



OKANAGAN HEALTH & PERFORMANCE

FAMILY & SPORTS CHIROPRACTIC, MASSAGE THERAPY,
KINESIOLOGY, PHYSIOTHERAPY & NATUROPATHY

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ATHLETE'S FORUM

May 2, 2009

Presenters: **Dr. Kim Spencer-Rossi - Chiropractor**
Dr. Victoria Jones - Chiropractor
Erin Scott - Registered Kinesiologist



FLEXIBILITY

Flexibility is trainable! Improving your flexibility will help you improve on your results with the following tests from this morning: sit and reach

Why is flexibility important?

Increased flexibility through stretching is a key component in both increased range of motion and the prevention of athletic injuries.

Stretches

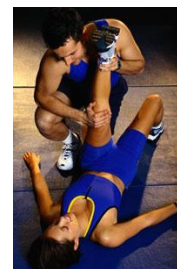
1. Standing Calf stretch

Stagger your legs so one foot is in front of the other. Bend front leg and keep both feet flat on the floor. Have the back leg remain straight and push your heel towards the floor. Hold for 30sec. Switch sides and repeat 3 times on each side.



2. Hamstring stretch with a partner

Lie on the ground with one knee bent resting that foot on the ground and the other leg resting on your partners shoulder. Have your partner grasp your leg just below the knee on the thigh and then lean in to stretch your hamstring. Now push against your partner's shoulder for 10sec. Relax and let the standing partner apply more pressure to further stretch the hamstring. Hold in that position for 10sec. Repeat sequence 3 times and then switch legs.



3. Hip flexor stretch

Rest one knee and shin on the floor, and bend the other knee, resting that foot on the floor. Keep your back straight and push the thigh of the knee on the floor forward. Do not let your knee of the side you are balancing on go past your toes. To increase the stretch, reach up with arm of the side you are stretching. Hold for 30sec and repeat 3 times. Do on both sides.



4. Low back stretch

Lie on your back with your arms out from your sides and bend one knee. Move your bent knee to the opposite side, trying to touch the floor on that side. Look to the other side that your knee is. Hold for 30sec and repeat 3 times. Do on both sides.



CORE

Your core is active in every movement that you perform. Improving your core strength & endurance will help you improve your results on the following tests from this morning: prone bridge
max curl-ups

Why is your core important?

Your core is not just your abdominals, but also includes your low back muscles. This “barrel” like formation helps control movements, transfer energy, shift body weight and allows you to move in any direction. A strong core distributes the stresses of weight-bearing, improves posture, protects the back from injury and allows the transfer of powerful movements to the limbs thereby helping to improve athletic performance.

CORE CHALLENGE!

1. Stability ball plank twist



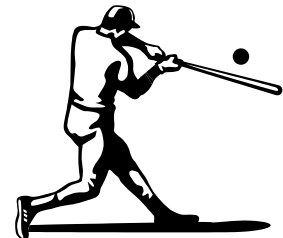
Level	EXERCISE	Select level ✓	Number of reps	Time (seconds)
I	Plank			
II	Plank with hip abduction			
III	Plank with twist			



2. Stability ball plank pike



Level	EXERCISE	Select level ✓	Number of reps	Time (seconds)
I	Plank			
II	Plank with knee flexion			
III	Plank with pike			



3. Max back extension



TIME (seconds)	
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ABOUT OKANAGAN HEALTH & PERFORMANCE

- Our Mission:** To optimize the health and performance of our patients through a progressive and integrated healthcare centre
- Our Goals:** To provide a team of highly skilled professionals dedicated to continual growth and improvement. To inspire and empower our patients to help themselves through education and prevention. To provide holistic healthcare within an atmosphere that embraces the healing of mind and body.
- Our Services:** The OHP team offers our patients chiropractic care, massage therapy, Active Release Technique (ART®), naturopathic medicine, computerized gait analysis & prescription orthotics, exercise rehabilitation, physiotherapy, nutritional counselling, workplace assessments, and travel vaccination services.

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