

# Recovery exercises

## Post-game recovery strategies from the OHL team

### Foam Rolling



3 reps, 1 set, 30 sec duration

#### 1. Calf foam roller

Sit on the floor with your calf on a foam roller. Roll your calf over the foam, increasing the pressure by lifting your hips up with your hands.



3 reps, 1 set, 30 sec duration

#### 2. Quadriceps foam roll

Lie on your front and place the foam roller underneath your leg. Bend the opposite leg and bring it out to the side to help you move back and forth. Roll the entire length of the thigh muscle, staying off the knee joint.



3 reps, 1 set, 20 sec duration

#### 3. ITB foam roll

Place the foam roller underneath the IT band. Stack your legs on top of one another to apply added pressure. Roll from the head of the femur to just above the knee joint. Do not roll over bone on a foam roller, stay on the soft tissue.



1 rep, 1 set, 1 min duration

#### 4. Lumbar foam roll

Place the foam roller in the middle of your lower back. Lie over the foam roller. Use your feet to help you move back and forth over the lower back muscles.



#### 5. Hamstring foam roll

Take the foam roller and place it underneath the back of your affected thigh. Cross the opposite leg over the top in order to apply more pressure to the movement. Lift yourself up onto your hands and roll forward and backwards along the hamstring muscle on the back of the leg. Do not roll onto the back of the knee with the foam roller.

## Spikey Ball



1 rep, 1 set, 1 min duration

### **1. Gluteal self massage and trigger point with spiky-ball supine**

Place the spiky-ball on the floor and position your affected buttock on the ball. Using your arms, move your buttock over the ball. You can vary the amount of pressure through your gluteal region by changing the amount of weight you place through your arms. When you find a particularly tender area, hold this position, increasing the pressure through the ball.



1 rep, 1 set, 30 sec duration

### **2. Lateral gluteal self massage and trigger point with spiky-ball**

Place the spiky-ball on the floor and lie on your affected side. Position the side of your affected buttock on the ball. Using your arms, move your buttock over the ball. You can vary the amount of pressure through your gluteal region by changing the amount of weight you place through your arms. When you find a particularly tender area, hold this position, increasing the pressure through the ball.



1 rep, 1 set, 30 sec duration

### **3. Lumbar spine paraspinals self trigger point**

Take two tennis balls and tape them together firmly. Place them on the floor and then lie onto the balls, positioning them either side of your spine in your lower back. With your hips raised off the floor, use your feet to roll your body and down over the balls. When you feel a tight, tender spot, hold this position until you feel the pressure release. You can also use one ball to do this exercise on one side of your lower back, allowing you to move the ball to other areas.