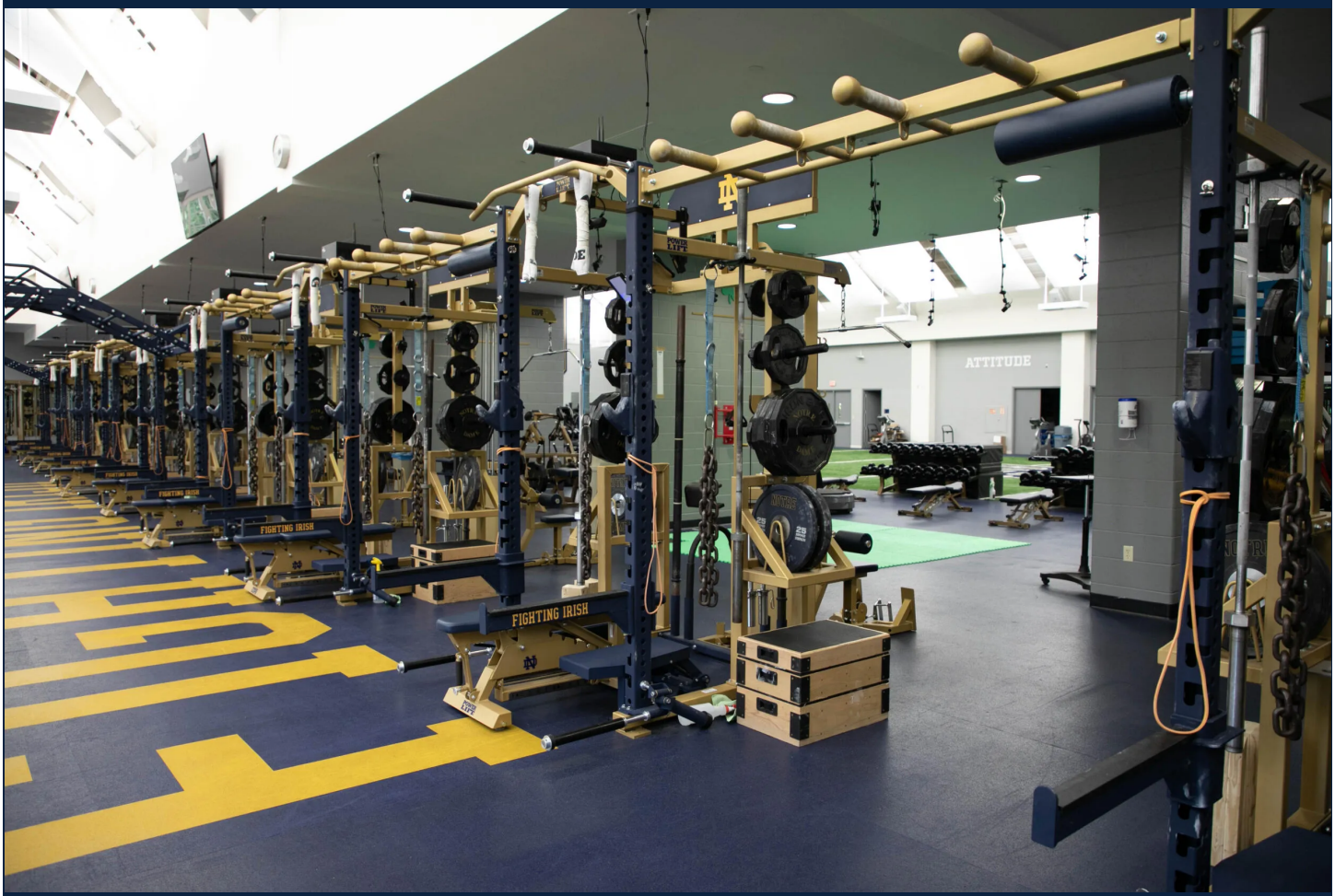
UNIVERSITY OF NOTRE DAME

CORRECTIVE EXERCISE MANUAL



Ankle Myofascial

Lax Ball Rollout

Lax ball from heel to toes
ensuring the rolling of the arch.

Foam Roll Calf & Achilles

Foam roll from heel to top of calf
While turning your leg from inside
to out to get all sides of lower leg.

Lax Ball Calf

Lax ball from heel to top of calf.

Lax Ball Shins

Lax ball from top of ankle
to bottom of knee

PVC Calf

Roll from heel to top of calf.

RPR Calf

Use thumb or knuckle to dig into areas
around the calf and achilles.

RPR Shins

Use thumb or knuckle to dig into
areas around the shins.

Ankle Mobility

Slant Board

Keep whole foot flat on the board. Drive knee over toe. Progress to both feet on board.

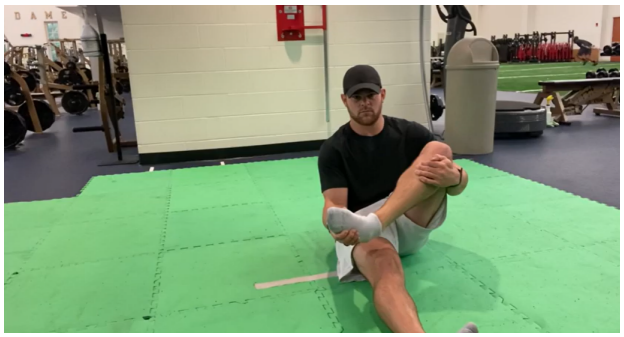
1/2 Kneeling Self Ankle Mob

Take inside of foot and pull to the outside. Drive the knee over the toe.

Ankle CARs

All movement is only from the ankle. All other joints must stay locked. Rotate clockwise & counterclockwise. :15 per rotation.

