

MOBILIZE SKATE TRAIN RECOVER



WHAT IS MOBILITY?

Mobility is the ability to move without restriction.

Figure skaters deal with not only tight musculature,

but also soft tissue restriction in joint capsules. When a muscle is tight, range-of-motion can be compromised. Ultimately, restricted range-of-motion can affect your technique and could even contribute to injury. **Mobilization** techniques such as self-myofascial release help to increase both range of motion and stability in short and tight muscles and in soft tissue around joints and muscles. By increasing mobility, it is easier to assume positions of proper alignment that can enhance power output and performance.

Self-Myofascial Release (SMR) is a technique that can:

- Improve joint range of motion and myofascial mobility (which can contribute to increased strength and speed)
- Reduce inflammation/strain on soft tissue
- Enhance body awareness
- Promote faster post-exercise recovery

HOW DO I MAXIMIZE OFF-ICE RECOVERY?

Just as a warm-up gets your body ready to move and perform, a successful training program should include scheduled recovery. Athletes are encouraged to utilize a number of recovery methods after completing their day's training that include hydration, nutrition, some form of active recovery, and sleep.

Athletes are encouraged to:

1. Plan recovery snacking within 30 minutes of every skating and workout session so the body is able to replenish working muscles and to promote speedy muscle recovery.
2. Hydrate throughout the training day and afterwards with water and electrolytes.
3. Implement stretching and SMR after each training session to regain the resting length of muscle fibers and reduce muscle stiffness.
4. Make weekend recovery active recovery by doing gentle yoga, taking a walk, or steady stretching.
5. Get enough sleep every night.

Stability is defined as the ability to maintain control of joint movement or positions by coordinating the actions of surrounding tissues.

MOBILITY RELATES TO THE ABILITY TO MOVE; STABILITY RELATES TO CONTROLLING THIS MOVEMENT.

RAD WHY ROLL/BENEFITS

- STRETCH IT OUT**
Stimulate and open muscles to make your stretching more effective.
- KEEP JOINTS ALIGNED**
An upright and aligned body is best suited to handle the stresses of gravity and is a great home to live in!
- REDUCE SORENESS**
Rolling clears the after-effects of exercise by pumping nutrition into the muscle and moving waste products out.
- REDUCE CHANCES OF INJURY**
Your tires wear unevenly if your car's alignment is off, same for your ankles, knees, hips, back and shoulders!
- STAY LOOSE**
Improve adaptability so your body is capable of responding to the demands of your lifestyle. Willow trees bend with the wind, but the stiffest trees are the most easily cracked.

	MOBILITY IN SKATING	STABILITY IN SKATING
FEET & ANKLES	Foot and ankle mobility is critical for jump take-offs and landings, turns and edges, and supporting proper technique that transmits up to the knees and hips.	Dynamic ankle stability comes from the strength of the muscle, tendon, and connective tissue in the foot and ankle, creating a stable platform to push from, jump off, and land on when skating.
HIPS	Lack of hip mobility can prevent twisting, bending, squatting, and hinging, and can lead to anterior hip impingement – a common contributor to hip injury in skaters.	Activation exercises involve the core and hips. These areas make up the base of the trunk and help support hip and spine stability and mobility.
SHOULDERS	Shoulder mobility is essential for jumping or spinning with your arms over your head, and various pairs, ice dance and synchronized holds and lifting elements.	Shoulder stability exercises can prevent shoulder injuries and enhance performance to generate power.

RECOVERY MUST OCCUR BEFORE PROGRESS CAN BE MADE.

It is important for staying injury free, extending longevity in the sport, and preventing burn out.

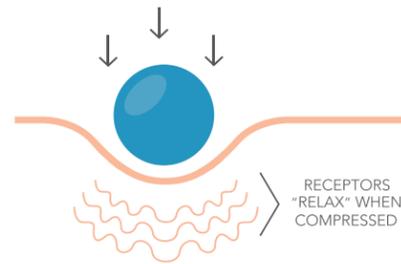
- Other recovery techniques include:**
- Massage/tissue flushing
 - Warm and cold plunges
 - Recreational exercise (unstructured, non-training)
 - Mental breaks from skating

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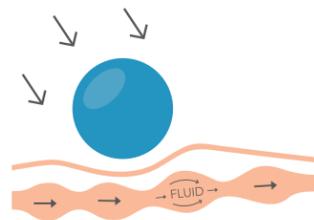
TECHNIQUES

Mix and match for minimum of 10 minutes per day.



