



TENSEGRITY
SPORTS CLINICS

FOAM ROLLING AND MOBILITY WORKBOOK



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ABOUT US

With seven clinics across Sydney, Tensegrity Sports Clinics exists to redefine manual therapy treatment and rehabilitation. We deliver patient-centred care by linking the cause and symptoms to their goals.

We aspire to improve healthcare by creating a space for people to reach their full physical and performance potential.

Visit our Clinics:

Bella Vista • St Leonards • Macquarie Park
Wahroonga • Brookvale • Sydney CBD
Willoughby •

MOBILITY & STRETCHING

WHAT IS THE POINT?

Our bodies need to be cared for to recover and grow.

- Every time we train, our bodies undergo stress, and this can cause our muscles and joints to become tight and stiff.
 - This is part of your body's normal response to allow it to recover and is incredibly important. During this recovery
 - stage, your body repairs micro- damage that usually occurs from training. It also rebuilds muscle stronger and replenishes nutrients in our joints to allow them to move properly.
 - Left alone, this will take 1-3 days, depending on how intense your workout is.
- The techniques below can help speed up your recovery and ensure your body is repairing and growing as it needs to while relieving soreness and maintaining your flexibility.
 - These techniques are also helpful in showing you where you may be more sore or tight compared to other parts of your body and prevent injuries from occurring.



MOBILITY & STRETCHING

FOAM ROLLING VS STRETCHING

FOAM ROLLING

- Promotes blood flow
- Helps decrease muscle tightness
- Helps to improve mobility and flexibility

STRETCHING

There are two 2 types of stretching:

- Dynamic
 - Done before exercise
 - Load muscles and prepares the body for exercise
- Static
 - Done after exercise
 - Aids flexibility and mobility





EXERCISES, STRETCHES & ROLLING

UPPER BODY MOBILITY

NECK



- Using your opposite hand, hold head above ear and gently bring ear towards shoulder. Reach down with
- your opposite hand to add more stretch.



- **Back:** Place hand over your shoulder and elbow towards ceiling. Look down and away from the stretching side
- **Sides:** Side bend and turn head to opposite side you are stretching.



- Turn your head toward stretching side and side-bend away from stretching side.
- Slowly extend your neck to look towards the ceiling.
- Use opposite hand on your forehead to add slight overpressure.

UPPER BODY MOBILITY

NECK



- Laying on your back, keep your head on the ground, gently flex your neck and tuck your chin (so that you have a double chin).
- You should feel a light stretch at the top of your neck.



- Lay with upper shoulders and neck on the foam roller and head turned toward the release side.
- Using your hips to add more or less pressure as needed.

UPPER BODY MOBILITY

PECS & ARMS



PEC STRETCH

- Rest your forearm along door frame with your elbow flexed at 90°.
- Step forward with the leg on the same side and gently twist away from the stretching arm. Increase shoulder elevation to target different areas.



**PEC STRETCH WITH
ARMS BEHIND HEAD**

- Seated or standing, interlock your fingers, bend your elbows and raise your arms above your head.
- Gently squeeze your shoulder blades together and move your elbows and hands backward. Vary the height of your hands to emphasise shoulders or chest.



PEC ROLLING

- Lay face down with roller underneath the chest.
- Use your feet and the opposite hand to gently push over the foam roller and apply pressure as needed.

UPPER BODY MOBILITY

PECS & ARMS



- Place palm flat on wall and keep elbow straight.
- Gently turn body away from the wall until stretch is felt.



- Lift both arms out to your side at shoulder height, keeping shoulders even with each other.
- Twist your wrists until your palms are facing behind you.
- Draw arms backwards until you feel a stretch in your biceps.



- Bring arm over your head and rest your hand on upper back.
- Using the other hand, gently apply pressure to elbow bringing it closer to your head. Continue
- until gentle stretch is felt.

UPPER BODY MOBILITY

PECS & ARMS



ACROSS BODY

- Bring your arm across your body and bend your elbow
- Use your other hand to grip your elbow and draw it further across your body.



FOREARM STRETCH

- Reach out with your arm keeping your elbow locked with palm up or down.
- Using your other hand, apply pressure to your fingers, flexing your wrist for a gentle stretch.



TRICEP BALL ROLL

- Place a ball on a table or elevated surface.
- Rest the back of your arm onto the ball. Roll up and down the triceps to release the muscle.
- You may also focus on a specific trigger point by pressing onto the point and slowly flexing and extending your elbow.

UPPER BODY MOBILITY

PECS & ARMS



BICEP TRIGGER

- Find a sore trigger point in your biceps using the thumb of your other hand or a ball.
- Starting with the elbow flexed, press into the trigger point while slowly extending the elbow.



