



PILLAR PREHAB: Injury Prevention

■ = Massage and Stretch ■ = Activation ■ = Integration

PREHAB: HIP			
Movement	Instruction	Cues	Sets/Reps
1. Massage Foam Roll – Quadriceps	Lying face down, support yourself with your elbows and place the foam roll in the middle of your quad. Using your other leg for support, roll from the top of your knee to the bottom of your hip, holding pressure until tightness diminishes.	You can bend and straighten the knee of the leg on the foam roll for a deeper massage. You can slightly roll your hips left and right to work the inner and out edges of your quadriceps.	Spend 30-60 seconds per side or until trigger point has released.
2. Massage Foam Roll – IT Band	Lie on your side, support yourself with your down elbow and place the foam roll in the middle of your IT band. Using your top leg for support, roll from the top of your knee to the bottom of your hip, holding pressure until tightness diminishes.	You can bend and straighten the knee of the leg on the foam roll for a deeper massage. You can slightly roll your hips forward and back to work the inner and out edges of your IT band.	Spend 30-60 seconds per side or until trigger point has released.
3. Massage Foam Roll – Adductor	Lying face down, support yourself with your elbows and bend your hip and knee so that your knee is aligned with your pelvis, with the other leg completely straight. Place the foam roll in the middle of the adductor (groin) of the bent leg so you can roll from the top of your knee to the bottom of your hip. Continue rolling and hold pressure until tightness diminishes.	You can bend and straighten the knee of the leg on the foam roll for a deeper massage. .	Spend 30-60 seconds per side or until trigger point has released.



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4. Stretch Quad/Hip Flexor Stretch – Half Kneeling with Rear Foot Elevated	<p>Set-up in a half-kneeling lunge position with your front knee bent at 90° and your back foot on a low bench/box.</p> <p>Take the arm of the leg on the ground and reach up.</p> <p>Focus on squeezing the glute of the leg on the ground.</p> <p>Your hips should move forward, but not so much that you feel over extended at your low back.</p>	<p>Always start with your hand, hip and knee vertically aligned before starting the stretch.</p> <p>This is not a very big movement and sometimes you will feel a stretch with no forward pelvis motion.</p>	<p>Hold the stretch for 2 seconds while breathing out and repeat the stretch 8-10 times per side.</p>
5. Stretch Adductor Stretch – Half Kneeling	<p>Set-up in a half-kneeling lunge position with your front knee turned-out from your body and bent at 90°, with your back knee directly aligned with your hip.</p> <p>Focus on squeezing the glute of the down leg and moving toward the turned-out leg.</p> <p>As you move laterally toward the turned-out leg you should feel a stretch in both groin muscles.</p>	<p>Always start with your hip and knee vertically aligned before starting the stretch.</p> <p>This is not a very big movement and sometimes you will feel a stretch with very little lateral pelvis motion.</p>	<p>Hold the stretch for 2 seconds while breathing out and repeat the stretch 8-10 times per side.</p>
6. Stretch Leg Cradle – Supine	<p>Lie on your back with both legs completely straight.</p> <p>Bring one leg toward your chest, grabbing behind your knee and on top of your ankle.</p> <p>Keeping your knee open at a 90° angle, attempt to guide your knee across your body towards the opposite shoulder.</p>	<p>Focus on staying long from head to heel as you bring your leg across your body.</p>	<p>Hold the stretch for 2 seconds while breathing out and repeat the stretch 8-10 times per side.</p>



