

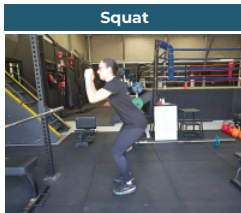


Recovery Program

Name: Darren Cottrell

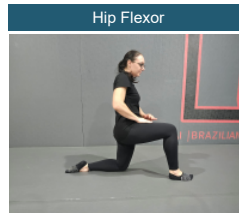
Date: 13 May 2024

Activations:

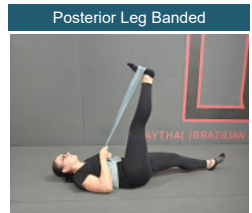


Push your heels down and let your knees bend forward.
Reps: 8-10 Sets: 2

Stretches:

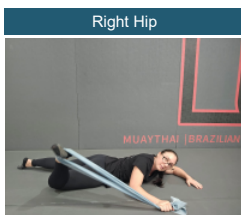


Adopt a lunge position. push your hips forward until you can feel the stretch in the front of your hip on the back leg.
Reps: 30sec Sets: 3

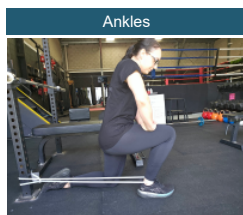


Lay face up. Put a band around the bottom of your foot. keep your leg straight and pull it up.
Reps: 30sec Sets: 3

Mobilisations:

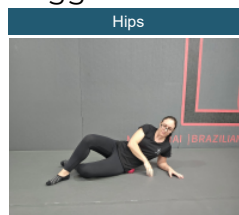


Lay face down. Use a band to pull you ankle out to the side.
Reps: 3 Sets: 1

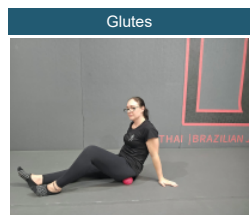


Use an anchored band around your ankle. lunge forwards.
Reps: 3 Sets: 1

Trigger Ball:

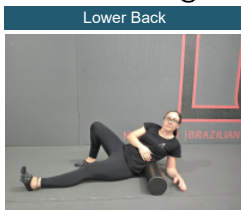


Lay on your side. Place the ball below the top arch of your hip to the front and lean forwards into it.
Reps: 30-60 sec Sets: 1

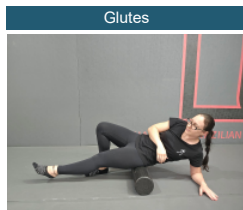


in a sitting position. Place the ball above your sit bone and move your leg in and out.
Reps: 30-60 sec Sets: 1

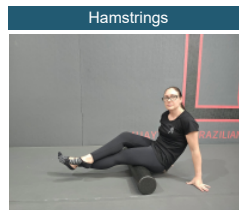
Foam Rolling:



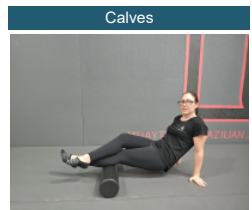
Place the roller between your ribs and upper hip. Lean back into the roller.
Reps: 30-60 sec Sets: 1



sit on the roller. Lean backwards and to one side. roll from your sit bone to the top of your hip.
Reps: 30-60 sec Sets: 1



Place the roller under your leg with your other leg crossed over the top. Roll from your sit bone to just above the knee. Move your foot to get the sides of your hamstrings.
Reps: 30-60 sec Sets: 1



Place the roller under your lower leg with your other leg crossed over the top. Roll from your knee to your ankle. Move your foot to get the sides of your calf.
Reps: 30-60 sec Sets: 1

