

# Physical Self-Care Routine

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

## Summary

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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 Strength Training

This section emphasizes strength training in relation to rock climbing. The intention is to enhance strength and reduce injury risk.

### 2.1 Upper Body - 2x weekly

Consider doing one set of these with light weight pre-climbing workout then two sets with higher resistance post-workout.

#### 2.1.1 Wrist Stabilizers

1. Reverse Wrist Curls with dumbbell  
Two sets: First is 20-25 reps with 3 minute rest then heavier weight 10-15 reps.
2. Wrist Extension Isometric  
Rest forearm on flat surface and hold dumbbell straight out over space. Hold for 45-60 seconds per side with 3 minute rest in between. Long term, aim for 2 minute hold.
3. Wide Pinch with Wrist Extension  
Find a wide grip device, such as 2-3 2x4s screwed together, that weight can be hung off of. Standing tall, grip the block and weight with arm by side. Hold for 10-30 seconds with lighter weight at first. Eventually graduate heavier weights with 10 second hold times. Perform three sets of three reps per hand consecutively with 3 minute rest between sets.
4. Pronator Isolation  
Sit, palm up, elbow on knee. Hold a 3 lb sledgehammer upright in one hand and raise and lower to outside of body. 20-25 reps with 2 sets each hand.
5. Reverse Arm Curls  
Using weighted bent barbell with hands on top of bar while standing, perform 15-20 reps with light weight then 2 more sets with heavier weight.

#### 2.1.2 Rotator Cuff and Scapular Stability

1. Elastic band or dumbbell internal rotation  
Only move hand and forearm across the body. Recommended to lie on side with arm on floor at 90 degrees. Lift dumbbell from floor to opposite side of body. Perform 2 sets of 25 reps on each side.
2. Elastic band or dumbbell external rotation  
Same as above, only moving in opposite direction. Dumbbell is moved by upper arm if lying on floor.

**3    Yoga - 3x weekly(?)**

## 4 Aerobic 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).