SMR Program (Self-Myofascial Release)

1. Plantar Fascia: Stand and roll a tennis ball under the base of your foot.
2. Calves (Peroneals): Sit-up with one leg straight and the other bent, then place the tennis ball under the outside calf of the straight leg. Point your toes to the outside of your body.
3. Anterior Tibialis: In a half kneeling position, place a tennis ball on the outside of your shin bone. Gently lower your weight onto the ball. Perform slowly, as some spots are extremely tender and if you press too hard the ball may squirt out.
4. Quadratus Lumborum: Lie on your back, approximately 30 degree from vertical with the tennis ball one your side in between your rib cage and pelvis.
5. Infraspinatus: Lie on your back with your knees bent and with the opposite arm place the tennis ball under the acromion, a bone on your shoulder blade. This muscle is small, but make sure to find the most tender trigger point.
6. Pectoralis: Lie on your stomach and place a tennis ball on the upper, outer portion of your chest. Place the tennis ball as close to your shoulder as possible, with the ball still on the muscle. You may need to position your arm diagonally to allow your arm to relax with your head rolled towards the arm being mobilized. Common trigger points are noted on the front of the shoulder and referred pain is typically seen on the anterior deltoid or down the inside of the arm.
7. Levator Scapulae: Lie on your back with your knees bent and place the tennis ball in between your shoulder blades, not on the spine, on the top side. Rolling is possible up and down to release the whole muscle.
8. Trapezius: Lie on your back with your knees bent and place the tennis ball on your upper shoulder. This ball should lie on the muscle and not on any bones. Rolling is possible from side to side to release the whole muscle. A common trigger point is located on the lateral aspect of the upper trapezius. Trigger points are believed to occur from excessive elevation of the shoulder girdle. Trigger points can occur on the lateral neck or superior to the shoulder blade.
9. Iliotibial (IT) Band: Lie on your side with a tennis ball under your lower thigh, on the bottom leg, just above your knee. Bend the top leg’s knee and place it flat in front of the bottom leg. Push through your top leg and forearms to move the tennis ball.
10. Piriformis: Long sit with one leg straight and the other bent. Put the tennis ball on the outside of your glute of the straight leg and roll the tennis ball on the outside of your hip.

**\*\*\* This list is by no means comprehensive (covering everything). The exercises listed here hope to address common areas of tightness/soreness that swimmers tend to experience. Foam/tennis ball rolling in these general areas will provide improvements.**