Lateral Tibial Glide



Put thumb on ball of foot and wrap fingers around outside of foot. Using hand, rotate foot towards your body.

Wall Ankle Mob

Drive knee towards wall while keeping heel of working foot flat on the ground.

Bench Incline Ankle

Elevate the bench up 1 level and while keeping your heel flat, drive your knee over your toe.

Ankle Mobility

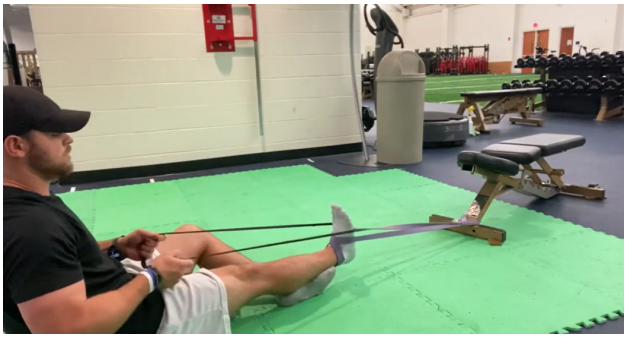
Foot Elevated Weighted Ankle

Keep foot flat on the plate and use the weighted implement to drive knee over toe.

Band Foot Elevated Ankle

Keep foot flat on the plate and put band right on the talus bone. Drive knee over toe.

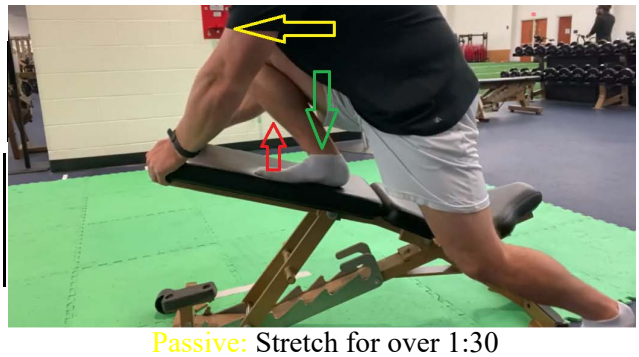
DBL Banded Heel Lock



Make an "X" over your ankle with the purple band. Then elevate the banded foot off of the ground. Use another band to work ankle flex & ext.

Ankle Strengthening

Bench Incline Ankle PAILs & RAILs



Passive: Stretch for over 1:30

PAILs: Drive top part of foot down into the bench from 0-100%.

RAILs: Attempt to pick up top part of foot and pull back towards shin.

Feet Elevated Calf Raise

Allow heels to be elevated while driving balls of feet into the plate. Point the toes to extend and slowly lower back down.

Foot Elevated Weighted SL Calf Raise

Allow heel to be off of ground and come to a toe point. Use a weighted implement.

FFE (KOT) Split Squat

Knee travels over the toe while keeping the heel flat on the plate.

DB FFE (KOT) Split Squat

Knee travels over the toe while keeping the heel flat on the plate.

BB FFE (KOT) Split Squat

Knee travels over the toe while keeping the heel flat on the plate.

(KOT) Split Squat

Knee travels over the toe while keeping the heel flat on the ground.

DB (KOT) Split Squat

Knee travels over the toe while keeping the heel flat on the ground.

Ankle Strengthening

BB (KOT) Split Squat

Knee travels over toe while keeping the heel flat on the ground.

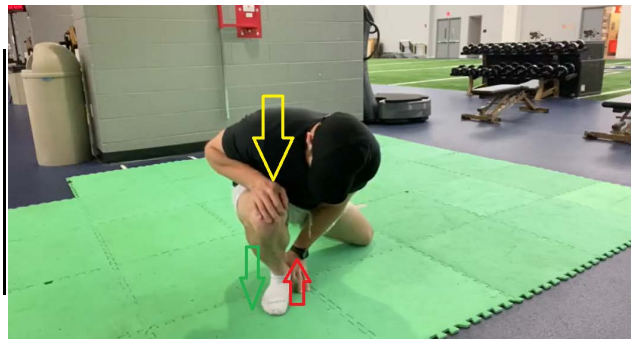
Band Ankle Routine

Directions: Flexion & Extension, Inversion & Eversion, Clockwise & Counterclockwise.

Seated Band Anterior Tibialis

Allow banded foot to rotate in and out.

1/2 Kneeling Ankle PAILs & RAILs



Passive: Stretch for 1:30
PAILs: Drive top part of foot down into the floor from 0-100%.
RAILs: Attempt to pick up top part of foot and pull back towards shin.

Ankle Eversion PAILs & RAILs

Passive: Stretch for 1:30
PAILs: Drive foot away from body from 0-100%.
RAILs: Attempt to drive foot inward as far as possible

Ankle Inversion PAILs & RAILs

Passive: Stretch for 1:30
PAILs: Drive foot in towards body 0-100%.
RAILs: Attempt to drive foot outward as far as possible

Kneeling Sit-Back PAILs & RAILs

Passive: Stretch for 1:30
PAILs: Drive top of feet into ground 0-100%
RAILs: Attempt to drive foot in reverse direction

Hamstring Myofascial

Foam Roll Hamstring

Roll from back of knee to bottom of glute.

Lax Ball Hamstring

Roll from back of knee to bottom of glute. Or trigger point.

