

**ARCHES - BALL**

Start just behind 5th MTPJ with heel on ground, knee slightly bent

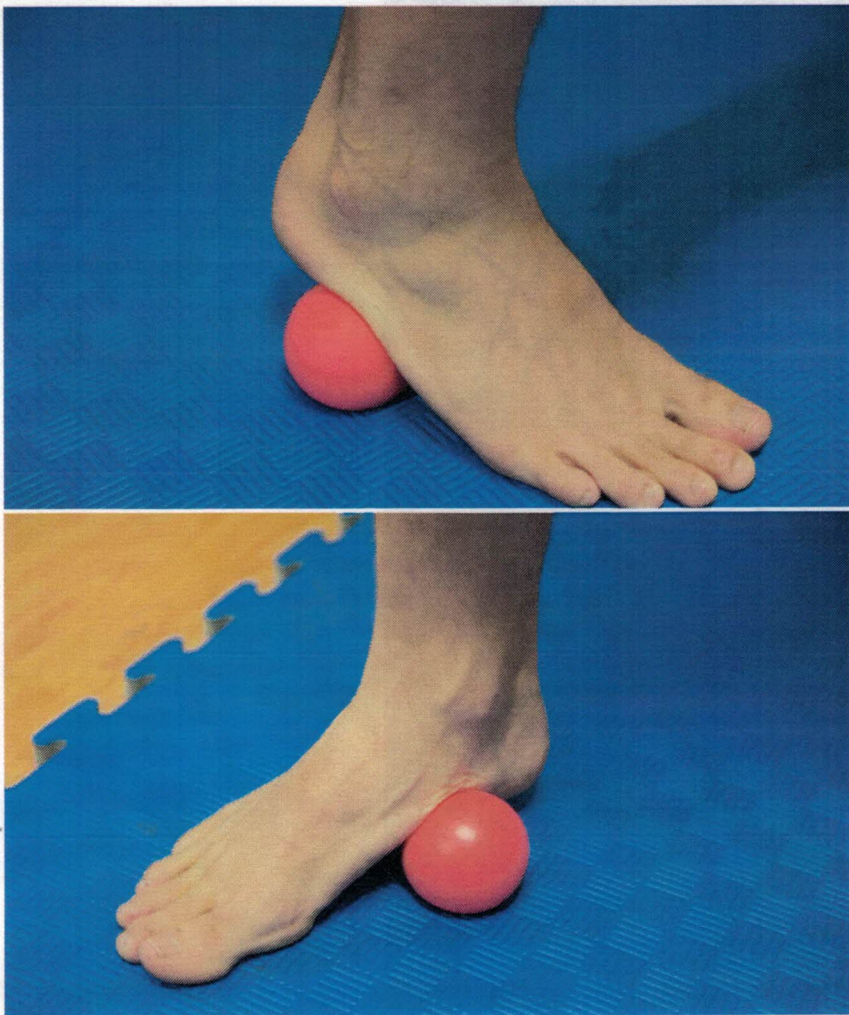
Lean onto ball and roll foot SLOWLY but FIRMLY over ball

Continue until at least two-thirds of the ball is visible on the inside of the foot

Take weight off ball and head back to start position

Slide your foot 1cm along ball and repeat as above

Continue this process until you cannot keep the heel on the ground.. Most people will get 2, 3 or 4 sections completed



