

# Stretches and active recovery tips

The following stretches and recovery practices pulls together medical advice and experience of several Pax around Carpex who have been dealing with injuries. As always, consult a medical professional for any injuries you may be experiencing.

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## General practices

FOAM ROLL EVERYTHING DAILY!

Warmup before workouts and running

If you have a lot of stretches, alternate days of (exercises 1 and 3) with (exercise 2 and 4).

Avoid sustained or repeated bending.

Lift with your knees.

Try not to rotate a lot or all of a sudden while moving around heavy objects.

## Stretches by Body Part

Another F3 region's stretching doc: [☰ Stretching Routines](#)

# Ankle



## BALANCE - UNSTABLE SURFACE

Stand on one leg on a balance pad or folded towel. Maintain your balance. Keep your head pointed forward.

Duration 30 Seconds

Complete 3 Sets

Perform 1 Times a Day



## Sumo Calf Raises

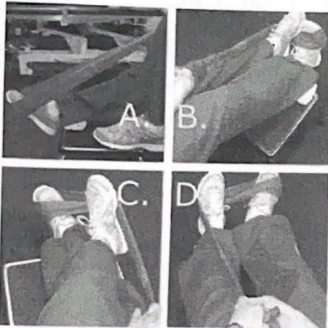
Grasp countertop, bar, TRX straps or superbands and hold a squat at 90°, Keep spine neutral and back flat. Rise up and down on your toes, lifting and lowering your heels in a controlled manner while maintaining squat.

Repeat 15 Times

Hold 2 Seconds

Complete 3 Sets

Perform 1 Times a Day



## Ankle 4way with TB

All theraband exercise is slow and controlled. Do not let the band "bounce" back.

A. Plantarflexion: "gas pedal." Keep knee straight. Band around "ball of foot" and press it away as far as possible and slowly return to neutral. Repeat.

B. Dorsiflexion: start in neutral and pull theraband back toward you as far as possible. pause. return slowly. keep knee straight.

C. Inversion: start neutral and bring band toward your midline without bending or twisting knee.

D. Eversion: start neutral and press band out without bending or twisting knee.

Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 2 Times a Day

R = green L = red

## Achilles

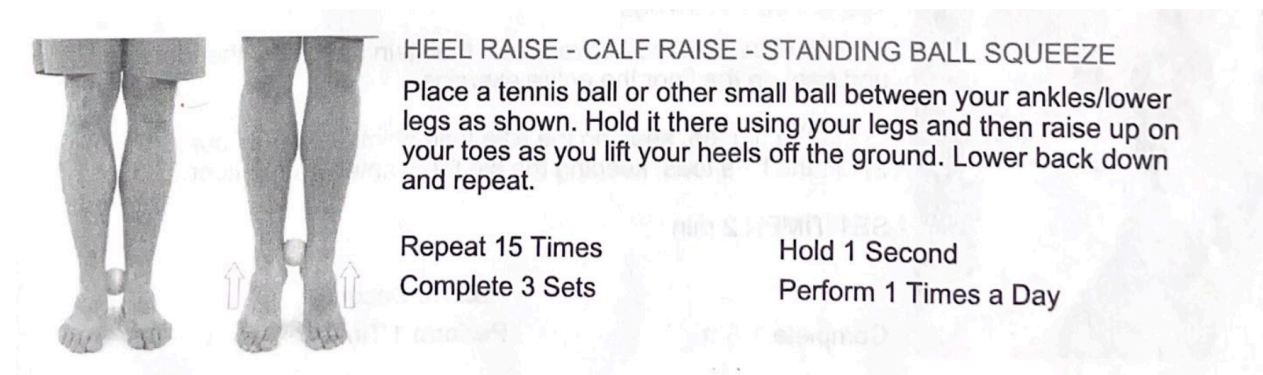
Wall calf stretch - light x 1-2 min (daily) <https://www.youtube.com/watch?v=tUA4MO1kXV8>

- Can also hold a ruck plate / weight to help increase resistance

Foam roll calf x 1-2 min (daily) <https://www.youtube.com/watch?v=Dkzr3IHzbKc>

Isometric heel raise 4x20 sec (4-5x per week) - place hands behind hand, place on foot on elevated surface and keep other on floor, raise heel (of foot on floor) and hold in top position (perform with foot facing forward, inward and outward)