PVC Hamstring

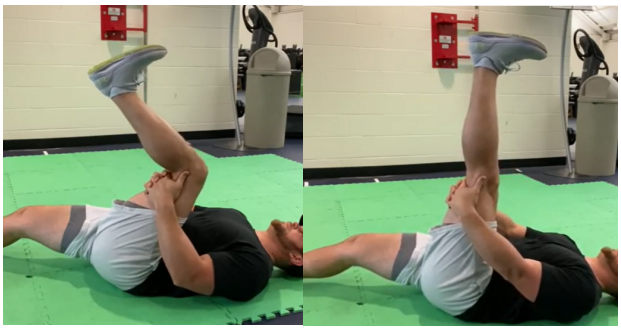
Roll from back of knee to bottom of glute.

BB Hamstring Smash

Roll from back of knee to bottom of glute.

Hamstring Mobility

Supine Self-Mob. Lockouts

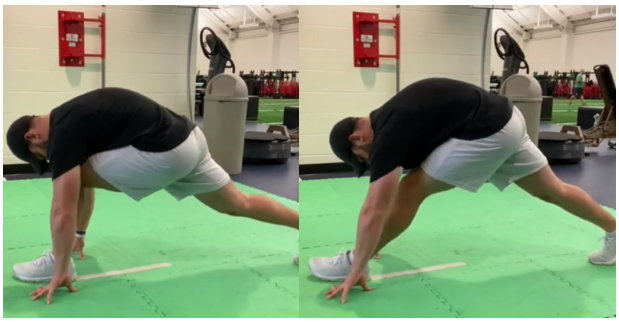


Clasp hands behind knee to hold leg in position. Extend heel to the ceiling.

1/2 Kneeling Hamstring Reach

Hands overlap one another. Attempt to keep back flat and hinge at hips until hands reach foot and repeat.

Hamstring Rocker Stretch



Start in an extended lunge position. While keeping hands on the floor extend the front leg and repeat.

Banded Supine Hamstring Kicks

Use the assistance of the band to help you stretch your hamstring by keeping it straight.

Hamstring Sweep the Floor Stretch

Place Band in Hip and put banded leg slightly out front with toes up. Hinge and sweep the floor with your hands.

Double Banded Hamstring Stretch

Put band around hip so that it distracts the socket, allowing for greater rang of motion with the hamstring stretch.

Supine Alt. Hamstring Stretch

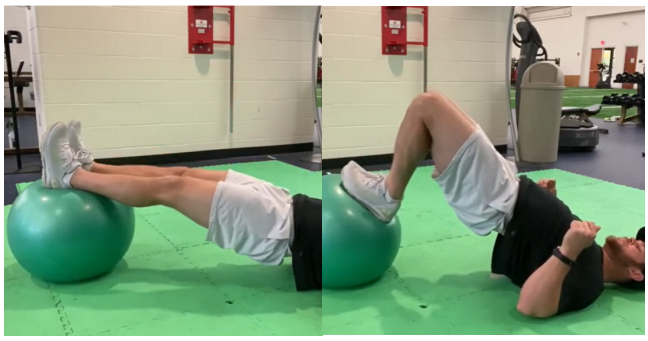
Alt. clasping hands behind knee to hold leg in position.

Hamstring Strengthening

Slide Board Hamstring Curls

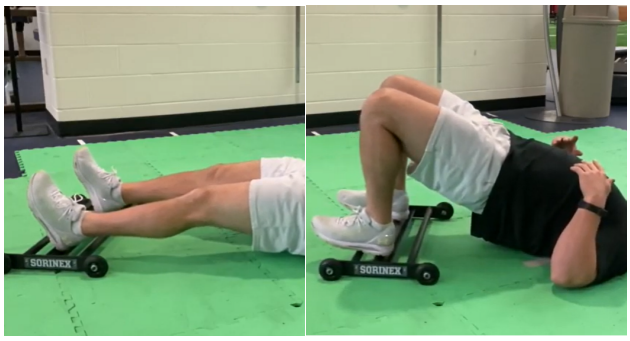
Elevate hips off of the floor and bring heels in towards butt. As heels drive towards butt, hips also rise.

Stability Ball Leg Curls



Elevate hips off of the floor and bring heels in towards butt. As heels drive towards butt, hips also rise.

Sorrinex Roller Hamstring Curls

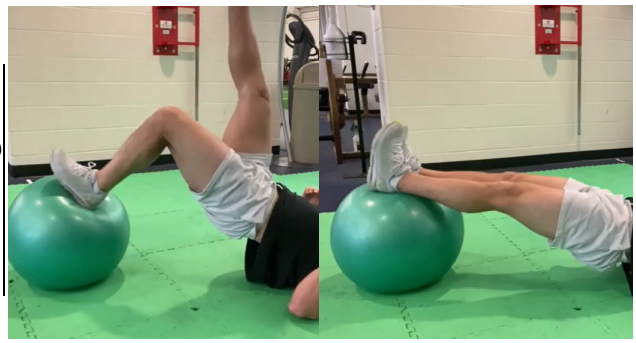


Elevate hips off of the floor and bring heels in towards butt. As heels drive towards butt, hips also rise.

Slide Board 2-1 Hamstring Curl

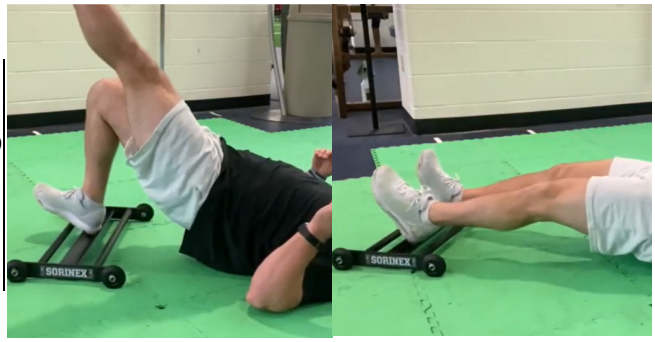
Start with heels toward butt and do a SL Hip Bridge. Work single leg eccentric until extended at bottom and place other foot down to curl up with both legs.