**ARCHES - BALL (CONT)**

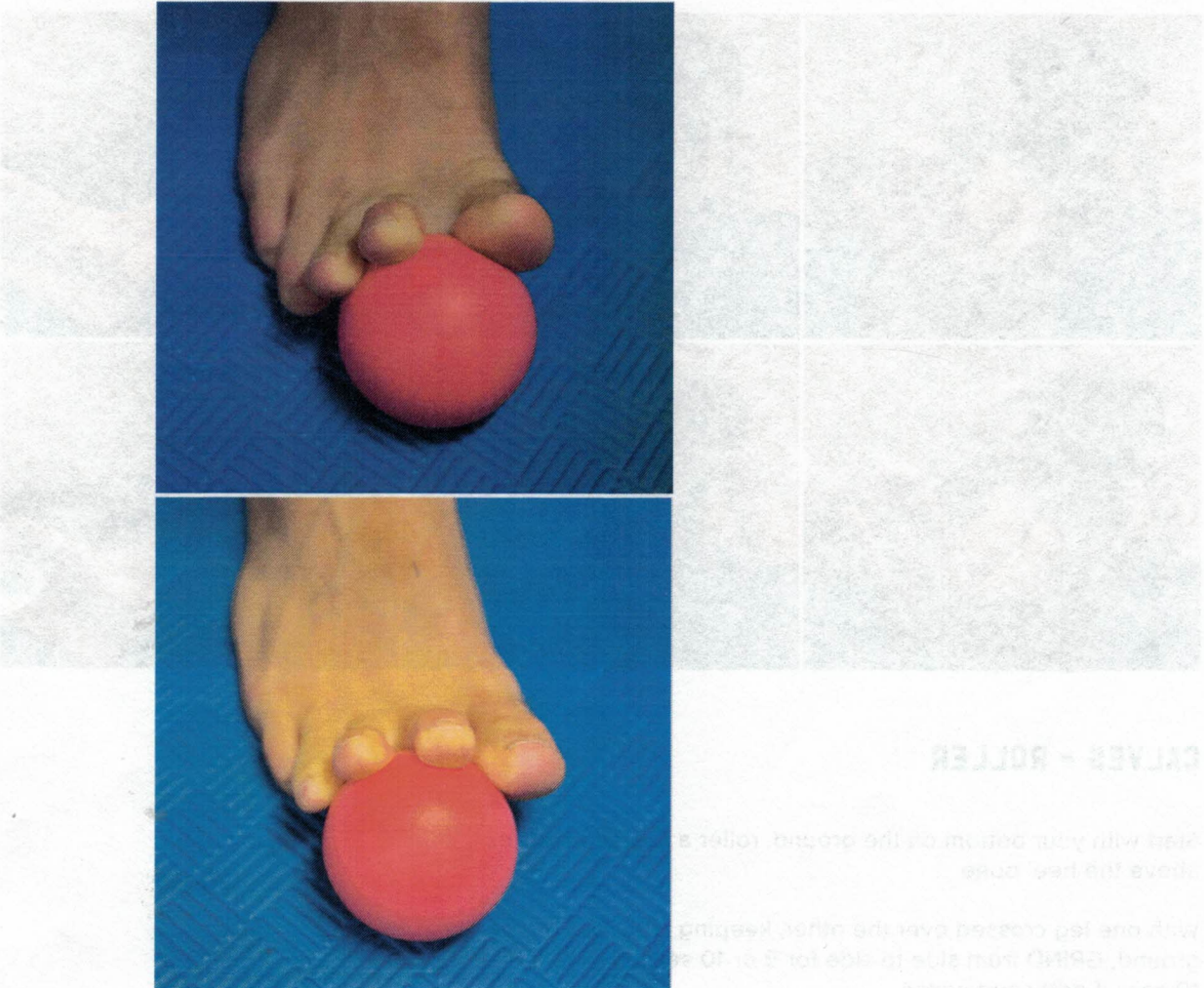
Now, shift your foot over the ball and put your toes on the ground

Adjust your supporting foot so your body weight is on the ball

As above, roll your foot SLOW and FIRM over the ball from the OUTSIDE of the foot to the INSIDE

Repeat for the last release, which will be just in front of your HEEL BONE

Always slow.. Always firm.. Always outside to in..  
It should take about one and a half minutes per foot and the improvement will be immediate