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7. Activation Glute Bridge	<p>Lie on your back with your feet hip width apart and about a foot from the bottom of your pelvis.</p> <p>Focus on squeezing your glutes and bring your hips up so your body is in a straight line from shoulders to knees.</p>	<p>Focus on getting long from your shoulders through your knees, with an emphasis on driving your knees toward the wall in-front of you.</p> <p>Drive your heels into the ground to help facilitate greater glute activation.</p>	Complete 8-12 repetitions.
8. Activation Hip External Rotation – Sidelying Bent Leg	<p>Start in the “glute bridge” position described above.</p> <p>Keeping the same position, roll onto your side so that your heels, hips and shoulders are aligned.</p> <p>FEEL BETTER • MOVE BETTER •</p> <p>Keeping bottom leg firmly pressed against the ground, focus on bringing the knee of the top leg towards the ceiling, creating external rotation in your top hip.</p>	<p>Focus on keeping your body still, with the only motion coming from the external rotation in your top hip.</p> <p>Imagine that you are trying to slowly trace a quarter of a circle as you bring your top knee up towards the ceiling.</p>	Complete 8-12 repetitions on each side.
9. Activation Hip Abduction – Sidelying Straight Leg	<p>Start on your side with your head supported and your shoulders, hips, knees, and ankles completely aligned.</p> <p>Firmly press your bottom leg into the ground as you slowly reach the heel of the top leg slightly back and up towards the ceiling.</p>	<p>Focus on keeping your body still, with the only motion occurring in your top hip.</p> <p>Imagine or set-up with a wall behind you, which will be a reference point for body position and the top leg raise.</p>	Complete 8-12 repetitions on each side.
10. Activation Hip Adduction – Sidelying Straight Leg	<p>Start on your side with your head supported and your shoulders, hips, knees, and ankles completely aligned.</p> <p>Proceed by taking your top leg forward and placing your foot slightly in front of your hips.</p> <p>Firmly press your top foot into the ground as you slowly reach the heel of the bottom leg slightly back and up towards the ceiling.</p>	<p>Focus on keeping your body still, with the only motion occurring in your bottom hip.</p> <p>Imagine or set-up with a wall behind you, which will be a reference point for body position and the bottom leg raise.</p>	Complete 8-12 repetitions on each side.



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11. Integration Miniband – External Rotation (Knees)	<p>Step into a miniband and pull it up so it is just above your knees.</p> <p>Set your feet shoulder width apart and drop into a quarter to half squat.</p> <p>Start with your knees aligned over the middle of your shoes with good tension through the band.</p> <p>Proceed by allowing one knee to fall inside your shoe without your foot losing contact with the ground</p> <p>You will then push back into the band to return to the starting position over your shoe and proceed with the same movement on the other leg.</p>	<p>Focus on keeping your body completely still, only allowing movement through the hip of the active leg.</p> <p>Focus on having a solid body position as if you were preparing to perform a deadlift or receive a bounce pass in basketball.</p> <p>Alternate the movement between the left and right legs to achieve the prescribed repetitions.</p>	Complete 8-12 repetitions on each side.
12. Integration Miniband – Lateral Bent Leg (Knees)	<p>Step into a miniband and pull it up so it is just above your knees.</p> <p>Set your feet shoulder width apart and drop into a quarter to half squat.</p> <p>Start with your knees aligned over the middle of your shoes with good tension through the band.</p> <p>Proceed by moving laterally 2-3 inches, with an emphasis on your inside leg pushing you in the desired direction.</p>	<p>Focus on keeping your body completely still, only allowing movement through the hip of the active leg.</p> <p>Focus on having a solid body position as if you were preparing to perform a deadlift or receive a bounce pass in basketball.</p> <p>Imagine that there is a ceiling just above your head, which will only allow for smooth lateral movement and no up-and-down motion.</p>	Complete 8-12 repetitions on each side/direction.



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13. Integration Miniband – Lateral Straight Leg (Ankles)	<p>Step into a miniband and pull it up so it is around your ankles.</p> <p>Set your feet hip width apart and stand completely straight.</p> <p>Proceed by moving laterally 2-3 inches, with an emphasis on your inside leg pushing you in the desired direction.</p>	<p>Focus on keeping your body completely still, only allowing movement through the hip of the active leg.</p> <p>Focus on having a solid body position as if you have a cup of water on top of your head, "don't allow it to spill."</p> <p>Imagine that there is a ceiling just above your head, which will only allow for smooth lateral movement and no up-and-down motion.</p>	<p>Complete 8-12 repetitions on each side/direction.</p>
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FEEL BETTER • MOVE BETTER • PERFORM BETTER



