRINGS: It's best to work on the Hamstrings with a combination of closed chain and open chain stretches. Closed chain, our feet are fixed to the floor and Open chain work through the hamstring while lying down. I have never met a runner or human being for that matter, that did not need to give some attention to their hamstrings not only for performance factors but also to unload the back.



Foam Rolling High End Hamstring and Cross Friction – Using a foam roller with nodules. Really scrub out the posterior line of fascia starting at the proximal end where the tissue is dense and fibrous. Create rotational shearing forces by Internally and externally rotating the femur across the roller. Apply some pressure with the hand on the quad and slowly move the roller down the leg. When you find something gristly sit on it and work it.

ERT Oscillation in the Down Dog –

The hip is loaded and there is tension in the hamstring. Now, move that in and out by flexing and extending at the knee.

Now step one foot forward and you start to feel a very different stretch. **Flex and Extend** the knee 20 to 30 times on each side.



ADDUCTORS:



The adductors play a role in many types of movements. When they contract, the adductors squeeze your thighs together (hip adduction). Depending on your leg position, one adductor muscle or another might help to flex, extend, or rotate your hip. The gracilis also assists the hamstrings in knee flexion, or bending. And all of the adductors play an important role

in helping to stabilize the pelvis when you stand on one leg.

Drop into a kneeling adductor lunge position. Slowly rock backward and forward. Do this about 10 to 20 times to stretch the adductor and find those tight spots. Then using a subtle movement, shift your weight laterally left and right. Lastly hold the stretch and internally and externally rotate the thigh and foot. Do this for 8 to 12 repetitions. Then do it on the other leg.

High Adductor Mass: I am going to show you how we can attack the adductor when we hang from a stool and work obliquely with a ball. As we work from origin to insertion points over a few minutes we can hit Adductor Brevis, Longus and Magnus and with a little internal rotation, Gracilis too. Tack the tissue and slowly swing the leg left and right, flex and extend and get some good lateral rolling across the musculature. Make sure you are getting some serious pressure into the medial chain. A stiff adductor system impacts squatting and from a running perspective, acceleratory thrust.





Things to Remember:

- Supple tissue does not elicit a pain response under pressure
- Everyone should always be thinking about improving their position and movement mechanics
- Spend 20 minutes a day performing basic body maintenance
- When creating mobilisation patterns think about: Joint Capsule, Motor Control, Stiffness and Length.

