

## **Day 1**

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Trigger point: Pecs, lats, back of shoulders

A Frames or T-Twists 1x10

Bench lat stretch 1x10-3s each side

Seated belly breathing 1x5-10

Standing belly breathing 1x5-10

½ kneeling forward to hamstring stretch 1x 6-8



## **Day 2**

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Trigger Points: hip flexors, glutes, sacrum (yes sit on the ball), lats, abs and obliques

Thread the needle 1x10 each side

90/90s w/ leg lift 1-2x6 each side

½ kneeling lateral rocks 1x10 each side- leg out to the side toes facing forward, weight on hands, shift weight to back of hip stretching groin, return to starting position with weight on hands



Laying down belly breathing 1x10

Laying down belly breathing feet on box 1x10- place feet/calves with hips/knees about 90 degrees, keep hip flexors relaxed and practice breathing without tightening hip flexors or glutes

### Day 3

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Trigger Point:

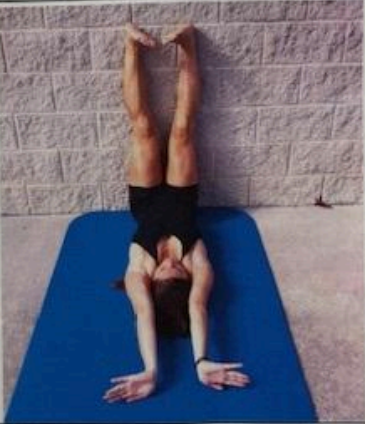
Kicking sequence groin, quad/ITB- low, medium, high 10 sec hold x 10 kicks per spot

Triceps and upper trap

Try these stretches: Read the directions first and they are a 1 minute hold. Cramping is common but if you have pain stop and let me know.

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### ELDOA L5-S1

Client:	Practitioner:
<ul style="list-style-type: none"><li>• Lie on your back, pelvis flat on the floor and "sit" bones touching the wall.</li><li>• Legs rest on a vertical support, the wall, to relax the abdominal muscles.</li><li>• Arms in the same frontal plane as the trunk.</li><li>• Hands are kept shoulder width apart.</li></ul>	<ul style="list-style-type: none"><li>• Practitioner rigorously monitors all the factors of progression. As correction is made, monitor one location with the hands, another with the eyes and another with command.</li><li>• Control the breathing of the client, ensuring adequate depth, rate, etc. of respiration.</li></ul>
Actions:	Photo(s):
<ul style="list-style-type: none"><li>• Ankle in dorsi-flexion with two components of inversion (adduction and supination).</li><li>• Push heels to the sky. Maintain a component of pseudo-inversion of the feet.</li><li>• IR of the lower limb.</li><li>• Extend the arms (elbows).</li><li>• External rotation of the upper limb.</li><li>• Total extension of the elbow and wrist.</li><li>• Push the arms away from the body very strongly.</li><li>• Flatten the lumbar spine.</li><li>• Chin in axial extension from the coccyx to the vertex.</li><li>• Put everything (heels, coccyx, lumbosacral joint, vertex and the heel of the hand) into tension at the same time.</li><li>• Push L5 vertebra to the ground.</li></ul>	
Notes:	

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Based upon the work of Guy VOYER, DO

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