



**BRITISH
CANOEING**

**Regional Pathway
Physiotherapy
Exercise Programme
Slalom Profiling**

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Introduction

This program has been designed to help you with any issues highlighted in the Pathway Screening Process. Please use the guidelines below to avoid risk of injury-

- Follow all the instructions, if anything is unclear then ask your coach
- Ensure you warm-up before doing any stretching
- All exercises should be performed slowly and in a controlled manner, with a good upright posture
- If you develop pain or other symptoms whilst/after doing any of the exercises, then discontinue and speak to your coach

Included in this guide-

1. Scapular Control
2. Shoulder ROM
3. Hip ROM
4. Calf (Gastrocnemius and Soleus) ROM
5. Trunk Rotation
6. Maintaining a neutral spine

1. Scapular Control

- Wall/ball exercises:

Stand facing a wall, with a medium-sized ball between your hand and the wall. Your arm should be straight but not locked out at the elbow. Slowly roll the ball up and down the wall, keeping the movement smooth and controlled. Then do the same but moving the ball left-right/ side-to-side, again slow and controlled.

Have a go at making big circles (in both direction) without letting the ball drop!

Try to do up/down 10 times, side-to-side 10 times and 5 clockwise/ 5 anti-clockwise circles.

- Floor exercises:

Lying on your front, with your arms down by your side, gently raise your arms slightly and squeeze your shoulder blades together. This is a small movement but you should feel the muscles on the inside of your shoulder blades/ between your shoulder blades working.

-Try to hold each for up to 5 seconds and repeat 10 times.



2. Shoulder Range of movement

- 'Sleeper stretch'

Lie on your side with your elbow flexed to 90 degrees. Let the hand drop down forwards, and then use the other hand to ease it further. Only go as far as comfortable, you should feel a firm stretch but not pain.

Try and hold for 20-30 seconds, then repeat on the other side.



- ER stretch

Standing in a doorway, flex your elbow to 90 degrees and rotate outwards (away from your body). Put your palm flat on the wall. Step through the doorway slightly, leaving your hand behind you.

Try and hold for 20-30 seconds, then repeat on the other side.

3. Hip Range of movement

- Prone IR:

Lying on your front with your knees bent, try to relax your hips and let your feet drop out to the side.

Try and hold for 20-30 seconds.



- Supine ER:

Lying on your back with your knees bent and feet on the floor, let your knees drop out to the sides, letting your legs relax as much as possible.

Try and hold for 20-30 seconds.



- Gluts stretch:

Lying on your back with one knee bent, rest your other ankle on the knee and pull the thigh of the bent leg in towards your stomach/ chest.

Hold for 20-30 seconds and then do the same on the opposite leg.



- Piriformis stretch:

This is a slightly stronger stretch, as it uses your body weight- perform this one gently, make sure you have warmed up well and if you experience any pain then discontinue.

Sitting on the floor, cross one leg in front of you and extend the other leg straight out behind you. If you can, lower/relax your upper body down towards the floor or on to your forearms.

Try and hold for 20-30 seconds, then repeat on the other side.



4. Calf (Gastrocnemius/Soleus) Range of Movement

- Standing calf stretch:

Standing up straight, step forwards with one foot. Bend the knee of the forward leg and lean through the thigh with your hands. Keep the back leg straight, with your heel kept on the floor if possible.

Try and hold for 20-30 seconds, then repeat on the other side.



- Step stretch:

Stand on a single step or the bottom step on your stairs (facing up the stairs), holding the rail/banister with both hands. Place your feet so that only your toes and ball of the foot are on the step (i.e. so your heels are hanging off the back of the step), and then lower your heels towards the floor.

Try to hold for 20-30 seconds.

- Soleus wall stretch:

Stand facing a wall, with both hands on the wall for support. Step one foot forwards, keeping both knees bent, try and keep both heels on the floor.

Try and hold for 20-30 seconds, then repeat on the other side.

5. Trunk Rotation

- Upper trunk rotation- Gym ball:

Sit on a gym ball, with your legs wider than hip-width apart and both knees bent. With both elbows flexed at 90 degrees and holding a bar (or similar, i.e. broom stick etc) on your shoulders, rotate round to your left as far as possible and then round to your right. The movement should be relatively slow and controlled.

Repeat (to both sides) 10 times.

- Lower trunk rotation:

Lying on your back with your knees bent to 90 degrees, keep your knees together and let them drop out (to the floor) to one side, and then the other.



Try and hold on each side for 10 seconds and repeat 5 times on each side. If you want a stronger stretch, you can twist to the opposite direction with your upper body/ shoulders (like in the photo below).



6. Maintaining correct boat posture (i.e. achieving neutral spine position).

- Pelvic tilts:

Lie on your back with your knees bent and feet flat on the floor. The only areas making contact with the floor should be your buttocks, shoulder blades and head- i.e. there should be a gap between the floor and your lower back and also your neck- these are the natural curves of the spine. This is the neutral position.

Tuck in your abs/stomach muscles and try to point your pelvis towards your head, this is only a small, subtle movement so the buttocks should stay on the floor but you should feel your pelvis tilting and your lower back flattening against the floor.

If you're not sure if your doing the exercise right, then place your hands in the gap between your lower back and the floor. When you tuck in/ roll your pelvis up your lower back should press against your hands.

Repeat 10-15 times.



- Deep Abdominal Activation:

To activate your deep abdominal muscles, imagine you are getting ready for a punch to the belly or about to lift something heavy. This involves subtly tightening the muscles, without sucking in your stomach or holding your breath. Try and hold this contraction for up to 10 seconds and repeat 5-6 times.