WRIST FLEXORS

- Find a sore trigger point in your wrist flexors using the thumb of your other hand or a ball.
- Starting with the wrist fully flexed, press into the trigger point while slowly extending the wrist.



WRIST EXTENSORS

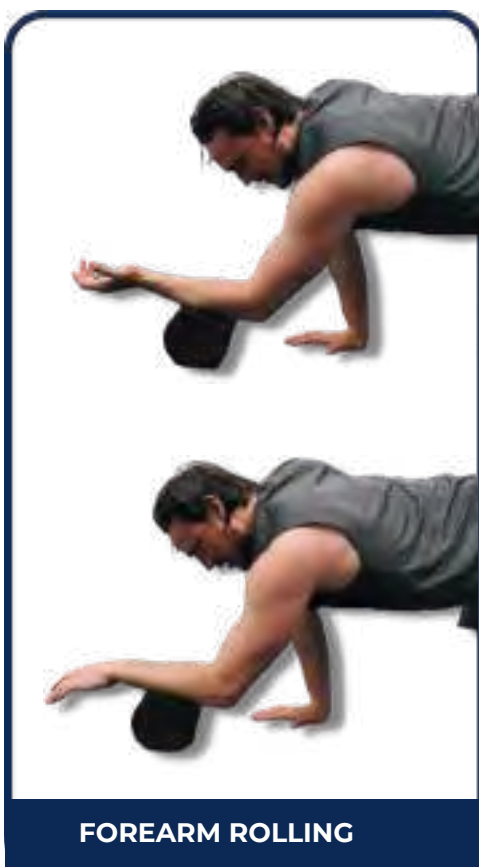
- Find a sore trigger point in your wrist extensors using fingers of your other hand or a ball.
- Starting with the wrist fully extended, press into the trigger point while slowly flexing the wrist.

UPPER BODY MOBILITY

PECS & ARMS



- Lay face down with back of arm resting on the roller and elbow bent to 90°.
- Use feet and opposite hand to gently push over the foam roller and apply pressure as needed.



- Place forearm (palm up or down) on the roller with your other arm supporting your body.
- Use body and opposite hand to gently push over the foam roller and apply pressure as needed.

UPPER BODY MOBILITY

LATISSIMUS DO RSI



- In a seated position, raise one arm up overhead.
- Leading with the raised arm, gently bend to the opposite side to feel a stretch on the side of the torso.



- Hold onto a bar, chair or against the wall with your elbows straight and locked.
- Bending your knees, lean forward until your arms are overhead.
- Continue to lower the chest towards the ground until stretch is felt.

UPPER BODY MOBILITY

LATISSIMUS DO RSI



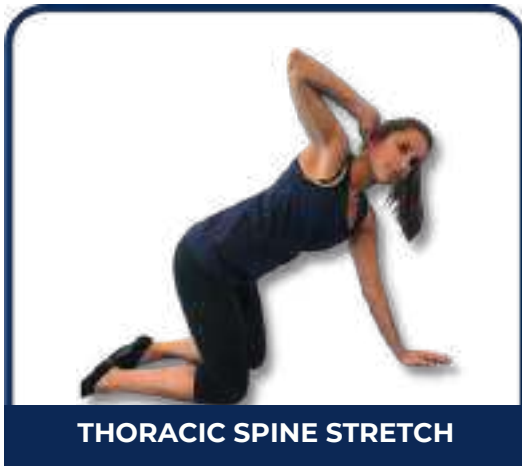
- Starting in an 'all-fours' position, move your hips backwards towards your heels and rest your forearm on the ground until you can feel a stretch in the lats.
- Leading with your forearms, crawl to one side to increase the stretch of the opposite lats



- Lay on your side with the roller just below the armpit and your arm stretched overhead.
- Use your feet and the opposite hand to gently push over the foam roller and apply pressure as needed.

SPINE & SHOULDER MOBILITY

THORACIC SPINE



THORACIC SPINE STRETCH

- Position on all fours with knees under hips and hands under shoulders.
- Place your hand on the back of your head with your elbow pointing out to your side.
- Begin by rotating the upper body so the elbow is towards the ceiling and then rotating back to bring the elbow towards the opposite arm.



THORACIC EXTENSION

- Sitting on the edge of a chair facing the wall, hold around both elbows and rest your head on both forearms against the wall.
- Neck in neutral, avoid elevating your shoulders, and draw your chest towards the wall to create an extension in your mid to upper back.
- Continue to push your chest to the wall on each exhalation 3-5 times.

