

Physical Self-Care Routine

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A structured approach to improving general fitness and reducing injury risk

Summary

1	Self-Myofascial Release (SMR) - Once Daily	2
1.1	Foam Roller	2
1.2	Ball	2
2	Yoga - 3x weekly(?)	3
3	Aerobic Training - 3x weekly(?)	4
4	Strength Training - 3x weekly(?)	5
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1 Self-Myofascial Release (SMR) - Once Daily

A systematic review found that SMR may reduce perceived pain after intense exercise and improve joint range of motion.[1] Further, a small study found that emphasizing static pressure on myofascial trigger points during each session may help resolve muscle impairments.[2]

Time to complete: 9 minutes

1.1 Foam Roller

For each of the following perform 10 complete rolls (1 roll = top to bottom to top). Emphasize static pressure on trigger points.

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 floor and roll out the following with 10 complete rolls per side. Emphasize static pressure on trigger points.

1. Pectoral Release
Lie on stomach, cross one arm behind back, and roll armpit to sternum on that side
2. Scapular Release
Lie on back, cross arms over chest, and roll along medial border of scapula

2 Yoga - 3x weekly(?)

3 Aerobic Training - 3x weekly(?)

4 Strength Training - 3x weekly(?)

5 Rock Climbing Training - 3x weekly(?)

6 References

- [1] S. W. Cheatham et al. “THE EFFECTS OF SELF-MYOFASCIAL RELEASE USING A FOAM ROLL OR ROLLER MASSAGER ON JOINT RANGE OF MOTION, MUSCLE RECOVERY, AND PERFORMANCE: A SYSTEMATIC REVIEW”. In: *Int J Sports Phys Ther* 10.6 (Nov. 2015), pp. 827–838 (cit. on p. 2).
- [2] J. Wilke, L. Vogt, and W. Banzer. “Immediate effects of self-myofascial release on latent trigger point sensitivity: a randomized, placebo-controlled trial”. In: *Biol Sport* 35.4 (Dec. 2018), pp. 349–354 (cit. on p. 2).