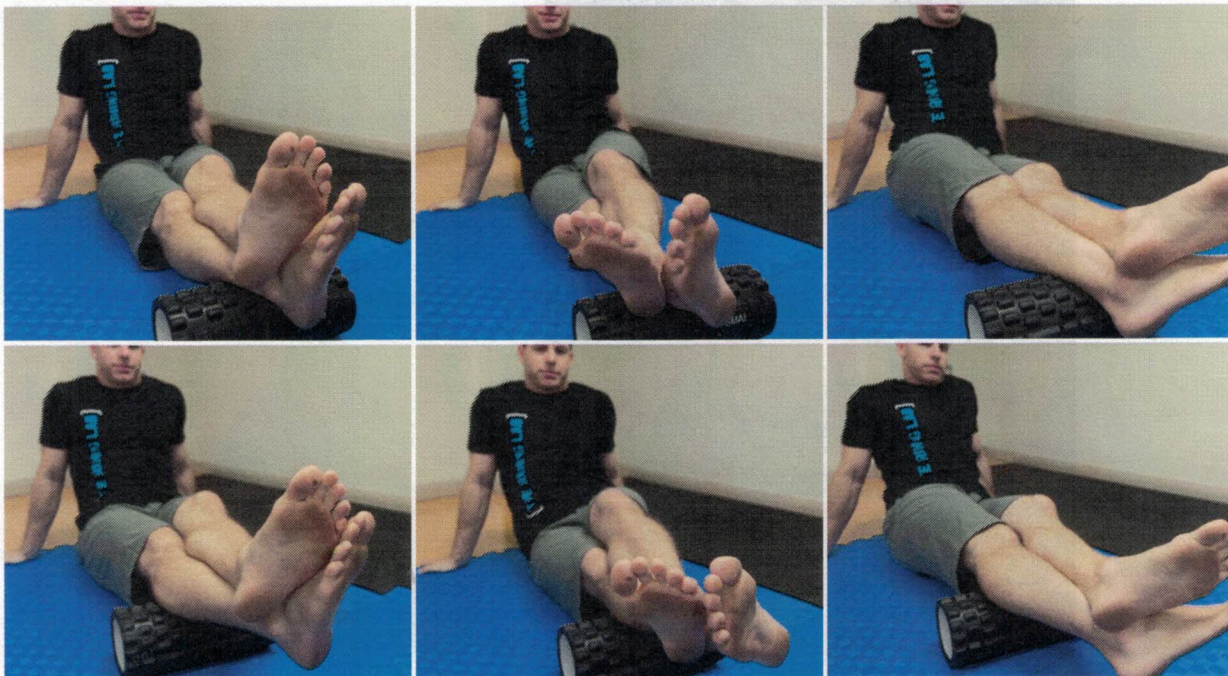


**DIGITS - BALL**

Sitting or standing, roll your foot down the ball so your foot, and hopefully ball of foot, is firmly on the ground.. With the ball between the 1st and 2nd toe

Repeat for the 2nd and 3rd toes.. the 3rd and 4th.. And, if you find it beneficial, the 4th and 5th

I hold the ball in the 1st/2nd digit for about 30 secs.. But only about 10 to 15 secs for the other spaces



**CALVES - ROLLER**

Start with your bottom on the ground, roller a few centimetres above the heel bone

With one leg crossed over the other, keeping your butt on the ground, GRIND from side to side for 5 or 10 secs (5 secs if healthy.. 10 secs if gritty and junky)

Move the roller one inch up your calf and repeat.. inch by inch until you get to just below the knee

