



PAIN/PROBLEMS WU SHEET

Direct Release	1-10 minutes	11-20 minutes
Foam Roll	Full Posterior/ Anterior roll over of body	
Trigger Point		1. Pick Joint 2. relax into ball 1min 3. flex into ball 10sec 4. release/ repeat 3-4 nearby sites
Joint Circles		Neck, Shoulders, Spine, Hips, knees, ankles

Supine(On back) Release	1-10 minutes	Reps	Sets
Supine (On Back) hip Circles	Tuck in knees to chest circle	10 Left 10 Right	1
Supine Single Leg Kick out	Hug one knee in kick the other leg in&out	10 Left 10 Right	1
supine two leg kick outs	Palms down under butt; tuck in kick out parallel to floor or higher	10 total	1
Supine Knee to elbow corkscrew	Tuck R Knee to R elbow roll side to side	10 Left 10 Right	1

Prone (On Stomach) Release	1-10 minutes	reps	Sets
prone hover up breathing (Forehead on Hands)	In Thru Nose Out Thru Mouth, pressure arms hover-up Torso/spine	30 deep breathes	1
Prone Scorpion Twist (hands out wide)	Touch L foot to R hand and R foot to L Hand	10	1
Prone toe to sky lift off (forehead on hands)	point both feet to the sky, hover and lift leg	20 Alternate L to R 10 Double leg lifts	1
Superman side rolls	Fly like superman roll side to side & stabilize	10	2