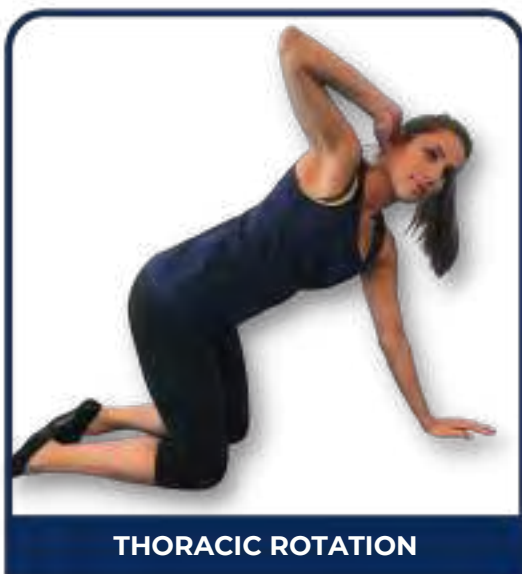
SPINE & SHOULDER MOBILITY

THORACIC SPINE



THORACIC SPINE STRETCH

- Kneeling and flexing hips towards your heels, forearms and palms on the floor.
- Inhale and round your mid-back.
- Exhale and draw your chest to the floor while keeping your neck in neutral.
- Repeat 3-5 times.



THORACIC ROTATION

- Kneeling and flexing hips towards your heels.
- Reaching one arm forward with your palm on the floor and the other hand resting behind your neck.
- Rotate out to draw the elbow towards the ceiling and then rotate inwards to bring your elbow towards the opposite arm.

SPINE & SHOULDER MOBILITY

THORACIC SPINE



- Start in a side-lying position with both arms straight and resting out in front. Make sure the upper leg is flexed over to lock out the back.
- Reach forward as far as possible with the arm on top. From this position, bring the arm up overhead and back in a semi-circle.
- During this movement, follow your hand with your head through the rotation to maximise the mobilisation in the thoracic spine.



- Lay on your back with your knees bent and the roller placed under your shoulders.
- Use your hands to hold your head and support your neck.
- Arching your back over the roller, use your feet to push up and over the roller gently.

Note: Don't use the roller on low back.

SPINE & SHOULDER MOBILITY

SHOULDERS & UPPER BACK



FLOOR ANGELS

- Lying flat on your back, rest your arms back flat on the floor on either side of your body to form a 'W'.
- Maintaining the shoulder blades in a tucked down and back position, slowly push the arms up overhead to form a 'V'. Ensure the spine keeps flat on the ground throughout this movement. Repeat 8-10 times.
-



WALL ANGELS

- Leaning your back flat against a wall, rest your arms back flat against the wall either side of your body to form a 'W'. Maintaining the shoulder blades in a tucked down and back position, slowly push the arms up overhead to form a 'V'. Ensure the spine keeps flat on the wall throughout this movement. Repeat 8-10 times.
-

SPINE & SHOULDER MOBILITY

SHOULDERS & UPPER BACK



- Stand upright with a dowel resting across your shoulders, held with your hands to form a 'W' with the arms.
- Press the dowel overhead while maintaining a neutral spine and keeping the shoulder blades tucked back and down.
- Slowly lower the dowel to rest across your shoulder again.
- Repeat 8-10 times



- Place a ball or a small foam roller on either the left or right side of your mid back between the shoulder blades.
- Roll to find a sore trigger point between the spine and the shoulder blade, and focus on releasing that point.

LOWER BODY MOBILITY

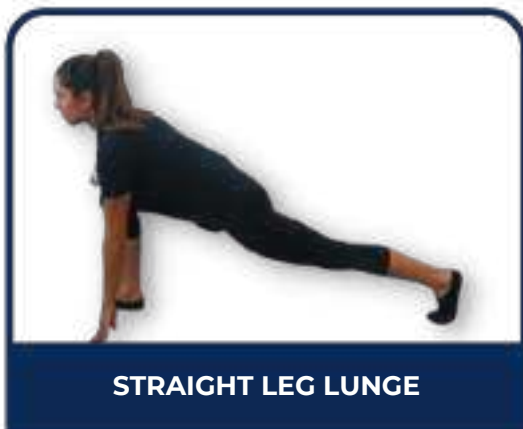
HIPS AND HIP FLEXORS



- Feet facing forward/
- Step into a lunge with the back leg straight.
- Drive hips forward and lift your arm on the same side to 180 degrees.