UPRIGHT MOVEMENT

Defy Gravity

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PREHAB: TORSO			
Movement	Instruction	Cues	Sets/Reps
1. Massage Foam Roll – Mid to Upper Back	Foam roll from the top of your shoulder blades to mid back. Find areas that feel tight and hold pressure. Hold pressure until tightness diminishes.	Cross your arms across your chest to access more areas of the upper back and in between the shoulder blades	Spend 30-60 seconds rolling or until trigger point has released.
2. Massage Foam Roll – Glutes	Place the foam roll directly under your right hip. Keep your left foot flat on the ground and place your right ankle on top of your left knee, as if you were crossing your legs at a desk. Place your right hand on the ground slightly outside of the foam roll and notice that this will help position the glute of your right hip over the foam roll. Proceed by slowly rolling forward and back, holding pressure until tightness diminishes.	You can move the knee of the hip on the foam roll up and down to target deeper musculature and massage the tissue from different angles.	Spend 30-60 seconds per side or until trigger point has released.



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3. Massage Trigger Point – TFL	<p>Start by lying on your stomach on a comfortable surface.</p> <p>Take your right hand and palpate your right hip bone.</p> <p>You will then find your TFL, which is below and slightly outside of your hip bones, almost inside of your pockets.</p> <p>Once you have found your TFL, take a tennis ball and press it into the muscle.</p> <p>To secure the ball won't move, you will open your hips away from the ground, rolling your body weight onto the ball and holding pressure until tightness diminishes.</p>	<p>Most will find it comfortable to prop themselves up onto the elbow of the side they are working on, while keeping their bottom leg completely straight, and the top leg bent so they can stabilize over the ball.</p> <p>Note that this is a very small muscle and it is easy for the ball to lose position. You may need to move around a bit over the ball to make sure you are on the target area.</p>	<p>Spend 30-60 seconds per side or until trigger point has released.</p>
4. Stretch Trigger Point – Thoracic Spine	<p>To perform this exercise you will need two tennis balls tapped together, which is known as a peanut.</p> <p>Place the peanut under the upper portion of your back in the middle of your shoulder blades.</p> <p>Each tennis ball should be positioned on the thick muscles on either side of your back, with your spine aligned over the middle of the peanut.</p> <p>Once the peanut is in position you will slowly lie down, keeping your hips and knees bent as if to perform a sit up.</p> <p>Once you're relaxed over the peanut, you will flex and extend your arms at your shoulder in an alternating fashion, which will help mobilize the muscle tissue over the ball.</p>	<p>Go through this protocol at 2-3 spots on your upper back only. This should not be done for the neck or lower back.</p> <p>Focus on extending over the peanut and really taking deep breaths as you alternate your arms through flexion and extension.</p>	<p>Perform 8-10 arm lifts each side at 2-3 different points along your upper back.</p>



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5. Stretch Trunk Rotation – Half Kneeling	<p>Set-up in a half-kneeling lunge position with your front and back knees both bent at 90°.</p> <p>Place both hands behind your head and get as tall as you can from head to knee.</p> <p>Slowly rotate towards the forward leg and laterally flex down in that same direction once you feel you cannot rotate any farther.</p> <p>Return to a tall position and rotate back to center. You will continue this for the prescribed repetitions before switching legs and the direction of rotation.</p>	<p>It is important to stay tall the entire time and attempt to keep the top of your head as far away from the ground as possible when rotating.</p> <p>During the lateral flexion portion of the stretch it is important to focus on lifting the outside elbow toward the ceiling rather than trying to touch the inside/downward elbow to the floor. This keeps the overall emphasis of the stretch on staying tall and keeps length in the spine.</p>	<p>Hold the stretch for 2 seconds while breathing out and repeat the stretch 8-10 times per side.</p>
6. Stretch Quad/Hip Flexor Stretch – Half Kneeling	<p>Set-up in a half-kneeling lunge position with your front and back knees bent at 90° angle.</p> <p>Take the arm of the leg on the ground and reach it to the sky as if to keep the ceiling from falling down.</p> <p>Focus on squeezing the glute of the leg on the ground as your reach towards the ceiling.</p> <p>Your hips should move forward, but not so much that you feel over extended at your low back.</p>	<p>Always start with your hand, hip and knee vertically aligned before starting the stretch.</p> <p>This is not a very big movement and sometimes you will feel a stretch with no forward pelvis motion.</p>	<p>Hold the stretch for 2 seconds while breathing out and repeat the stretch 8-10 times per side.</p>



