

# Physical Self-Care Routine

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

## Summary

<b>1</b>	<b>Self-Myofascial Release (SMR) - 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>
<b>6</b>	<b>References</b>	<b>7</b>

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

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(?)

## 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).