SHAWN DASSIE
TACTICAL HUMAN PERFORMANCE

# REGENERATION

## 6 SIMPLE MOVES TO EASE ACHES AND PAINS

Sitting for long hours at a desk can take a toll on your brain and body, leading to poor posture, body aches, fatigue, and stress. Take frequent breaks to walk and loosen tight spots using these simple "self-massage movements" — at work, home, or anywhere with a little space to move. Even though you're not doing a serious workout, you're still benefiting from activity. Your body will thank you!

## 1 FOAM ROLL - IT BAND

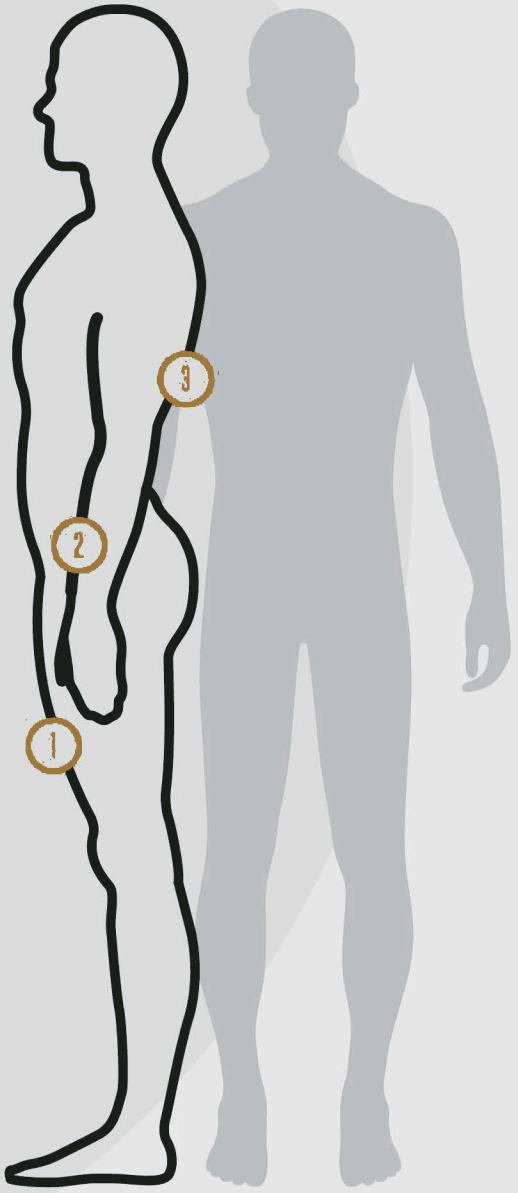
- Lie on your side supporting your weight on your forearm with a foam roll under the outer thigh.
- Glide your body over the foam roll from your hip to just above the outside of your knee.

## 2 FOAM ROLL- QUAD/HIP FLEXOR

- Lie facedown on the ground supporting your weight on your elbows with a foam roll under one thigh and the other leg crossed over at the ankles.
- Roll along the front of your upper thigh to your hip.

## 3 FOAM ROLL - MID TO UPPER BACK

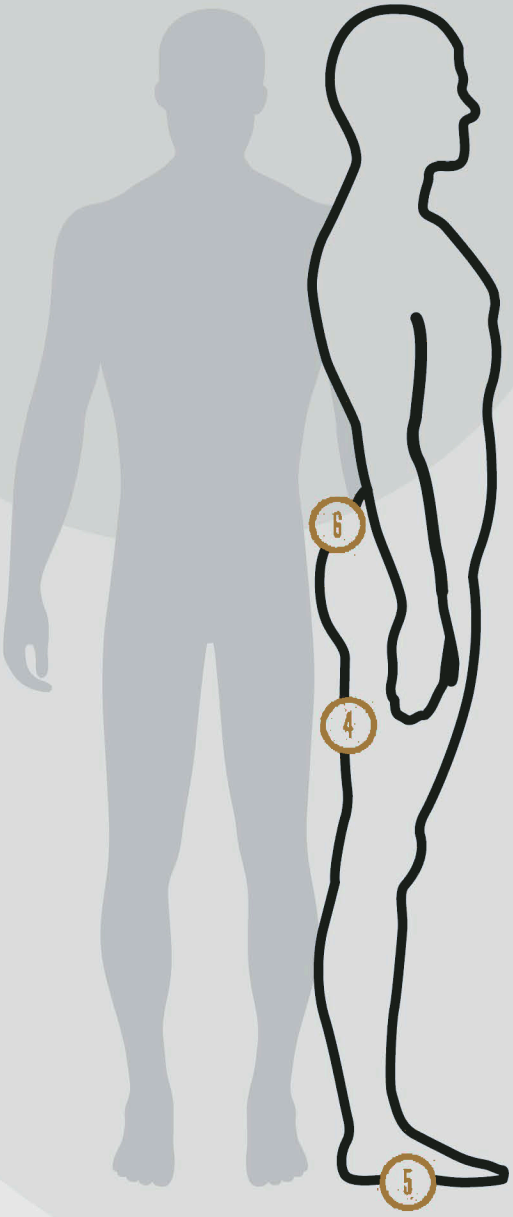
- Lie faceup on the ground with a foam roll under your midback and your hands supporting your head.
- Lift your butt off the ground so that your weight is supported by your feet and the foam roll.
- Roll from the middle of your back to your shoulders.



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## 4 FOAM ROLL - HAMSTRING

- Sit on the ground with your legs straight, with one leg crossed over the other, and a foam roll under the thigh of the bottom leg.
- Lift your butt off the ground so that your weight is supported by your feet and the foam roll.
- Keeping your hands still, move your body back and forth, rolling the length of your hamstrings, from your knee to the top of your thigh.

## 5 ARCH ROLLS (TENNIS BALL)

- Place one foot on a tennis ball.
- Roll your arch back and forth over a tennis ball.

## 6 FOAM ROLL - PIRIFORMIS

- Sit on the ground with your butt on a foam roll.
- Roll along your glutes to your lower back.
- Spend more time rolling on any sore spots you find.

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## COACHING KEYS FOR FOAM ROLL EXERCISES

- The more uncomfortable it is, the more that muscle needs to be massaged.
- Roll on sore spots for 30-60 seconds.
- Hold on sore spots for an extended time to release them.