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7. Activation Pillar Bridge	<p>Laydown on your stomach and place your elbows directly under your shoulders with your forearms flat on the ground.</p> <p>Keeping your feet hip width apart and toes tucked, lift your hips in the air so that your head, upper back and hips are all aligned.</p> <p>You should be straight from head to heel, creating an almost perfect rectangle with the ground.</p>	<p>Focus on staying long from head to heel, as if a string was pulling the top of your head away from the bottom of your shoes.</p> <p>Imagine that if a board was on your back it should evenly touch your head, upper back and hips.</p> <p>Imagine there is a cup of water on your head, upper back and hips, and your goal is to not let them spill.</p>	<p>Hold position for 30-60 seconds or the prescribed amount of time.</p>
8. Activation Lateral Pillar Bridge	<p>Lie on your side so that you are completely straight from head to heel.</p> <p>Place the elbow of your bottom arm directly under your shoulder with your forearm firmly pressed against the ground.</p> <p>Take the bend out of your body by lifting your hips towards the ceiling so that you are straight from shoulder to shoe.</p>	<p>Similar to the pillar bridge, focus on being as long as possible from head to heel.</p> <p>Imagine that if a board was glued to your back it should evenly touch your head, upper back and hips.</p> <p>Imagine that you have a big belt buckle on and you are pressing it forward so there is no bend in your hips.</p>	<p>Hold position for 30-60 seconds or the prescribed amount of time on each side.</p>



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9. Activation Diagonal Arm Lift	<p>Start in a push-up position with your feet outside your shoulders and hands slightly inside your shoulders.</p> <p>Proceed by reaching one of your arms up and forward as if to create half of a "Y" relative to your body.</p> <p>Continue by alternating your arms through the diagonal lift.</p>	<p>Keep your head, torso and lower body completely still as you move through your shoulder.</p> <p>Focus on reaching your fingertips away from your shoulders as you raise your arms to the half "Y" position.</p> <p>Note that your arm/hand should finish in-line with the torso, slightly outside of your shoulders, with your biceps next to your ears.</p>	Complete 5-10 repetitions on each side.
10. Integration Stability Lift – Half Kneeling Cable (Bar)	<p>Attach a bar or triceps rope to a cable system set at the bottom position.</p> <p>Set-up so the line of pull will cross parallel with the body and drop into a half-kneeling lunge position with the leg closest to the cable down and the leg farthest from the cable up.</p> <p>Grasp the bar or rope just wider than shoulder width.</p> <p>Pull the bar or rope at a 45° angle across the body until the outside arm is completely extended and the inside arm is near the chest.</p> <p>Proceed by pressing the inside arm forward and across the body until your arm is completely extended.</p> <p>Return the bar or rope to the starting position by reversing the steps above.</p>	<p>Focus on being tall from head to knee and minimizing any movement in the body.</p> <p>Focus on fighting the forces trying to rotate you toward the cable system.</p> <p>Use a bungee and attach it to an anchor point if you do not have access to a cable system.</p>	Complete 8-12 repetitions on each side.



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11. Integration Stability Chop – Half Kneeling Cable (Bar)	<p>Attach a bar or triceps rope to a cable system set at the top position.</p> <p>Set-up so the line of pull will cross parallel with the body and drop into a half-kneeling lunge position with the leg closest to the cable up and the leg farthest from the cable down.</p> <p>Grasp the bar or rope just wider than shoulder width.</p> <p>Pull the bar or rope at a 45° angle across the body until the outside arm is completely extended and the inside arm is near the chest.</p> <p>Proceed by pressing the inside arm forward and across the body until your arm is completely extended.</p> <p>Return the bar or rope to the starting position by reversing the steps above.</p>	<p>Focus on being tall from head to knee and minimizing any movement in the body.</p> <p>Focus on fighting the forces trying to rotate you away from the cable system.</p> <p>Use a bungee and attach it to an anchor point if you do not have access to a cable system.</p>	<p>Complete 8-12 repetitions on each side.</p>
12. Integration Crawling – Forward and Back	<p>Assume a quadruped position with hands under the shoulders and knees under the hips.</p> <p>Lift the knees 3-4 inches off the ground.</p> <p>Start by moving the right arm and left leg together in the same forward/backward direction.</p>	<p>Keep the shins parallel to the floor.</p> <p>Keep the hips stable as if you have a cup of water on your low back, "don't spill the water."</p> <p>As you move forward, keep the knees inside of the elbows.</p>	<p>Complete for a total of 5-10 yards forward and back or as prescribed.</p>