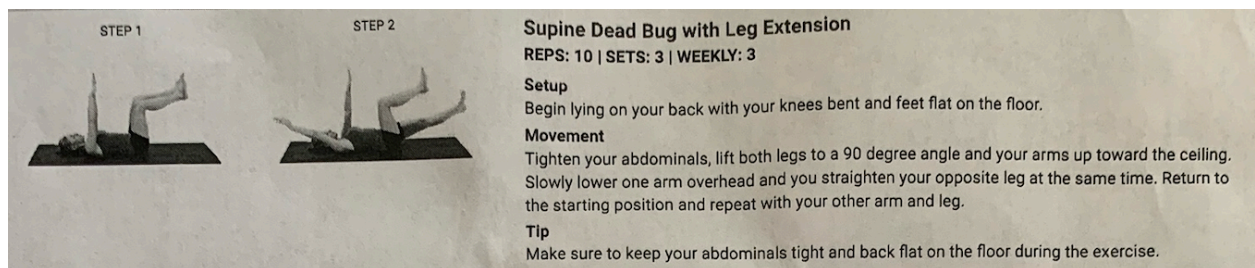
- <https://www.youtube.com/watch?v=A2XU5b-h-WU>
- Another variation is with a ball



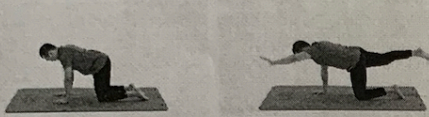
## Back, Sciatica

Sciatic floss x 10 (2-3x per day)

- Standing: [https://www.youtube.com/watch?v=E4eC0EI\\_FSI](https://www.youtube.com/watch?v=E4eC0EI_FSI)
- Lying on back: <https://www.youtube.com/watch?v=luzTQqghXuY>



STEP 1 STEP 2



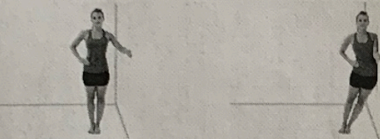
**Bird Dog**  
**REPS: 10 | SETS: 3 | WEEKLY: 3**

**Setup**  
 Begin on all fours, with your arms positioned directly under your shoulders.

**Movement**  
 Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

**Tip**  
 Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1 STEP 2



**Lateral Shift Correction at Wall**  
**REPS: 10 | SETS: 2 | DAILY: 1**


Add extension afterwards

**Setup**  
 Begin in a standing upright position with one arm resting on a wall at your side and your other hand on your hip.

**Movement**  
 Slowly let your RIGHT hip to fall toward the wall, and hold this position.

**Tip**  
 Make sure to maintain your balance during the exercise.

STEP 1 STEP 2




**Supine Quadratus Lumborum Stretch**  
**REPS: 3 | HOLD: 30 | DAILY: 2**

**Setup**  
 Begin lying on your back with your knees bent and feet flat on the floor.

**Movement**  
 Let both of your knees fall to one side, cross your bottom leg over the other, then reach your arm out to your opposite side and hold when you feel a stretch in your low back.

**Tip**  
 Make sure to keep your shoulders flat on the ground during the exercise.

STEP 1 STEP 2










**Supine 90/90 Sciatic Nerve Glide with Knee Flexion/Extension**  
**REPS: 10 | SETS: 2 | HOLD: 3-5S | DAILY: 1**

**Setup**  
 Begin lying on your back with your knees bent and feet flat on the floor. Lift one leg off the ground so the thigh is vertical, and knee is bent. Grasp the leg behind your thigh.

**Movement**  
 Straighten the knee as much as possible while maintaining a vertical thigh, pointing your toes towards the ceiling as you straighten the knee. Then, bend the knee to return to the starting position. Bend your ankle towards you as you bend the knee on the return. Repeat as prescribed.

**Tip**  
 Make sure to keep your low back flat on the floor during the exercise. You should not feel any pulling in your low back, behind the knee, or in your calf.

<p>STEP 1</p> 	<p>STEP 2</p> 	<p><b>Prone Press Up On Elbows</b>  <b>REPS: 5   HOLD: 20   DAILY: 1-2</b></p> <p><b>Setup</b>            Begin lying on your stomach, resting on your elbows low to the ground.</p> <p><b>Movement</b>            Push up on your elbows, bending your back upward.</p> <p><b>Tip</b>            Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.</p>
<p>STEP 1</p> 	<p>STEP 2</p> 	<p><b>Prone Press Up</b>  <b>REPS: 10   HOLD: 1-2   DAILY: 3</b></p> <p><b>Setup</b>            Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.</p> <p><b>Movement</b>            Push against the floor with your hands, bending your back upward.</p> <p><b>Tip</b>            Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.</p>
<p>STEP 1</p>  <p><i>use towel @ home</i></p>	<p>STEP 2</p> 	<p><b>Standing Lumbar Extension</b>  <b>REPS: 10   HOLD: 1-2   DAILY: 3</b></p> <p><b>Setup</b>            Begin in a standing upright position with your hands resting on your hips.</p> <p><b>Movement</b>            Slowly arch your trunk backwards and hold.</p> <p><b>Tip</b>            Make sure to maintain your balance during the exercise and do not bend your knees.</p>
<p>STEP 1</p> 	<p><b>Supine Piriformis Stretch with Foot on Ground</b>  <b>REPS: 3   HOLD: 30   DAILY: 2</b></p> <p><b>Setup</b>            Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.</p> <p><b>Movement</b>            Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.</p> <p><b>Tip</b>            Do not allow your back to twist or bend excessively during the stretch.</p>	

