

# Ice Hockey - post game stretching Program for Oxford Junior Stars Ice hockey club

Trainer: Caroline Dendy

#### Introduction

This program is designed to help prevent injury in future years, as muscles shorten over time if they aren't stretched after exercise. It should take only 10mins to complete. If you don't feel the stretch, either go deeper or seek guidance/help.

#### Warm Up

If it is more than 5mins since your exercise/game you should warm-up again with a gentle jog for 2-3mins.

Cardio Program

- Cai	- Cardio i Togram										
Act	tivity	Intensity	Duration	Comments							

Summary of the program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Buttkickers	Flexibility	1	1	30sec	medium	medium	none
Hamstring – Straight Leg Internal Rotation Functional	Flexibility	1	1/side	30sec /side	static	low	none
Downward Facing Dog	Flexibility	1	1	30sec	static	low	none
Tensor Fascia Latae – Standing	Flexibility	1	1/side	30sec /side	static	low	none
Calf – Straight Knee	Flexibility	1	1/side	30sec /side	static	low	none
Hamstring - Track	Flexibility	1	1/side	30sec /side	static	low	none
Kneeling Hip Flexor	Flexibility	1	1/side	30sec /side	static	low	none
King Pigeon Pose	Flexibility	1	1/side	30sec /side	static	low	none
Erector Spinae – Cross Leg	Flexibility	1	1/side	30sec /side	static	low	none
Lat - Kneeling	Flexibility	1	1/side	30sec /side	static	low	none
Hip Flexor – Lying	Flexibility	1	1/side	30sec /side	static	low	none

## **Cool Down**

This is the cool down stretch program.

# **Buttkickers**

 Reps: 1
 Sets: 1
 Intensity: medium

 Tempo: medium
 Rest: none
 Duration: 30sec

#### Preparation

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

# Movement

- Maintain a 'tall' body line, with NEUTRAL spine angles and belly button drawn in.
- With a "running on the spot" action, kick the heels to the butt with flexion at the knee and ankle (as shown).
- AVOID extension at the hip joint and lower back.
- Land on the toes and avoid pronation at the subtalar (ankle) joint.





### Hamstring - Straight Leg Internal Rotation Functional

Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

### Preparation

- Stand with knees unlocked.
- Hands on hips (this helps give feedback to know if pelvis is moving).

#### Movement

- Draw belly button in.
- Stand on one leg.
- Let other leg extend forward to hip level and straighten out.
- Pull leg back and let knee bend so heel hits glute.
- MAKE SURE PELVIS REMAINS STABLE, ONLY LEG SHOULD BE MOVING.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE ROM USING CONTROLLED

MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps.



### **Downward Facing Dog**

Reps: 1 Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec

## Preparation

- Start on your hands and knees with your hands directly underneath your shoulders.
- Be sure the fingers are facing straight ahead.

### Movement

- Keeping your hands firmly in place, lift the knees off the floor.
- Drive the hips high into the air, extending the legs.
- Try to keep the heels on the floor (This is not imperative).
- Try to keep a straight line running from the arms, through the spine and through the tail bone.
- Straighten the legs as much as possible without letting the lower back round.
- It is acceptable to allow the heels to come off the floor as well as slightly bend the knees to keep the back in a straight line.
- Hold this position for 3 to 5 deep breaths.

## Tensor Fascia Latae - Standing

Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

## Preparation

- Start in a standing staggered stance
- Position back leg in external rotation.

# Movement

- Transversus abdominus activation should be maintained prior to and throughout the stretch
- While activating same side glute perform a posterior tilt (flatten back) while maintaining an erect posture
- To enhance the stretch, reach same side arm up and over
- It is important not to deviate forward or backward while reaching up and over
- Pelvis should be 'tucked under' throughout stretch (posterior pelvic tilt). Range of motion should be determined by your control
- A posterior tilt, along with hip external rotation and activation of the gluteus maximus, allows for greater TFL isolation.







Calf - Straight Knee

Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

## Preparation

- Stand near a wall or sturdy object.
- Bring one leg forward for support, use your upper body to lean against wall.
- Your outstretched leg should form one straight line.

#### Movement

- Shift forward from the ankle joint until a stretch is felt in the calf.
- Hold for 20-30 seconds, repeat for 2-3 reps.



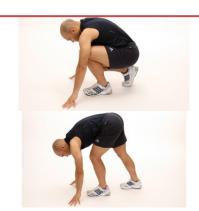
Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

#### Preparation

- Start in a standing position with feet staggered and pointed straight ahead.
- Slowly squat down in a sprinter stance.

#### Movement

- Draw your belly button inward.
- Slowly rise up out of squat position until a stretch is felt on the forward leg.
- Hold for 20-30 seconds, repeat for 2-3 reps.



**Kneeling Hip Flexor** 

Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

# Preparation

- Begin with one leg in a kneeling position and the other leg bent at a 90° angle.
- Position the back leg in internal rotation.

## Movement

- Draw your belly button inward.
- Squeeze your buttocks while rotating pelvis posteriorly.
- Slowly, move your body forward until a mild tension is achieved in the front of the hip being stretched.
- Next raise your stretch side arm up and over to the opposite side, while maintaining pelvis position.
- Hold side bend position and slowly rotate towards back leg.
- Hold stretch for a minimum of 20 seconds.



King Pigeon Pose

Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

# Preparation

- Begin in a runner's lunge position with both hands on the floor on both sides of the front foot.

#### Movemen

- Keep the trailing leg straight while drawing the front leg behind the left arm and hand.
- The shin of the right leg should be facing forward.
- The foot of the right leg should be out at a  $90^{\circ}$  position.
- Gently allow the hips to come to the floor without allowing any twisting (transverse) movement in the hips.
- Keep the torso as erect as possible.
- Bring the hands back by the right foot so that the torso is directly over the hips.
- Hold this position for 3-6 breaths.
- Repeat the entire movement for the opposite leg.





Erector Spinae - Cross Leg

Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

# Preparation

- Lie supine on ground with left leg straight out, and right leg bent and crossed over left side as shown.

•

#### Movement

- Draw your belly button inward.
- Slowly use your left arm against your right crossed leg to apply pressure to the point of tension.
- Hold for 20-30 seconds, repeat for 2-3 reps.



Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

### Preparation

- Position client in kneeling position as pictured.

#### Movement

- With one arm at a time, reach out, turn palm down (externally rotate the shoulder), push the lower back up (lumbar flexion).
- When first resistance barrier is felt, hold for 20-30 seconds.
- Repeat for 2-3 repetitions then switch arms.



Reps: 1/side Sets: 1 Intensity: low
Tempo: static Rest: none Duration: 30sec /side

# Preparation

- Lie on your side.
- Bring lower leg forward into triple flexion and grasp the ankle of top leg as shown.

#### Movement

- Draw your belly button inward (activating the deep abdominal stabilising mechanism).
- Tighten glutes and perform a posterior pelvic tilt.
- Hold for 20-30 seconds, repeat for 2-3 reps.
- Explore different hip positions to find specific 'tight spots'.