Stability Ball 2-1 Hamstring Curl



Start with heels toward butt and do a SL Hip Bridge. Work single leg eccentric until extended at bottom and place other foot down to curl up with both legs.

Sorinex Roller 2-1 Hamstring Curl



Start with heels toward butt and do a SL Hip Bridge. Work single leg eccentric until extended at bottom and place other foot down to curl up with both legs.

TRX Hamstring Curls

Elevate hips off of the floor and bring heels in towards butt. As heels drive towards butt, hips also rise.

TRX SL Hamstring Curl

Elevate hips off of the floor and bring heel in towards butt. As heel drives towards butt, hips also rise.

Hamstring Strengthening

GHR

Start with chest towards the floor and drive heels into the pad to raise your body into an upright position.

Band Assisted GHR

Start with chest towards the floor and drive heels into the pad to raise your body into an upright position. Use the band for assistance.

Nordic Hamstring Curls

Slowly lower oneself down to the floor by engaging your hamstrings and resisting gravity. Eliminate bending at the waist.

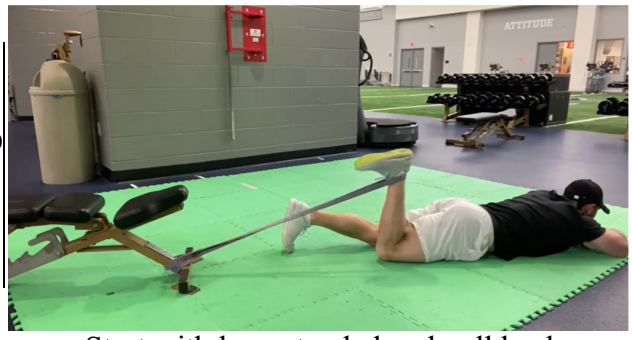
Nordic Razor Curls

Start upright and bend at the waist till you hit 90*. Then attempt to extend out as far as you can before putting your hands out to catch you.

Band Prone Hamstring Curls

Start with legs extended and pull heels towards butt. Keep hips in constant contact with the floor.

Band Prone SL Hamstring Curls

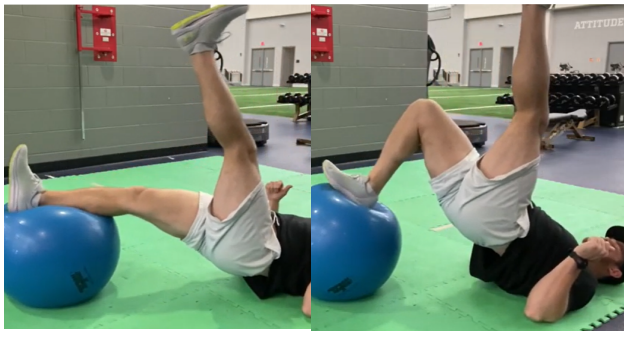


Start with leg extended and pull heel towards butt. Keep hips in constant contact with the floor.

Sorinex SL Hamstring Curl

Elevate hips off of the floor and bring heel in towards butt. As heel drives towards butt, hips also rise.

Stability Ball SL Hamstring Curl



Elevate hips off of the floor and bring heel in towards butt. As heel drives towards butt, hips also rise.

Hamstring Strengthening

Seated Stability Ball Tantrums

Alternate rapidly kicking heels into the stability ball. Keep knees at a 90* angle.

Supine Banded Tantrums

Alternate rapidly kicking heels into the band. Keep knees slightly bent.

Hamstring PNF Rack Stretch

Maintain a passive stretch for 1:30.
Then drive heel into rack/wall from 0-100%
Then pull heel away from wall for :10s.

Standing PNF Hamstring

Maintain a passive stretch for 1:30.
Then drive heel into bench from 0-100%
Then pull heel away from bench for :10s.

Hip Myofascial

Foam Roll Glute

Roll from top of glute to bottom of glute. The side you are rolling should be the side crossed over.

Foam Roll Groin

Turn foam roller to 10:00 and roll from crotch to knee.

Lax Ball Glute

Place lax ball on Glute Medius and roll in that area for a period of time.

Foam Roll IT Band

Foam Roll from hip to top of knee.

Psoas Trigger Point

Place foam roller about 2 inches to the left or right of your belly button and lay on it.

Hip Mobility

Standing Hip CARs

Follow each picture to the best of your ability. Main goal is to keep your body straight and not compensate anywhere else.

Side Lying Hip CARs

Follow each picture and try not to compensate with any other joints.

Firehydrants

Start in quadruped position and while keeping belly button to the floor drive knee out to the side.

KB Deep Squat Rock

Squat as deep as possible and rock from side to side. Make sure to keep feet flat the hole time.

90/90 Lateral Flow

Start in 90/90 position and rotate over to the other side. Throughout movement dig heels into ground.

90/90 Bob

Attempt to keep back flat and press chest down towards the front knee. Repeat this process for reps.

Half Kneeling Rock

Start with leg right out in front rocking forwards and backwards. Then move leg out at a 45* angle and 90* angle.

Quadruped Frogger Rock

Make sure toes are pointed out and continuously rock hips back and forth while on forearms.