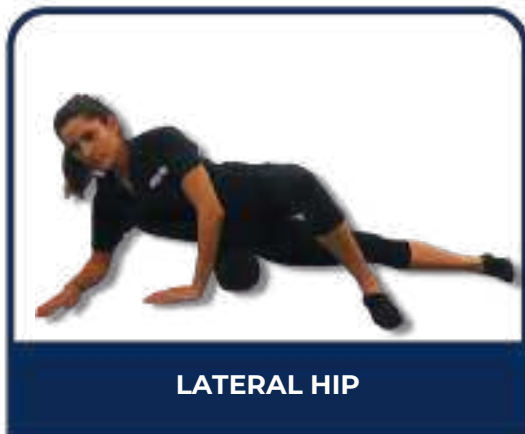
- Start in a Kneeling Lunge position.
- Drive hips forward, keeping hips parallel with the ground.
- Raise your opposite arm above your head and gently lean back.



- Kneeling on one knee with arms supporting on either side of your foot.
- Slowly lift your back knee off the ground into a straight-leg lunge.

LOWER BODY MOBILITY

HIPS AND HIP FLEXORS



- Start by lying on your side, support your body weight with your legs and arms.
- Lie with a foam roller under the upper, outside portion of your thigh.
- Bring your top leg in front with the foot planted on the floor.
- Use your bent leg and arms to roll the length of your outer thigh.



- Sit with one leg crossed over the other while sitting on the foam roller. You should
- almost be sitting directly on the foam roller with the roller at the top of your glute muscle towards your lower back. Roll your way down,
- and back up.

LOWER BODY MOBILITY

HIPS AND HIP FLEXORS



- Kneel on the ground with the foam roller in front of your knees
- Fall forward and walk yourself out with your hands.
- Drop your hips onto the foam roller, leaning to the side you want to work on and fully extending that leg, keeping it raised slightly.
- Your opposite foot's toes should be flat on the floor for stability.

LOWER BODY MOBILITY

GLUTES, QUADS & ADDUCTORSEXORS



- Laying on your back with knees bent, cross one leg over with your ankle resting on the other thigh. Let the crossed
- leg knee face outwards. Put one hand through the gap
- created and the other around the thigh. Pull the leg upwards until a stretch is felt.
-



- Lie on your stomach with the front of one thigh over the foam roller and the other leg on the floor for support. Roll
- the entire front of the thigh from bottom to top. Use your
- arms and your other leg to roll your body forward and back again.

LOWER BODY MOBILITY

GLUTES, QUADS & ADDUCTORSEXORS



- Standing, bend one leg backwards to hold the leg just above the ankle.
- Slowly bring your foot towards the glutes to further the stretch.
- Keep hips facing forwards, knees touching and avoid flexing hips.
- For further stretch, drive your hips forward.



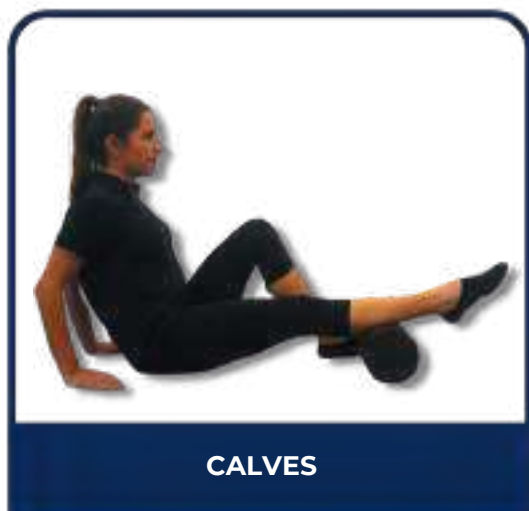
- Lying on your stomach, support yourself with your forearms. Bend one knee to the side and place foam roller on the inner thigh. Roll up and down the inner thigh shifting weight from one arm to the other for movement.

LOWER BODY MOBILITY

HAMSTRINGS & CALVES



- Sitting on the floor with the back of one thigh over the foam roller and the other leg on the floor for support.
- Support with your hands on either side.
- Roll the entire back of the thigh in an up-and-down motion.
- Cross one leg over the other for further pressure.



- Sit on the floor with the back of your calves over the foam roller.
- Support yourself with your hands on the floor beside you.
- Roll the entire back of the calves.
- Cross one leg over the other for further pressure.

LOWER BODY MOBILITY

HAMSTRINGS & CALVES



- Stand in front of a wall in a shallow lunge position.
- Slowly move into a deeper lunge keeping the front heel on the ground.
- Aim for the knee to touch the wall and reposition until an optimal stretch is felt.

HAVE A QUESTION?

If you have any questions or want to know more about how our team can support your health journey, please get in touch.



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