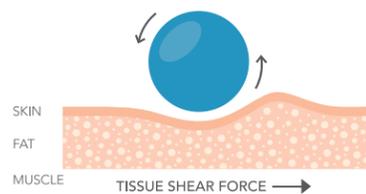
COMPRESSION/POINT RELEASE

WHAT Corrective
HOW Oscillate slowly on a spot
WHEN Morning, evening, post-workout, post-travel, during lunch break
TIME 10 breathe cycles (2 minutes)



FLUSHING

WHAT Repair and recovery
HOW Lengthwise along a muscle
WHEN Pre and post workout or physical activity, when feeling stiff
TIME 20 movements



SHEARING

WHAT Corrective
HOW Press and pull or twist tissue
WHEN Supplement physical therapy, pre-workout or physical activity
TIME 10 breath cycles (2 minutes)

THE HIPS are a common area where figure skaters may experience tightness and discomfort. It is vital the hips and surrounding tissues, especially the tensor fasciae latae (TFL) which is the main muscle that connects to the IT band, are attended to in a proactive manner.

GLUTES AND TFL

Pin and Hold: Contact a tightened part of the hips with the RAD Roller such as the glutes or TFL.



QUADS AND TFL

Flushing: Move the RAD Roller parallel to the muscle fibers over a 4-6" area at the site of tightness or discomfort, as well as above, below, and beside it.



PLANTAR FASCIA

Flushing: Move the RAD Roller parallel to the muscle fibers over a 4-6" area from the toes to the heel.



The foot, ankle, and lower leg are important for performance. Proactive intervention techniques can mean the difference between recovery and injury.

SHOULDERS get stressed not only in pairs, dance, and synchronized skating but also in singles skaters because of jump and spin positions.

PECTORALS AND SHOULDER GIRDLE

Pin and Hold: Contact a tightened part of the chest or area below the shoulder by propping the RAD Roller on a yoga block or against a sturdy wall.



THORACIC SPINE

Flushing: Brace against a sturdy wall or lie down and line up the middle groove of the RAD Roller with your spine so the roller does not move over bones. While supporting your head with your hands move the RAD Roller parallel to the muscle fibers over a 4-6" area between the shoulder blades.

CALVES AND PERONEAL MUSCLES

Pin and Hold: Contact a restricted part of the lower leg with the RAD Roller such as the calves or peroneal muscles.



10 MINUTES PER DAY BEFORE YOU SKATE

FLUSHING: Move the RAD Roller parallel to the muscle fibers over a 4 - 6" area. This will help enhance blood flow, move around recovery fluids, and break down adhesions. This technique can be used at a moderate pace to excite and prepare the tissues before an event, during a warm-up, or moving slowly for recovery during cool-down.

10 MINUTES PER DAY AFTER YOU SKATE

PIN AND HOLD: Put the roller in contact with a tight part of the body. Relax and take 10 deep breaths. This should initiate a nervous system response of relaxation which helps to engage the brain, build body awareness, "squeeze out" metabolic waste products, and is well suited for cool-down. Move the roller to a nearby site and repeat.

DIFFERENT TECHNIQUES FOR DIFFERENT EFFECTS

1. When used in a slow and controlled manner, Flushing is great for recovery; it can also "wake up" the tissues before an event by utilizing faster strokes.
2. If your goal is to increase SMR movement between superficial and deeper layers of muscle and soft tissue, try the Pin and Hold technique on the targeted muscle. Take 10 deep breaths, then slowly move the targeted body part around by getting up and moving, rotating it inward and outward, flexing/extending it, or moving it laterally away from and then toward the spine.
3. If SMR becomes too intense, try moving to a softer surface like a mat so the ball does not compress the tissues as deeply.

WHEN AND WHERE IS SMR NOT ADVISED?

Think about using your roller to target soft tissues all of the time, rather than waiting until you are painfully tight and attempting to "fix it" with SMR. Remember that if you are constantly tight and/or immobile, it can have negative effects on your movement patterns and skating technique. This will potentially impair performance and add abnormal stress to your body.

It is not recommended to use the RAD Roller on your spine if you have an injury or suspect an injury.

As always, working with a qualified coach, trainer, or medical professional is advised.