Hip Mobility

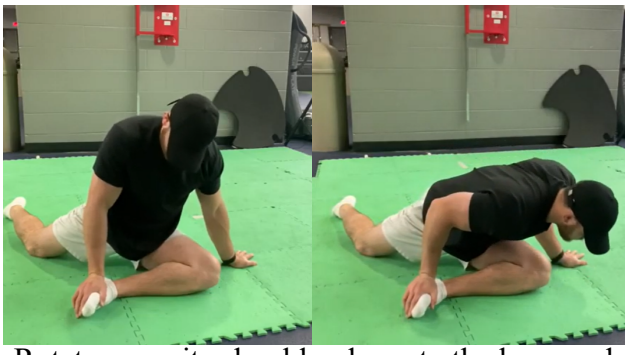
Pigeon Stretch

Sink hips back in the stretch and attempt to keep back leg straight and front leg at a 90* angle.

Band Assisted Hip Flexor

Place band right under butt and just squeeze glute of banded leg and add a slight pelvic tilt.

Pigeon Stretch Bob



Rotate opposite shoulder down to the knee and repeat this movement for reps.

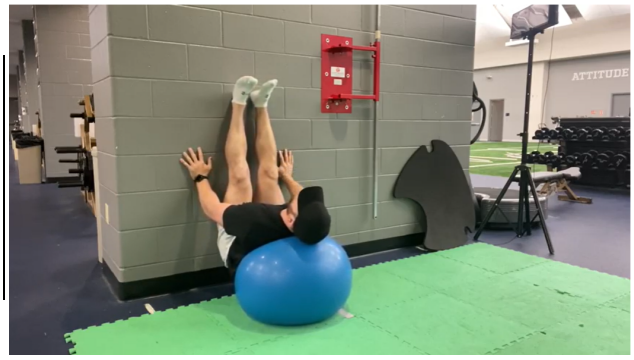
Band Assisted Tripod Lateral Hip Distraction

Face perpendicular to the band and get into a modified pigeon stretch. Work the hips back towards the band.

1/2 Kneeling Band Resisted Hip Capsule

Make sure there is a good amount of tension on the band. Push knee from left to right.

Stability Ball Routine on Wall



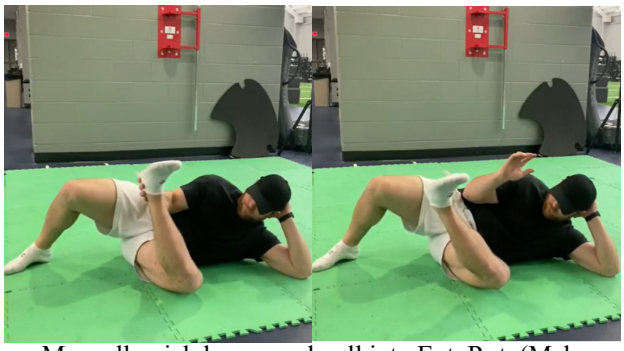
Follow the video and perform all of the movements to complete the routine.

Band Groin Routine on Wall

Follow the video and perform all of the movements to complete the routine.

Hip Strengthening

Side Lying Hip ER Contract & Hold



Manually pick leg up and pull into Ext. Rot. (Make sure to be actively driving as well)
Then let go and attempt to keep leg in same place.

90/90 Hip IR Contract & Hold

Use PVC to assist yourself into Int. Rot. (Make sure to be actively driving as well)
Then let go and attempt to keep leg in same place.

90/90 PAILs & RAILs Front Leg

Passive: Stretch for 1:30 (Rotate tailbone to cieling)
PAILs: Push from knee to foot into the ground 0-100%
RAILs: Attempt to maintain body posture and pick up from knee to foot

90/90 PAILs & RAILs Trail Leg

Passive: Stretch for 1:30 (Rotate torso to back foot)
PAILs: Push back foot into the ground 0-100%
RAILs: Attempt to maintain body posture and pick up foot

Supine Hip Felxion Contract & Hold

Manually pick leg up and pull knee to chest (Make sure to be actively driving as well)
Then let go and attempt to keep leg in same place.

90/90 Trail Leg Extension Raise

Start in 90/90 position and pick up back leg. Maintain upright posture and extend leg to the side. Then bring leg all the way into abduction. Finish in starting position.

Cossacks Squat

Laterally squat into a deep position and push arms out as a counterbalance. Attempt to keep chest up and heel flat on side squatting to. The opposite toe will rotate to the ceiling.

Half Kneeling PAILs & RAILs Hip Flexor

Passive: Push tailbone up to ceiling and hold for 1:30
PAILs: Drive foot into ground & pull back from 0-100%
RAILs: Attempt to maintain posture and pick knee up to chest.

Hip Strengthening

Band Clamshells

Start with legs bent at a 90 and stacked on top of one another. Keep hips stacked and drive top heel into bottom heel while creating distance between your knees.

Mini Band Lateral Walk

Place mini band around ankles and maintain shoulder width or greater distance between feet. Laterally step in each direction until desired reps are completed.

T-Spine Myofascial

Foam Roll Back Floss

Lay foam roller parallel to spine and repeatedly flex and extend the thoracic over the foam roller.

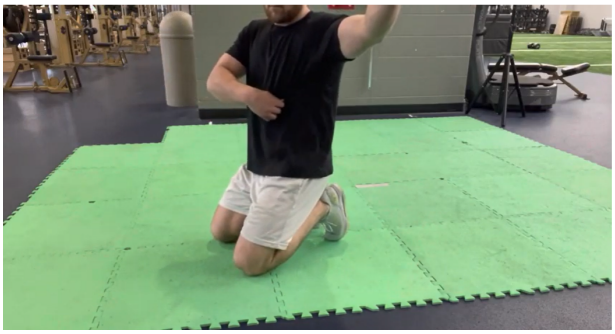
Foam Roll Low Back

Keep foam roller towards the lower half of the back going from top of glute to mid back.

Foam Roll Upper Back

Keep foam roller towards upper half of back going from bottom of neck to mid back. Clasp hands behind head and bring elbows together.

