

For Isaac

12/06/2024

The pictures are a visual reminder, merely.

They tell only about 5% of what the video tells.

<https://www.medialinks.btpilates.co.nz/videos/exercise-oudhoff-may-24-hb.mp4>

Make a list on a piece of paper as well as referring to the pics.

Make it work for you.

Doorstep heel lowers 1-2 mins



One-legged stance heel raise

Left no movement (you can do this with hands on the kitchen bench while checking emails)

Right with ball of foot touch down in points of the compass

Do two to four minutes in total (three times per week)



The medial gastrocnemius (often is tight alongside plantar fasciitis)

(Often the first muscle that “pings” during hard reps and sprinting)

(check it during and after a workout, thumb massage when necessary)



Universal calf muscle massage

(in this position you can identify the precise location of painful knots, it will help heal a multitude of calf, ankle toe and tendon problems,

no other calf massage technique can do so much)

Do it two to four times weekly until you know how much you need, especially do it during the two-week taper before a major event



Sole of foot massage standing and leaning on chair, the second is better
two to four times weekly. Esp during pre-race taper. You can be surprised by the benefits.



Quad stretch side lying and athletes' quad stretch

Don't do these before the race

Do 10 minutes total a week as a minimum

(young male athletes: very important stretch)



Three positions of stretch band windscreen wiper
(not pictured: the leg vertical for the standard hamstring stretch)



Glute squeeze long bridge
pulse the squeezes, do it for a minute
Once or twice per week. If your butt is aching and “about to drop off”, you got a good glute max workout



Nordic hamstrings 20 times twice weekly (put your feet under bottom rung of the fence at the track)



Sociable hamstring massage (sit side on)
Once a week,, or three times per week before a major competition



Leg pull toe taps suggest 10 to 15 each side
Once or twice a week – but be aware of “trashing your abs”



Push on the knee pilates 100
Suggest 5 seconds hard push alternating with 5 seconds gentle
Do a total of 1 minute
(did you see how the tail is curled up off the floor?)
Once or twice a week – but be aware of “trashing your abs”



- Six-pack massage
(if you massage the top of the six-pack and breathe in, you also massage the front of the diaphragm)
- (if you massage the lower 6 pack and a little to the side, you may solve the problem of having to go to the bathroom too often)
- (if you massage alongside the belly button, you may also help the freedom of knee lift – it's a psoas massage as well as a tummy muscle massage)
- If there is strong nauseous ache and pain (unlikely), then back off and ask an expert about it.