UPRIGHT MOVEMENT

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PREHAB: SHOULDER			
Movement	Instruction	Cues	Sets/Reps
1. Massage Trigger Point – Pectoralis Minor	Place a tennis ball on upper portion of pec and roll sternum to shoulder. Find areas that feel tight and hold pressure. Hold pressure until tightness diminishes.	Move your arm, allowing you to hit different areas of the muscle.	Spend 30-60 seconds per side or until trigger point has released.
2. Massage Foam Roll – Latissimus Dorsi	Foam roll from under your shoulder, down your side and toward your low back. Find areas that feel tight and hold pressure. Hold pressure until tightness diminishes.	Rotate hand, allowing you to hit different areas of the muscle.	Spend 30-60 seconds per side or until trigger point has released.
3. Massage Foam Roll – Mid to Upper Back	Foam roll from the top of your shoulder blades to mid back. Find areas that feel tight and hold pressure. Hold pressure until tightness diminishes.	Cross your arms across your chest to access more areas of the upper back and in between your shoulder blades.	Spend 30-60 seconds per side or until trigger point has released.
4. Stretch Pec Stretch (Stability Ball)	Set-up in a quadruped position on the ground with your shoulder/elbow set at a 90° on top of a physioball. Focus on reaching your elbow away from your body, while dropping your chest towards the floor. Reach and drop until you feel a comfortable stretch in your chest.	As you drop your chest towards the floor, focus on slightly rotating away from the arm on the physioball to increase the stretch.	Hold the stretch for 2 seconds while breathing out and repeat the stretch 8-10 times per side.



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5. Stretch Latissimus Dorsi Stretch (Foam Roll)	<p>Sit back on your heels with hands extended in front of you on a foam roll.</p> <p>Keep your hands shoulder width apart and hands palms up.</p> <p>While sitting back on your heels, focus on rolling the foam roll forward while dropping your chest towards the floor.</p>	<p>Focus on rolling the foam roll as far as you can from your hips, while getting your chest as close to the floor as possible.</p>	<p>Hold the stretch for 2 seconds while breathing out and repeat the stretch 8-10 times per side.</p>
6. Stretch 90-90 Stretch (Foam Roll)	<p>Lay on your side with your top hip/knee bent at 90° and resting on a foam roll.</p> <p>Your hands should be stacked and stretched in front of your shoulders, with your bottom leg completely straight.</p> <p>Focus on reaching your top hand up and behind you as you rotate away from the leg on the foam roll.</p>	<p>Focus on reaching and rotating as far as you can without your top knee losing position or leaving the foam roll.</p> <p>Focus on tracking your hand with your eyes, rotating your head at the same speed as you rotate trunk.</p>	<p>Complete 8-12 repetitions.</p>
7. Activation Ys – Bent Over	<p>Start in a standing position with your knees slightly bent and feet hip width apart.</p> <p>Hinge at your hips as if to bow and lower yourself until your torso is parallel to the floor.</p> <p>While keeping your arms completely straight, slowly reach your thumbs up to the ceiling so that you create a "Y" relative to your torso.</p>	<p>Keep your head, torso and lower body completely still as you move through your shoulder.</p> <p>Focus on reaching your fingertips away from your shoulders as you raise your arms to the "Y" position.</p> <p>Note that your arms/hands should finish in-line with the torso, slightly outside of your shoulders, with your biceps parallel to your ears.</p>	<p>Complete 8-12 repetitions.</p>