## Hip

Plank 3-4x30 sec (every other day)

Side plank with hip abduction 3x30 sec (every other day)

[https://www.youtube.com/watch?v=KlpmnA\\_PSF4](https://www.youtube.com/watch?v=KlpmnA_PSF4)

Hip mobilizations x 1-2 min per side (every other day)

<https://www.youtube.com/watch?v=QaCQNDZofg>

Kneeling hip flexor mobilization 1-2 min per side (every other day)

<https://www.youtube.com/watch?v=gWW-ULtJsEM>

Plank with hip extension 2-3x10 (every other day)

<https://www.youtube.com/watch?v=PtEh-UclVnw>

Side plank circuit

<https://www.youtube.com/watch?v=Bx11hANgk0>

Isometric glut activation 3-4x20 sec holds (every other day)

<https://www.youtube.com/watch?v=OpiE9QGKfu0>

Dynamic adductor stretch (pre-run) x 30 sec <https://www.youtube.com/watch?v=iQ7q430j9Kw>

Bridge march on stability ball 2-3x10 (3-4x per week)

<https://www.youtube.com/watch?v=zVFQuQpDpJQ>

Bridge with weight across pelvis 2-3x10 (3-4x per week)

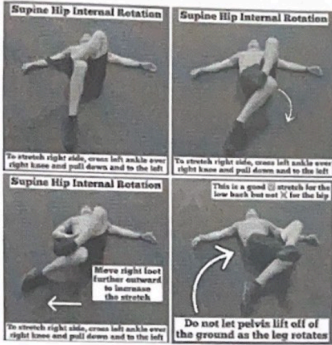
<https://www.youtube.com/watch?v=aGJajj0zsTo>

Slow march with 10lb DBs, 3-5 laps, pre-running warmup

[https://www.youtube.com/watch?v=2RVUFozT\\_Xk](https://www.youtube.com/watch?v=2RVUFozT_Xk)

Resisted march with band

<https://www.youtube.com/watch?v=rObNyQWM4Hs>



Supine Hip Internal Rotation Stretch with other foot

- To stretch the right side, cross the left ankle over the right knee and pull down and to the left
- Move the foot further outward if needed to either increase the stretch or make it more tolerable
- Do not let the pelvis lift off of the ground as the leg rotates

Repeat 5 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 2 Times a Day

## Knee

You likely also need to do the hip stretches...many knee issues are caused because you have poor hip mobility, and so your knees overcompensate while running.

Wall sit 3-4x30 sec (every other day) <https://www.youtube.com/watch?v=dDITcGSZeZU>



### ELASTIC BAND - SIDE LYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

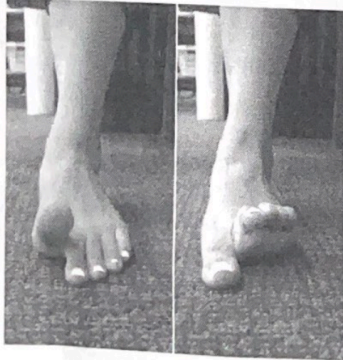
Do not let your pelvis roll back during the lifting movement.



Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day

## Feet



### Toe Series - Toe Yoga

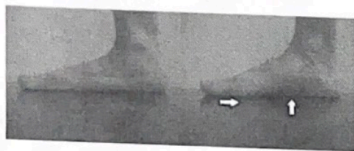
Sit with knee stacked above ankle. Maintain the ball of the foot and heel on the floor the entire exercise.

- 1) Lift the big toe, keeping the little toes planted on the floor.
- 2) Lift the little toes, keeping the big toe planted on the floor.

SET TIMER 2 min

Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day



### Arch Raise

Step 1: Sit in a chair with both feet placed flat on the floor  
Step 2: Raise the arch of your foot by sliding your big toe toward your heel without curling your toes or lifting your heel  
Step 3: Hold the position for 10 seconds then relax and repeat for the recommended number of set and repetitions. Variations can be performed by moving the feet farther away from you or turning the foot inward or outward to challenge the muscles from different positions.

