

# Physical Self-Care Routine

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*My structured approach to improving general fitness and reducing injury risk*

## Summary

<b>1</b>	<b>Myofascial Release - Once Daily</b>	<b>2</b>
1.1	Foam Roller . . . . .	2
1.2	Ball . . . . .	2
<b>2</b>	<b>Yoga - 3x weekly(?)</b>	<b>3</b>
<b>3</b>	<b>Aerobic Training - 3x weekly(?)</b>	<b>4</b>
<b>4</b>	<b>Strength Training - 3x weekly(?)</b>	<b>5</b>
<b>5</b>	<b>Rock Climbing Training - 3x weekly(?)</b>	<b>6</b>

# **1 Myofascial Release - Once Daily**

## **1.1 Foam Roller**

For each of the following perform 10 complete rolls (1 roll = top to bottom to top):

1. Upper Back
2. Latissimus Dorsi
3. Gluteus Maximus - place ankle on knee; roll one side at a time
4. Hip Flexors
5. IT band

## **1.2 Ball**

Place ball on wall or floor and roll out the following with 10 complete rolls per side:

1. Pectoral Release
2. Scapular Release

2 Yoga - 3x weekly(?)

### **3 Aerobic Training - 3x weekly(?)**

## 4 Strength Training - 3x weekly(?)

## 5 Rock Climbing Training - 3x weekly(?)