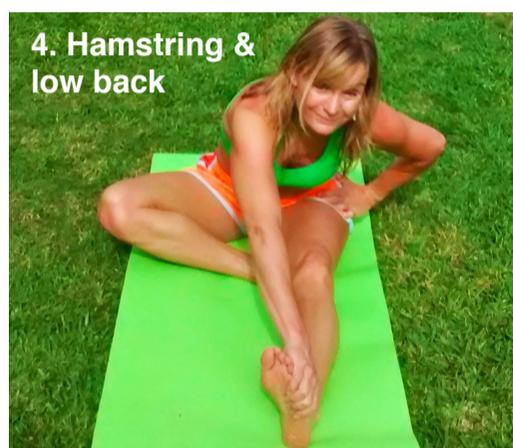




TOP STRETCHES AND SELF MASSAGE TRICKS TO HELP YOU PREPARE FOR - AND RECOVER FROM SKIING

DO THESE 5 STRETCHES TO LOOSEN UP

These are the five essential stretches when it comes to prepare for and recover from skiing. Always start gently and don't force the stretch.



FOAM ROLLER FOR FREEDOM TO MOVE

Use a foam roller, a tennis ball or anything that you can roll on to do these deep stretches that can be hard to treat with regular stretching. A word of warning - it is most likely quite painful, so go easy with the pressure to begin with. Especially the side lying one.

Each of these start with you placing yourself so that the rollers is under the area you wish to work on and your weight either on the supporting arm or leg. From here you roll up and down to get that massaging, stretching effect in the deep tissue. You can twist a little to one side or the other to explore where you feel the soreness or stiffness. Start with putting gentle pressure and as you loosen up you can gradually put one more pressure.





INSTRUCTION FOR THE STRETCHES

- 1. Back:** Stand up feet together. Bend your knees and bend over. Now reach your arms out in front of you and bring your hands together, folding the fingers except the index fingers which you are going to keep together pointing forward.. Squeeze your arms in towards your ears while you keep them extended and round your back. You should feel it stretching all along the spine, shoulder blades and your lats. Breathe deeply while stretching and feel how inhaling adds gently to the stretch through the expansion of the lungs.
- 2. Hip and torso:** Getting into the position: Lie down on your back with knees bent, feet in the ground. Cross the right leg over the left, knee over knee. Spread your arms out to the sides. Now let your knees fall out to left side of the leg that is under the crossed over leg. You might have to help a little by placing your left hand on top and pull it down gently. Turn your head so you look towards your right hand. Lie here a while and feel the stretch of your chest and torso and down to the hip. Maybe your limiting factor is your chest and torso, maybe it is down lower. Breathe deeply while stretching. Repeat to the opposite side.
- 3. Hip flexors:** Take a big step forward and lunge down. You may put your knee on the floor, Put something under if that irritates your knee cap. Now gently press your hips forward till you feel the stretch in the groin. If you turn your knee a little to the outside you will feel the stretch more on the inside. When you start to feel like it is loosening up a bit, reach both arms straight up in the air to add to the stretch. Breathe deeply while stretching. Repeat with the opposite leg in front
- 4. Hamstring and low back:** Sit down on the ground with the left leg straight out in front of you and the right leg bent so that the right foot touches the inside of the left leg. From here bend over, rotating your body to the left. You can grab a hold of the outside of the left shin or the left foot depending on your flexibility. Feel the stretch in the hamstring of the left leg and in the lower back and buttock of the right side. Breathe deeply while stretching. Repeat with the opposite leg in front
- 5. Hip, QL and lats:** Lie down on the right side and lift yourself up in a sideband support on the arm. Keep the hip on the ground. Feel the stretch all along the side from the outside of the thigh past the hip and up along the side of the back. Play around with twisting towards the front side to feel the stretch turning over to the hip flexor area. Breathe deeply while stretching. Repeat on the opposite side.

FOAM ROLLER INSTRUCTIONS

- 1. Lower back:** Place the roller under your lower back. Hold your upper body lifted off the ground. From here find a way to make the roller roll under your low back. If you place it in the middle you can do both sides at a time and if you want to go a little deeper you can do one side at a time by putting the roller out to the side. You can end by letting your shoulders and head rest on the floor, so that your are arched up around the roller.
- 2. Quadriceps:** Come face down and place the roller under your thigh supporting yourself on the hands. From here, find a way to let the roller move up and down your thigh by pushing and pulling with your arms. Play around with the placement of the roller to look for sore spots that you should spend a little time on. Repeat on the other leg.
- 3. IT-band:** Come on the side and place the roller under the outside of the thigh (The It-band), supporting yourself on the one arm. From here, find a way to let the roller move up and down your thigh by pushing and pulling with your arms. Play around with the placement of the roller to look for sore spots that you should spend a little time on. There is usually a spot about a fist above the knee a little towards the front that needs some attention. Repeat on the other leg.
- 4. Buttocks:** Place the roller under one buttock so you sit on it, supporting yourself on the hands. From here find a way to make the roller roll under your buttock.. You can end by letting you shoulders and head rest on the floor, so that your are arched up around the roller. Play around with the placement of the roller to look for sore spots that you should spend a little time on. There is usually one quite high on the buttock a little to the outside. Repeat on the other buttock.

TIP: You can also use a cake roll and perform the rolls as you would roll out dough.



Send me an email if you have any questions or if there is another point that you would like to get stretches for

Anja
anja@strongskier.com