

## "Cycling Mobility and Self Massage Program"

### Latissimus Dorsi Self Massage - Foam Roller

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- Lie on side with arm outstretched
- Position the foam roller under arm pit
- Roll the foam roller up & down the length of the lat
- Hold on tight spots until pain subsides



Repeat 1 times.

### Thoracic Spine Mobility - Foam Roller - Dynamic

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- Position the foam roller perpendicular to the spine
- Lie with foam roller across middle of back
- Take arms overhead, roll up & down the thoracic spine & ribs
- Avoid rolling on the lumbar spine



Complete 1 sets of 1 repetitions. Rest between sets.

### Piriformis & Gluteal Self Massage - Foam Roller

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- Sit on a foam roller with one leg crossed over the opposite knee
- Position the foam roller under the buttock
- Use arms and foot to support body weight
- Roll the foam roller up & down the buttock
- Hold on tight spot until pain subsides



Repeat 1 times.

## Hamstring Self Massage - Foam Roller

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- Start in a seated position with legs out
- Arms help support body weight
- Position the foam roller under the upper thigh
- Roll the foam roller up & down the entire length of upper thigh



Repeat 1 times.

## Calf Self Massage - Foam Roller

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- Start in a seated position with legs out in front and arms behind the body
- Position the foam roller under lower leg
- Use arms to support weight
- Roll the foam roller up & down the length of lower leg
- Hold on 'tight spots' until pain subsides



Repeat 1 times.

## Hip Flexor Self Massage - Foam Roller

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- Lie face down, support body on forearms & toes
- Position the foam roller under hip
- Use forearms to support weight
- Roll the foam roller up & down around the hip
- Hold on tight spots until pain subsides



Repeat 1 times.

## Quadriceps Self Massage - Foam Roller

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- Lie face down, support body on forearms & toes
- Position the foam roller under upper thigh
- Use forearms to support weight
- Roll the foam roller up & down the length of upper thigh
- Hold on tight spots until pain subsides



Repeat 1 times.

## Tibialis Anterior Self Massage - Foam Roller

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- Lie face down, support body on forearms & toes
- Position the foam roller under front of the lower leg
- Use forearms to support weight
- Roll the foam roller up & down the length of lower leg



Repeat 1 times.

## Adductor Self Massage - Foam Roller

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- Lie face down with one leg abducted out to the side
- Position the foam roller under the inside of the upper thigh
- Use forearms & other leg to support weight
- Roll the foam roller up & down the inner thigh
- Hold on tight spots until pain subsides



Repeat 1 times.

## Iliotibial Tract (ITB)

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- Body supported on side by forearm & side of foot
- Position the foam roller under side of upper thigh
- Use forearm and other leg to support weight
- Roll the foam roller up & down the length of upper thigh
- Hold on tight spots until pain subsides



Repeat 1 times.

## Latissimus Dorsi Stretch on Pole or Wall

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- Stand, facing a pole or wall
- Arms outstretched, grip pole
- Lean forward, allow arms past ears
- Drop chest towards floor
- Flatten back, extend through shoulders



Hold for 1 seconds. Repeat 1 times.

## Side Lying Thoracic Rotation

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- Lie on side, knees bent, head supported by a pillow and arms out in front
- Keeping your knees together and on the ground, slowly lift the top arm and rotate the trunk as you do so

- Stop when you reach the comfortable limit of your range, take two breaths then return to the start position

- Repeat.

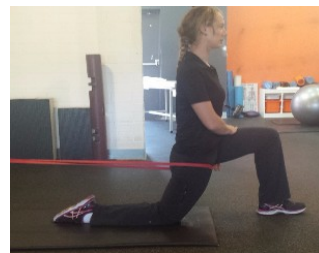
Complete 1 sets of 1 repetitions. Rest between sets.



## Hip Flexor Stretch band assisted

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- Kneel in lunge position with band around hip pulling from behind
- Upright posture
- Contract abdominals to tilt pelvis backward
- Contract buttocks to assist

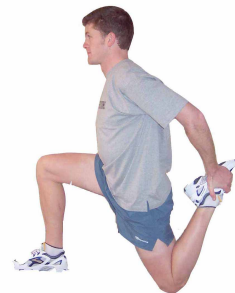


Hold for 1 seconds. Repeat 1 times.

## Hip Flexor - Quadriceps Stretch - Kneeling

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- Kneel in lunge position
- Reach behind & grasp ankle
- Pull ankle toward buttock
- Ensure torso is in an upright position
- Hold something for support if necessary
- Contract abdominals and buttocks to increase stretch



Hold for 1 seconds. Repeat 1 times.

## Hamstring Stretch - Bent Leg - Stretchband

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- Loop Stretchband around low back & front third of one foot
- Lie on back
- Bring thigh of stretch leg to chest, other leg flat on floor
- Use Stretchband to pull leg upward & extend the knee
- Vary the angle of pull to modify the stretch



Hold for 1 seconds. Repeat 1 times.

## Glute Stretch - Lying - Legs Crossed

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- Lie on back, knees bent
- Place one foot across opposite knee
- Grasp shin of the support leg
- Pull toward chest



Hold for 1 seconds. Repeat 1 times.