RPR Serratus Anterior



Take thumb and vigorously rub between 2nd & 3rd rib.

T-Spine Mobility

PVC Seated T-Spine Rotation

Rotate as far as possible in each direction. At the same time, keep legs straight out in front.

3 Way Open Book

The 3 positions are 9 O'Clock, 11 O'Clock, and 7 O'Clock.

Bretzel

Pin down top leg and grab bottom foot with opposite hand. Continuously work shoulder back to the floor.

Unilateral Leg Rock w/ T-Spine Rot

Open up as far as possible and then bring elbow back down to the ground. Repeat for desired reps.

Tripod T-Spine Rot

Open up as far as possible and then bring elbow back down to the ground. Repeat for desired reps.

Deep Squat w/ KB T-Spine Rot

Use the Kettle bell as an anchor. Eyes follow the hand as you rotate up to the ceiling.

PVC & Sorinex Roller T-Spine Rot Reach

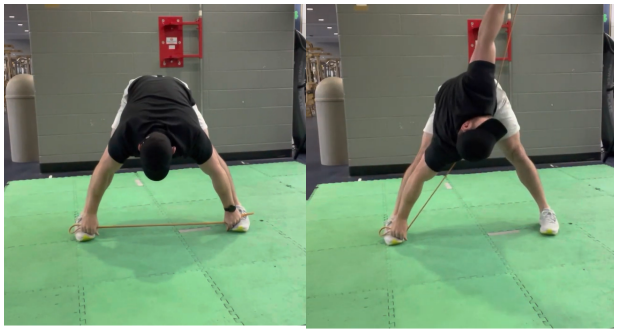
Have a wide stance for your base. Grab the PVC with an underhand grip. Push the roller out as far as you can and then return back to the starting position.

Half Kneeling T-Spine Rotation w/ Foam Roller

Keep tension on the foam roller. Start with hands overlapped and then open up until opposite arm is touching the wall.

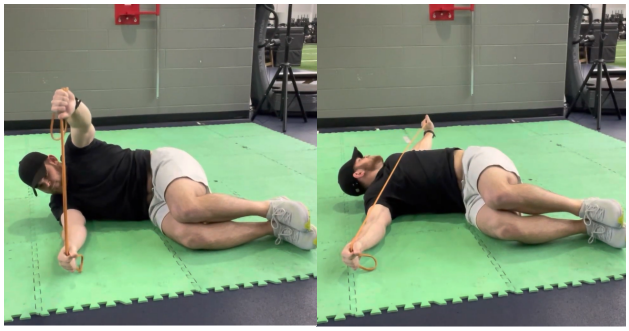
T-Spine Strengthening

Micro Band Resisted Bent Over T-Spine Rotation



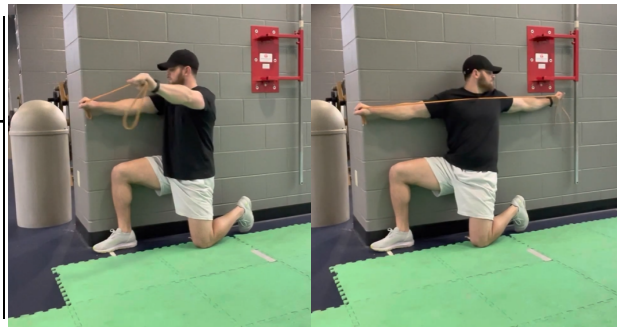
Keep opposite side in contact with foot. Eyes follow the hands and rotate as far as possible.

Band Resisted Open Book



Create 90* angles with knees and hips. Stack hands and open until top arm is in full contact with the floor.

Hal Kneeling Micro Band Wall T-Spine Rot

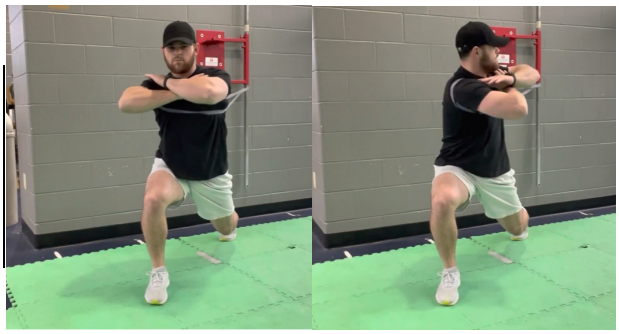


Keep hip pinned against wall. Open until both arms are in contact with the wall.

Tall Kneeling Pallof Press

Start with arms in center of chest and press out. Hold for 1-2 seconds and repeat.

Shoulder Harness Split Stance Rotation



Same side that is harnessed, is the knee that is up. Rotate towards the band as far as you can and then return to starting position.

Band Half Kneeling Lift

Outside knee is up. Grab with one hand the end of the band and with the other hand in the middle. Rotate torso in an upward and diagonal motion.

Band Half Kneeling Chop

Inside knee is up. Grab with one hand the end of the band and with the other hand in the middle. Rotate torso in an downward and diagonal motion.

Shoulder Myofascial

Anterior Delt/Pec Minor

Lay on lax ball and find tender spots within the pec and shoulder.

Posterior Delt/Teres Minor & Major

Lay on lax ball and find tender spots within the posterior shoulder and teres.

Scapula/Lower & Mid Trapezius

Lay on lax ball and find tender spots within the scap and trapezius.

Scapula/Lower & Mid Trapezius

Roll from rib cage to arm pit.

Shoulder Flexion Mobility

Prone PVC Lift Off

Start with arms extended and on the floor. Slowly raise above head with arms still straight.