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8. Activation Ts – Bent Over	<p>Start in a standing position with your knees slightly bent and feet hip width apart.</p> <p>Hinge at your hips as if to bow, and lower yourself until your torso is parallel to the floor.</p> <p>While keeping your arms completely straight, slowly reach your thumbs up to the ceiling so that you create a "T" relative to your torso.</p>	<p>Keep your head, torso and lower body completely still as you move through your shoulder.</p> <p>Focus on reaching your fingertips away from your shoulders as you raise your arms to the "T" position.</p> <p>Note that your arms/hands should finish in-line with your upper back, aligned with your shoulders, with a 90° angle between the arm and the torso.</p>	Complete 8-12 repetitions.
9. Activation Ws – Bent Over	<p>Start in a standing position with your knees slightly bent and feet hip width apart.</p> <p>Hinge at your hips as if to bow, and lower yourself until your torso is parallel to the floor.</p> <p>Allowing your elbows to bend, slowly create a "W" relative to your torso as if you were gesturing "I don't know."</p>	<p>Keep your head, torso and lower body completely still as you move through your shoulder.</p> <p>Focus on reaching your elbows toward your hips as you bend and raise your arms to the "W" position.</p> <p>Note that your elbows will end up at your sides as your bring your thumbs toward the ceiling, finishing with your elbow bent to a 45° angle relative to your upper arm.</p>	Complete 8-12 repetitions.



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10. Integration Hand Walks	<p>Start in a standing position with your knees slightly bent and feet hip width apart.</p> <p>Hinge at your hips as if to bow, and lower yourself until your fingertips are barely touching the floor.</p> <p>Minimizing sway in the body, start to slowly walk your hands forward as far as you can without breaking a neutral position in your torso.</p> <p>Then slowly walk your feet back towards your hands, taking 1-2 inch baby steps to minimize sway in the body.</p>	<p>Focus on keeping your body still as if there were walls on either side of you.</p> <p>Focus on keeping your torso, from head to hip, completely straight, as if your head, upper back and hips were glued to a board.</p> <p>Walkout to a push-up position for low difficulty and progress to walking your hands out past your shoulder for a larger challenge.</p> <p>Focus on driving the heels of your shoes down as you walk back towards your hands and keep your hips still as if to balance a cup of water on them.</p>	Complete 5-10 repetitions.
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11. Integration Kettlebell – Turkish Get Up	<p>Start on your right side with your body completely straight and your selected KB right in-front of your shoulders.</p> <p>Grasp the KB with your right hand under the handle and the left hand on top.</p> <p>Keeping both hands on the handle of the KB, slowly roll to your left until you are on your back and the KB is comfortably placed against the right side of your chest.</p> <p>Keep your left leg straight and slowly bring your right leg up to a bent position with your foot flat on the ground.</p> <p>Use both hands to drive the KB above the right shoulder. Once secure, you can let go with your left hand and place it on the ground so it creates a 90° angle with your torso. (This is the start position)</p> <p>Using your left arm and right leg to push, drive the KB toward the ceiling so that you achieve a sitting position.</p> <p>Proceed by bridging off the ground so that you have three contact points (i.e., left arm, left leg, and right leg).</p> <p>Once lifted, bring the left leg back and the left arm off the ground so that you are in a half-kneeling lunge position.</p> <p>Keeping the right arm and torso straight, finish by standing up.</p> <p>You will then complete the steps in reverse order so that you return to the lying "start position."</p>	<p>Focus on keeping the arm holding the KB completely straight through the entire movement.</p> <p>Your knuckles should always parallel the ceiling, with a neutral wrist and the KB locked against your forearm.</p> <p>Perform the movement slowly, with a goal of keeping all transitions up and down as smooth as possible.</p> <p>Focus on moving your body under and around the KB, opposed to moving the KB around your body.</p> <p>If the whole movement is difficult then you can work through a couple levels before you put the whole movement together. (ex., work on getting to the bridge position and then back to the lying position)</p>	<p>Complete 4-6 repetitions on each side or as prescribed by your program.</p>
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