

Injury Reduction Strategies (IRS) 'THE BIG 5' Mobility Sequence

GET THE MOST OUT OF YOUR MOBILITY:

This sequence is best done either at the end of a training session or even better as a separate 10-15 session on its own eg. before bed

- Be sure you relax into the stretch.
- Have a mat, pillow, blanket, bolster etc. nearby if needed for comfort.
- Move slowly in and out of stretches.
- Allow yourself to move deeper into poses as your mobility improves.
- Breathe in through the nose, expanding the belly down first, then out 360° and lastly, expand the ribs.
- Try to make your inhales and exhales 8-10s in duration.



Primary Benefit: Shoulders and upper back

Secondary Benefit: Quads, knees, shins, ankles and toes

The Movement: Right arm up and over the shoulder, reaching back and down. Left arm down and back, reaching back and up. Hold for 1-2 mins. Repeat opposite side.

Tips: Focus on opening up the chest and aim to get your arms to meet in the middle of your back. Avoid hyperextending (arching) your lower back. Use a strap/towel/belt to assist as shown.



Primary Benefit: Rear shoulder of outstretched arm

Secondary Benefit: Thoracic spine

The Movement: Start on all fours. Thread one arm under torso, resting head/ear on ground. Keep hips high and support with the other arm on the floor. Hold for 1-2 mins. Slow, deep breaths & RELAX. Return to all fours and repeat on the opposite side.

Tips: You may reach further if mobility allows. The support arm can also tuck behind in lower back, but emphasis remains on outstretched arm – this will increase benefit to thoracic spine.

Injury Reduction Strategies (IRS) 'THE BIG 5' Mobility Sequence Continued

3. Downward Dog



Primary Benefit: Hamstrings and calves

Secondary Benefit: Spine and shoulders

The Movement: From hands and knees, press hips up. Chest should come 'through' arms. Gaze to torso. Hold for 5 deep breaths and reach hips high.

Tips: 'Walk' out your feet (alternate lifting and lowering heels) to loosen calves. Maintain a flat back – bend knees if you must. Advanced pose can aim to 'lift' toes.

4. Dragon



Primary Benefit: Hip flexor and groin

Secondary Benefit: Glutes and quads

The Movement: From down dog, step forward with one leg. Drop back knee and push hips forward. Slow, deep breaths & RELAX. Hold for 1-2 mins. Move into Pigeon (#5) before switching sides.

Tips: Focus on the front hip of the kneeling side. Avoid hyperextending (over-arching) your lower back. Advanced users can bring elbows to ground as long as their spine doesn't round.

5. Pigeon



Primary Benefit: Glutes

Secondary Benefit: Groin, low back and thigh

The Movement: From Lizard, bring foot forward and across, placing shin at front of mat. Extend other leg back to your ROM. Hold for 1-2 mins. Move back to Down Dog #3, switching sides.

Tips: Hands can be elevated, or forehead can rest on the floor. Increase intensity by moving foot closer to forearms. Decrease intensity by sitting on a cushion or bolster to protect spine.

Contact your local Health Promotion Team for more IRS Information.
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