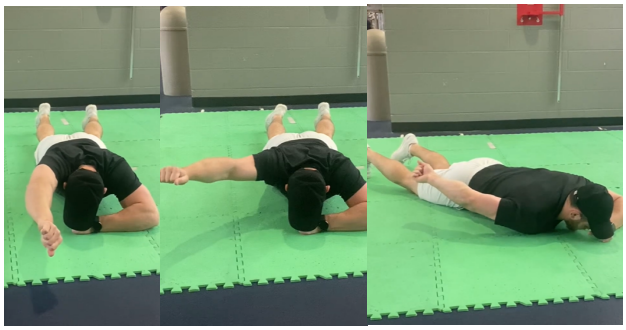
Foam Roll Thoracic Extension w/KB Hold

Work both thoracic extension with upper back and shoulder flexion by dropping hips to floor.

Bench Lat Stretch

Press chest to the floor.

3 Pos Prone Distal Shoulder CARs



Work both thoracic extension with upper back and shoulder flexion by dropping hips to floor.

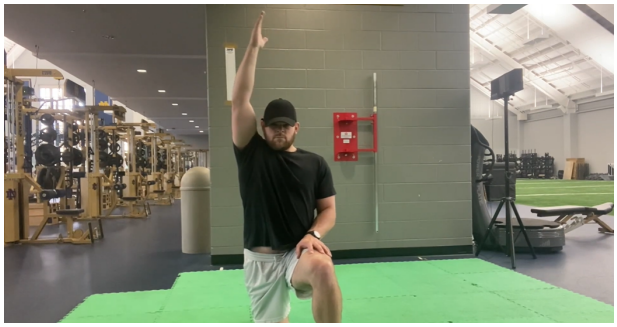
Foam Roll End Range Lift-Off

Work both thoracic extension with upper back and shoulder flexion by dropping hips to floor.

Wall Slides w/Lift Off

Keep constant contact with the wall and tuck the ribcage down. Lift hands off of wall once fully extended.

Shoulder CARs



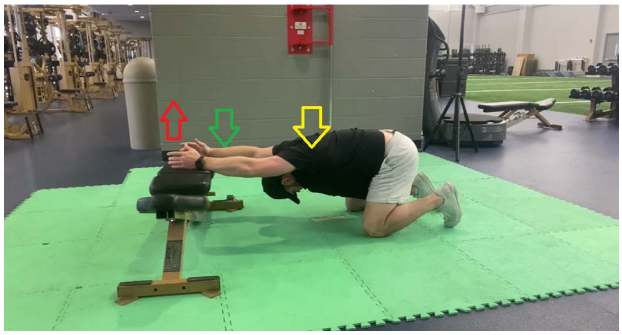
Please watch video.

Pull-Up Shoulder CARs

Work the full range of the shoulder. Try to go in a complete circle.

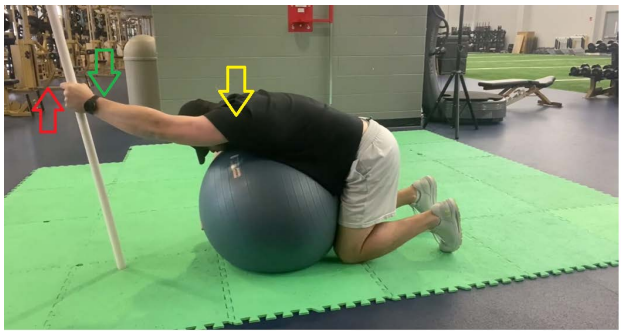
Shoulder Flexion Strengthening

Thoracic Extension & Sh. Flexion PAILs & RAILs



Passive: Flex in your thoracic as you stretch for 1:30
PAILs: Drive chest to floor 0-100%
RAILs: Extend in thoracic as well as pick arms off bench

SA PVC Shoulder Flexion PAILs & RAILs



Passive: Stretch lat and wrap body around ball for 1:30
PAILs: Pull down on PVC 0-100%
RAILs: Loosely hold onto PVC and attempt to lift arm higher

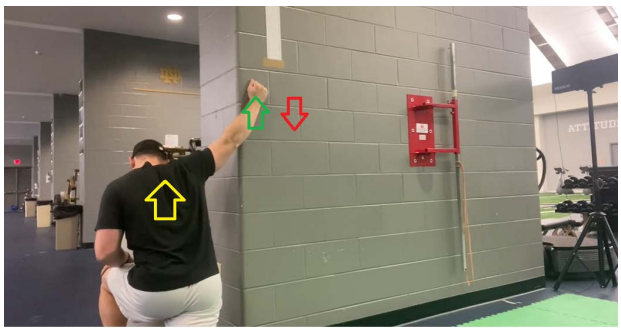
Lying Prone ISO Burns

Drive thumbs up to the ceiling in all 3 positions. (I,Y,T). Hold for desired time

Band Kneeling Anti-Flexion

Pull band in front of face and then drive arms up above head.

SA 45* Rack Shoulder Flexion PAILs & RAILs



Passive: Push chest forward and stretch for 1:30
PAILs: Drive arm into wall 0-100%
RAILs: Pick up arm away from wall

TRX Fallouts

Start with arms in push-up position straight out from shoulders. The slowly allow arms to raise above head and create a straight line with your body.

Shoulder Internal Rotation Mobility

Arm Across Posterior Delt

Grab tricep with opposite hand and pull across body.

