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Sport Cricket   Program Type Flexibility Program

Stretching & Foam Roller Work

Foam Roller - Can be used on any part of the body to reduce stiffness and tight muscles. Use the roller over the tight muscles for 1-2 minutes and rest for 1-2 minutes. Complete 3 times.

Please see examples below

1.   Foam roller quadriceps self massage 02929

2.   Foam roller hamstrings self massage 05442

3.   Calf self massage foam roller 05440

4.   Foam roller buttock self massage 05444

5.   Foam roller iliotibial band self massage 05445

6.   Peroneal self massage foam roller 05448

7.   Shin self massage foam roller 05450

8.   Groin self massage foam roller 05449

Full Body Stretches - Help to improve all over body flexibility

Hold each stretch for 20-30 seconds.
Repeat each stretch 2-3 times on each side or limb.

9.   Neck flexion rotation stretch 02683

Place both hands behind the head, flex the chin towards the chest & then rotate the neck. Pull the head forward rather than down to avoid compressing the joints in the neck.

10.   Lateral neck stretch 02786

Sit on the heels with the hand under the thigh.
Pull the head towards the shoulder while continuing to look forward. The stretch should be experienced on theopposite side to the direction of the stretch.

11.   Lat dorsi stretch 02663

Begin in a kneeling position with the palms facing up & approximately shoulder width apart.Keep the hands on the floor, sit the hips back onto the feet & press the chest towards the floor.

12. Lat dorsi chest stretch 02735

Start with the forearms on the bench & lean the chest towards the ground.Extension should be achieved throughout the entire spine.A chair or small table can be used as an alternative.

13. Anterior shoulder chest stretch 02712

Start: forearm flat against the wall. Keep the elbow stationary & rotate the torso away from the wall until a stretch is experienced.Changing the position of the forearm on the wall changes the emphasis of the stretch.

14. Anterior shoulder biceps stretch 02715

Flex the hips & knees until a stretch is experienced in the biceps, anterior shoulder & chest.(body weight should be supported by the legs & not through the shoulders) Change the position of the hands on the wall to modify the

15. Anterior shoulder chest stretch 03061

In corner place forearms on the walls with the elbows approximately shoulder height.Maintaining a tall & rigid body position, lean forward at the ankles & press the chest towards the corner of the wall.

16. Posterior shoulder stretch 03013

Keep the shoulder relaxed & pull the arm across the body until a stretch is achieved in the shoulder.The hips & shoulders should continue facing forward during the stretch.

17. Shoulder external rotator stretch 03420

Elbow flexed at 90 degrees & place the back of the hand behind the hip.Keep the torso stationary & gently pull the elbows forward to internally rotate the shoulder joint.Pain/discomfort should not be experienced at any stage during this stretch.

18. Shoulder internal rotator stretch 03419

Elbow flexed at 90 degrees & directly underneath the position of the shoulder. (other hand keeps the humerus stationary, do not pull arm forward)Rotate the torso away from the wall while keeping the arm stationary.

19. Anterior forearm stretch 02673

Keep the fingers facing up & relax the shoulders.

20. Wrist flexion extension 02773

Flex & extend the wrists in both directions in a smooth & continuous fashion.

21. Posterior forearm stretch 02672

Relax the shoulder being stretched & place the other back of the wrists together.Keep the arms straight & flex the wrists towards the outside of the elbows by contracting the wrist flexor muscles.

22. Back extension stretch 02648

Place the hands slightly forward from the shoulders & keep hips in contact with the floor.Extend the arms & press the upper body off the floor while keeping the neck in line with the spine.

23. Back flexion stretch 02649

Start in a kneeling position with the hands under the shoulders, the knees under the hips & neutral curves in the spine.Breathe in & flex the entire spine then breathe out & bring the spine back to a neutral position.

24. Torso rotation stretch 02639

Start in sit up position. Arms wide & flat on the floor.Keep the shoulders & head on the floor & lower the knees towards the floor on one side.Keep the legs together & hold the position at the end of the movement.

25. Torso side bend stretch 02657

Sit with an erect posture with the legs straight & as wide as comfortable.Keep the elbows in line with the head & tilt to the side while keeping the hips on the floor.

26. Gluteal stretch 02785

Sit with the spine in a tall posture then take one leg across the other. Pull the knee close to the chest to increase the stretch.

27. Groin stretch 02615

Start with the spine in a tall position with the feet together.Press the knees towards the floor with the elbows & lean forward at the hips to increase the stretch.Apply even pressure to both knees.

28. Hip flexor stretch 02633

Start with the hips & shoulders facing forwards & lean forward at the hips.Do not allow the pelvis to tilt anteriorly or allow the lower back to extend.

29. Hamstrings stretch 02775

Keep the leg straight & anteriorly tilt the pelvis to lean forward at the hips. Move the chest forward rather than down.Varying the foot direction changes the emphasis on the hamstring muscles.Place the hands on the floor for balance.

30. Quadriceps stretch 02624

Lie flat on the ground with the legs directly in line with the hips. Relax the neck & shoulders & do not allow the lower back to arch while flexing the knee.

31. Calf stretch 02602

Take a small step forward & place the foot flat on the ground, facing forward. Keep the rear leg straight & continue to lunge forward while keeping the back heel on the ground.The shoulders should remain above the hips for balance.

32. Tensor fascia late stretch 02637

Start with the hips & shoulders in contact with the floor & the arms wide for balance. Place one foot on the opposite knee & pull the knee towards the floor. The movement is rotation at the hip joint & do not allow the knee to twist.