Head back to the start position and shift your butt laterally

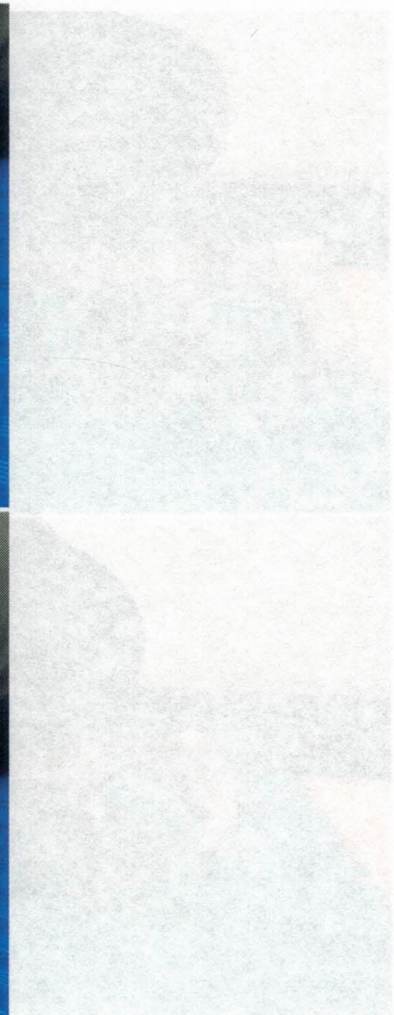
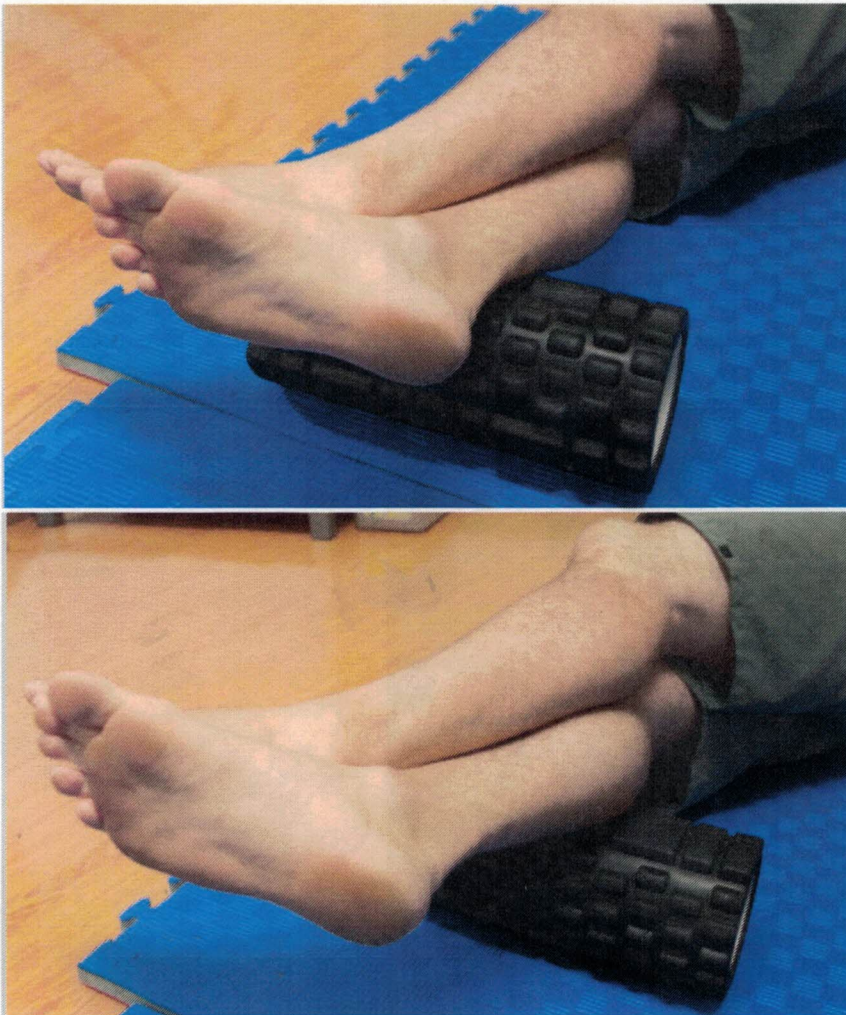
Repeat the above process, working up the lateral one third of the calf muscle