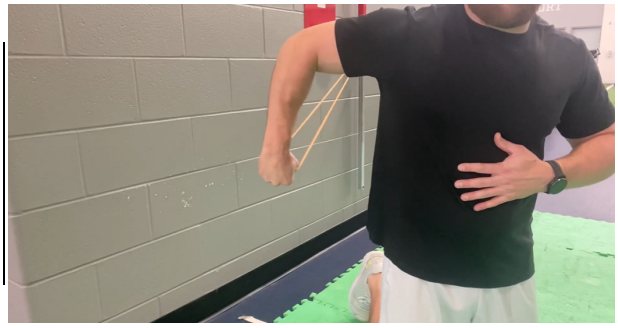
Side Lying CARs Sleeper Stretch

Apply pressure on top of hand for and resist with the working arm. Allow shoulder to internally rotate towards the ground will hand is still applying pressure.

PVC Behind The Back IR Reach

Grab the PVC with right hand in a pronated grip. Place that hand with PVC behind head in a vertical position. Reach behind back with opposite hand in a underhand grip. Pull up with top hand.

Band Assisted 90* Internal Rotaion



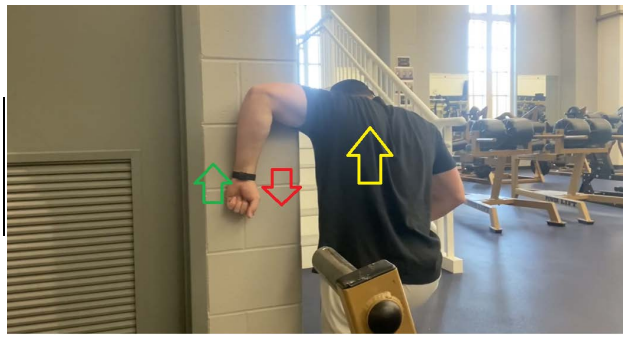
Allow the band to pull you into internal rotation.

Supine Band Distraction w/ Weighted CARs

Rotate as far as you can in each direction.

Shoulder Internal Rotation Strengthening

Rack 90* IR PAILs & RAILs

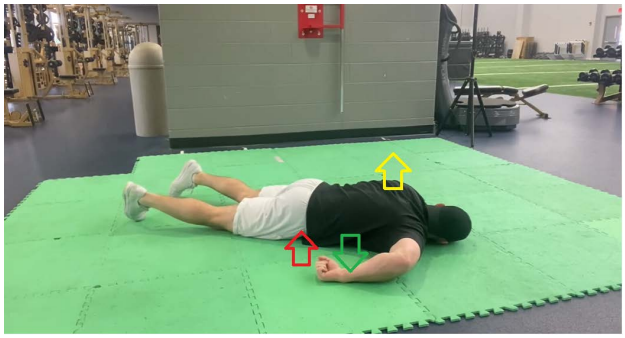


Passive: Push chest forward and hold for 1:30.
PAILs: Push top of wrist into wall from 0-100%
RAILs: Pull wrist away from wall.

Band Resisted 90* Internal Rotation

Use micro band as resistance and pull into internal rotation.

Lying 90* IR PAILs & RAILs



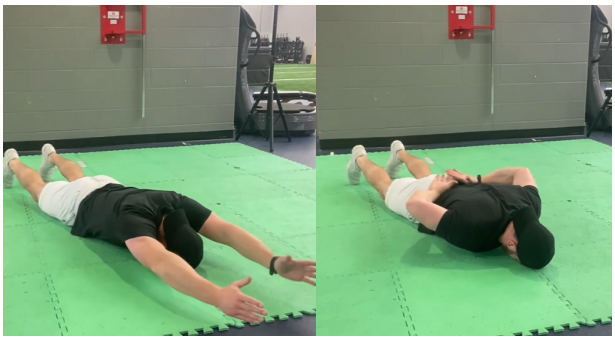
Passive: Slightly rotate away from working arm and hold for 1:30.
PAILs: Push top of wrist into floor from 0-100%
RAILs: Pull wrist away from floor.

Shoulder External Rotation Mobility

Floor Slides

Keep back of hands in constant contact with the floor. Start with elbows in tight by sides and reach up over head.

Prone Blackburns



Make the same motion you would as if you were making a snow angel.

Band Assisted External Rotation

Allow band to assist you into external rotation.

Shoulder External Rotation Strengthening

Band Resisted 90* External Rotation

Band is causing resistance and you will pull into external rotation.

Band Resisted Neutral External Rotation

Keep elbow tuck in side and externally rotate at the shoulder with the added resistance of the band.

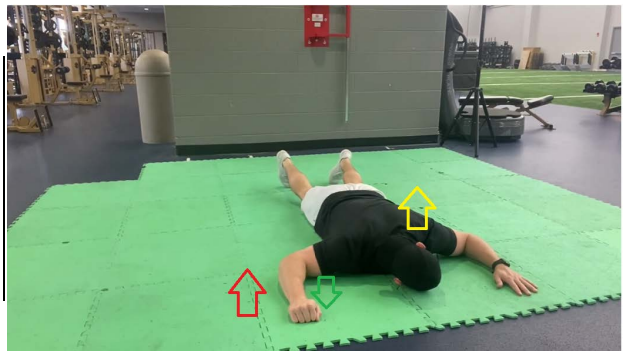
Seated Plate ER from Knee

Allow plate to fall towards the floor and then externally rotate back into starting position.

DB Empty the Can

Please watch video for directions.

Prone 90/90 Shoulder PAILs & RAILs



Passive: Slightly rotate away from working side and hold for 1:30
PAILs: Push fist into ground 0-100%
RAILs: Attempt to pick fist off of ground while keeping elbow pinned to floor.

1/2 Kneeling 90* ER Rack PAILs & RAILs

Passive: Drive chest forward and hold for 1:30
PAILs: Push fist into wall 0-100%
RAILs: Attempt to pick fist off of wall while keeping elbow pinned to wall.