SET TIMER 2 min

Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day



#### Inversion Isometric

Place a towel between your feet as shown. Next, apply some pressure into the towel with the front and inner aspect of your feet and hold. □

2 min timer

Hold 10 Seconds

Perform 2 Times a Day

## Foam rolling

Trigger points: [https://www.youtube.com/watch?v=nLv\\_uzUD3cw](https://www.youtube.com/watch?v=nLv_uzUD3cw)



# Yoga Flow Diagrams

**WARM UP**

Tabletop → Cow → Cat → Child → Downward Facing Dog → Forward Fold

Repeat 3 breaths | Stay for 3 breaths | walk legs forward | Stay for 6 breaths

**CORE FLOW**

Plank → Downward Facing Dog → Three Legged Dog → Tiger Curl → Downward Facing Dog

Repeat 3 slow breaths | Repeat 3 times | Stay for 3 breaths | Repeat on the other leg

**STANDING FLOW**

Downward Facing Dog → Three Legged Dog → Warrior II → Downward Facing Dog → Three Legged Dog → Twisted High Lunge

Right leg lifts | Bring right leg forward into lunge and come up into W! | Return to D-Dog | Left leg lifts | Repeat on the other side

**BALANCE & HIPS**

Tree → Warrior III → Wide Leg Forward Fold → Tree → Warrior III → Crow

lengthen & activate back leg | foot parallel | side view!

**WARRIOR FLOW**

Downward Facing Dog → Three Legged Dog → Warrior I → Warrior II → Triangle → Forward Fold

Right leg lifts | Bring leg forward into lunge and come up into W! | 3 breaths each pose | Reach up | Lengthen right leg

**WARRIOR FLOW**

Downward Facing Dog → Three Legged Dog → Warrior I → Warrior II → Triangle → Forward Fold

Return to D-Dog Ready for the other side | Left leg lifts | Bring leg forward into lunge and come up into W! | 3 breaths each pose | Reach up

**CHATURANGA FLOW**

Plank → Chaturanga → Downward Facing Dog → Plank → Three Legged Plank → Three Legged Chaturanga → Chaturanga

Inhale | Exhale slowly lower down | Push back to D-Dog | Repeat | Slowly lower down during exhalation

**BALANCE & CORE**

Plank → Side Plank → Side Star → One Legged Side Plank

Return to Plank Pose & Repeat on the other leg

**WARM DOWN**

Forward Fold → Wide Leg Forward Fold → Child → Pyramid → Sealed Twist → Meditation

Stay for 3 breaths | Relax your head & neck | Breathe deeply & calmly | Bend your knees & sit into a twist | Be comfortable close your eyes

*I believe Yoga is one of the best ways to make us perfect in our attention to your moment. Great job guys! Our practice is not about making ourselves better or striving for more, but following what is in our soul and our natural experience. Have fun! And, we love to fully enjoy each moment. Jilly's*

*They also, are quite challenging. Strongest your practice. And will always be room for improvement.*

*Try approaching your yoga practice as you would "being a mental instrument". Seriously listening, attention to details and appreciation.*

*Maybe, our body is the instrument of our life and we are all responsible for keeping ours in tune. Without tuning in, our best work can feel a bit "off". When we are in tune, our efforts create harmony. Practice Yoga to enhance your capacity to live a life in tune with what is important to you, and play your life in ways that feel good to you and the people around you. Jilly's*

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# Yoga with Props

BLOCKS	SANDBAGS	BLANKETS	STRAPS	
 Intense Wide Leg Stretch	 Reclined Hamstring Stretch	 Shoulderstand	 Standing Leg Stretch to the Side	
 Triangle Pose	 Tricep Stretch	 Seated Pose	 Overhead Sideway Stretch	
 Side Angle Stretch	 Shoulder Stretch	 Recline Pose	 Reclined Hamstring Stretch	
 Standing Forward Bend	 Squat	 BOLSTERS	 Forward Bend	
 Half Moon	 Backbend	 Reclined Hero's Pose with Junior or Standard Bolster	 Bound Angle Pose	
 Downward Facing Dog	 Forward Bend	 Seated Forward Bend	 Seated Chest Opener	
 Seated Twist	 Downward Dog	 Savasana with Standard Bolster	<th>SHOULDERSTAND FOAM</th>	SHOULDERSTAND FOAM
 Reclined Hero's Pose	 Forward Bend	 Shoulder Stand	 Plow Pose	
 Bridge Pose	 Forward Bend			

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7:30 AM - 5:30 PM Mon-Fri MST

This chart is meant to be used as a reference of prop use. Please consult a qualified yoga teacher to find out how to perform these and other prop-assisted poses correctly.

## YouTubers who are good

- [Sean Vigue](#)
- [Tom Peto](#)
- [Kassandra](#)
- [Meg Takacs](#)
- [Knees over toes guy](#)