Head back to the start position again and shift your butt medially

Repeat the above process, working up the medial one third of the calf muscle

Key word = GRIND

This whole process should take about 4 to 5 minutes per calf muscle



**PERONEALS - ROLLER**

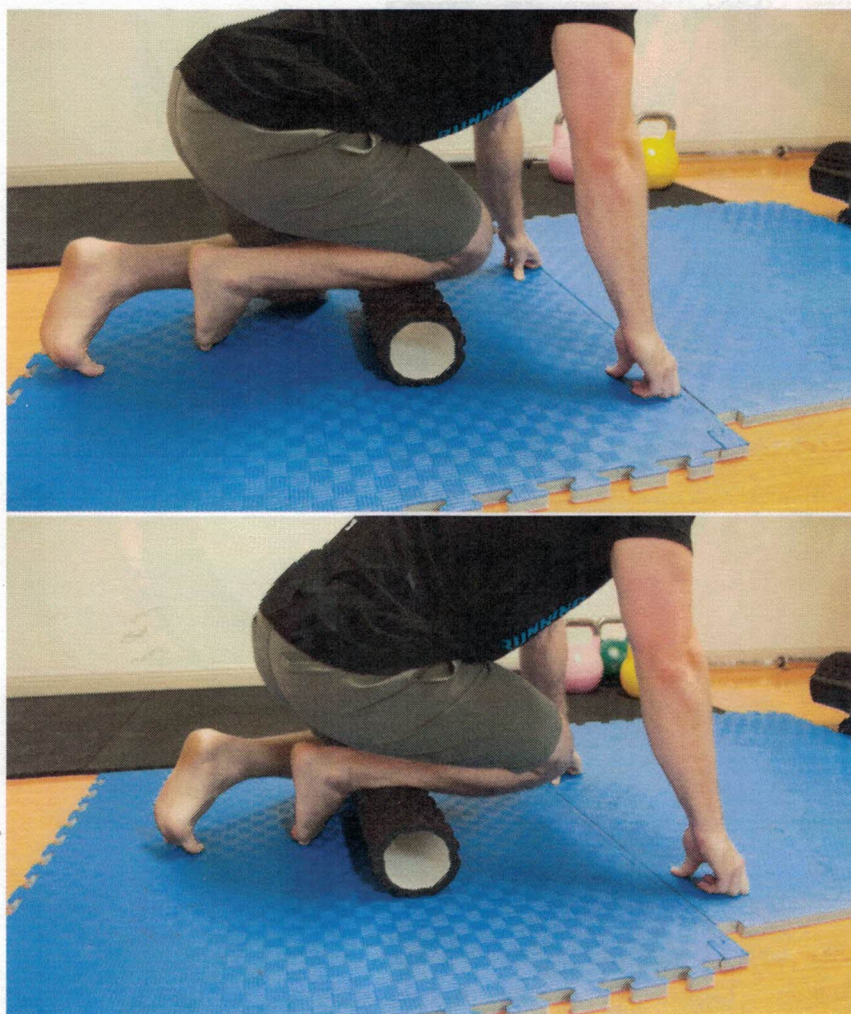
Adopt the same position as per the calf release but shift your hips a long way laterally so the outside of your leg is on the roller

The starting point is slightly higher than the calves, being about 10cm above the ankle bone

The grind in this movement is almost a complete horizontal shift, as opposed to the roll for the calves

The 5 or 10 sec rule is the same as per the calf method

Shift the roller up 2cm at a time until you reach the head of the fibula (bone on the outside of your leg, just below your knee)



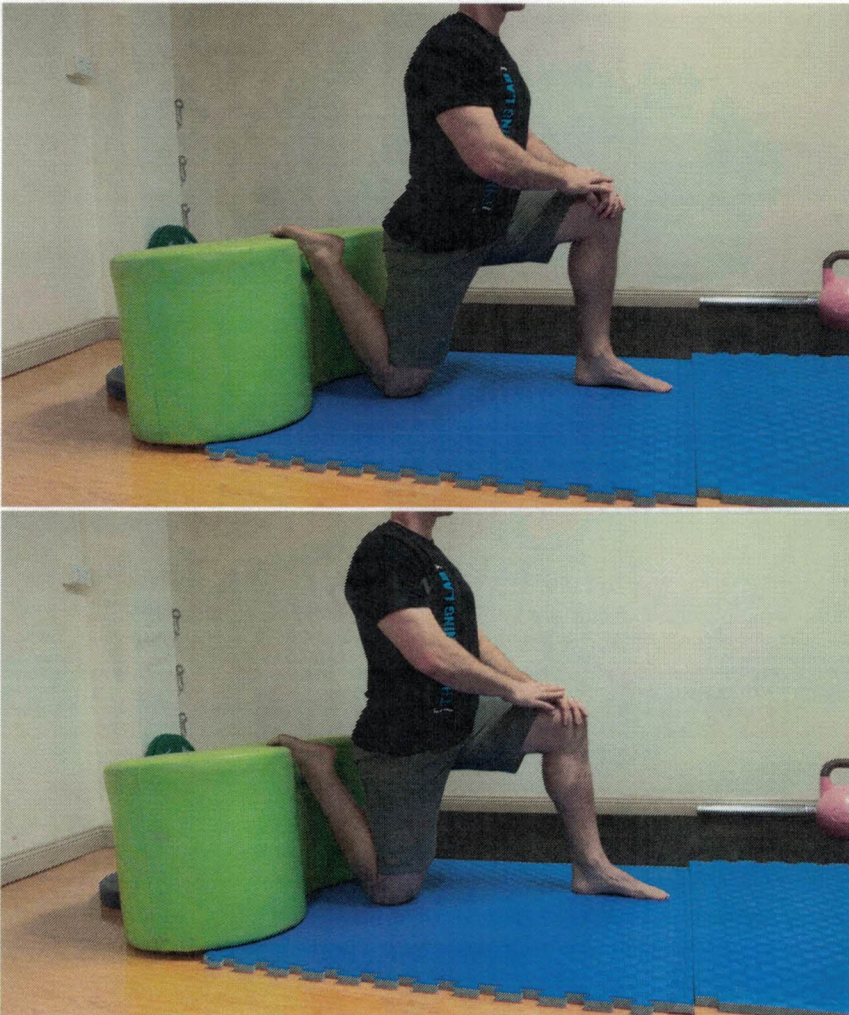
**EXTENSORS - ROLLER**

Adopt a pseudo-crawling position with the roller just below one knee, outside the shin

Keep as much body weight over the roller as possible while keeping hands and opposite knee on the ground

Slowly work from top of leg (below knee) to about 10cm above the ankle.. This is the superficial layer release, opening the path to the deeper fibres (where the real business is at)

Repeat a 2nd time to tap into the deeper extensor fibres  
 If necessary repeat a 3rd time - a lumpy roller will knead its way into the deeper fibres rather than just compress and squish them



**HIP FLEXORS**

Almost all modern active humans will benefit from this stretch

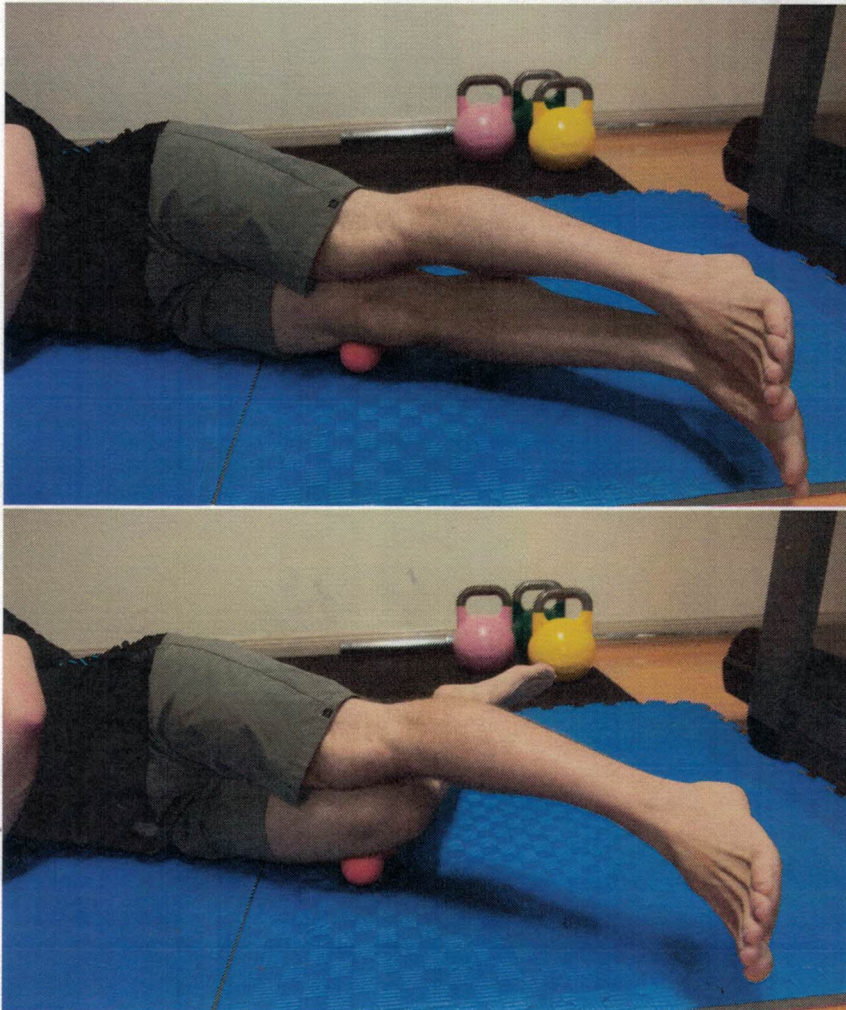
Starting with one knee down and the associated foot elevated behind, place the opposite foot out in front

Keeping a straight line from knee through shoulder slowly push your hips back so your butt heads towards your elevated foot

Try to not let your back arch and your ribs flare out

Aim for 3mins to really open up the anterior hip joint capsule...

BUT.. every 30secs, lean forward and reset the straight line between knee and shoulder



**DISTAL ITB**

Absolutely one of my favourite exercises to give slack back to the ITB.. This may just stop you mindlessly bashing this poor fascia

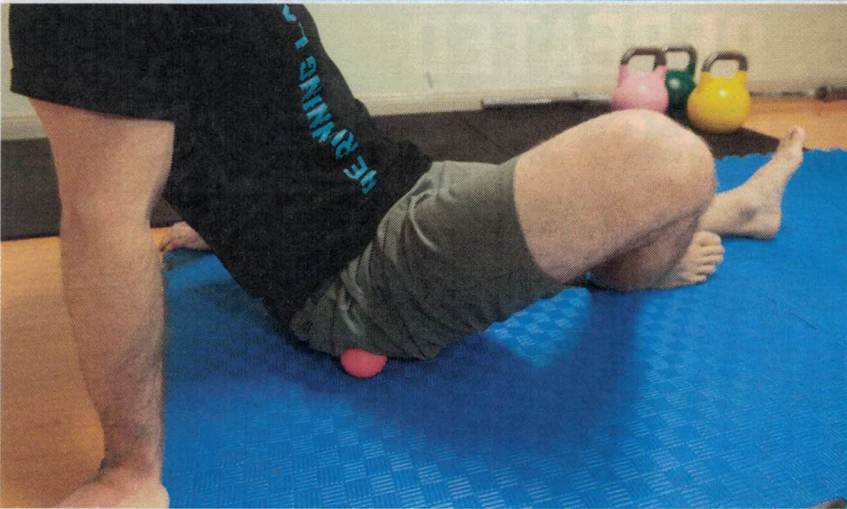
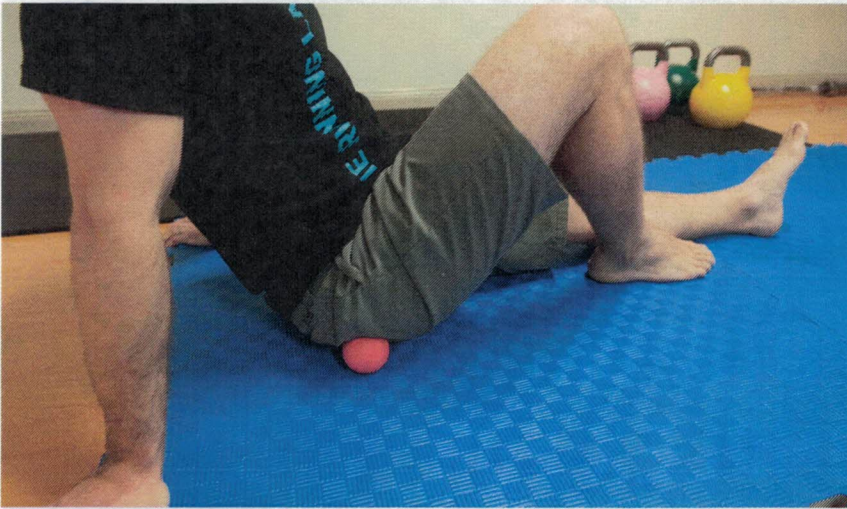
You need a Double-Ball for this exercise

Lay directly on your side with the balls just above the knee and the top thigh pinning down the bottom thigh

Flex your bottom knee slowly then bring back to FULL extension.. Do not short change the movement as the final degrees of extension often yield the most gains.. Repeat x 6

Slide the balls up 1 inch.. Repeat above until you have covered the distal one-third of the ITB





## GLUTES

Dead simple.. Dead effective

Stick a ball under your butt with your foot flat on the ground

Slowly move around on the ball until you find a tight pocket of muscle

Now drop your knee out and hold for 15secs

Bring your knee back up and hunt for another piece of "Beef Jerky" muscle.. Pay particular attention to the posterior aspect of the hip joint.. There is often some needy tissue here