

Figure One

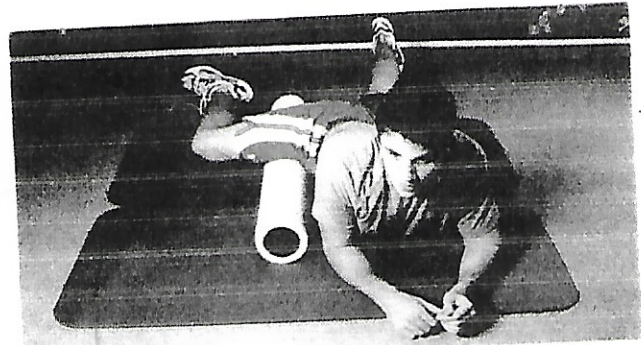


Figure Four

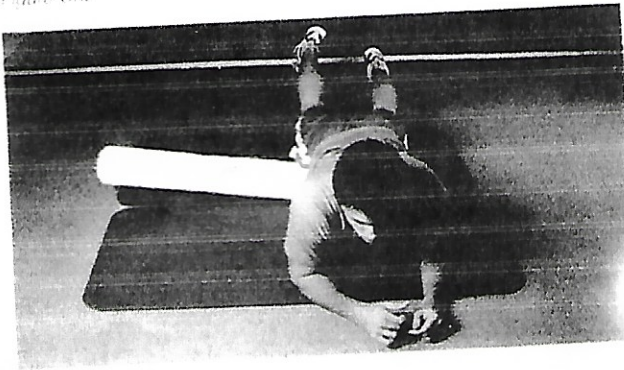


Figure Two



Figure Three

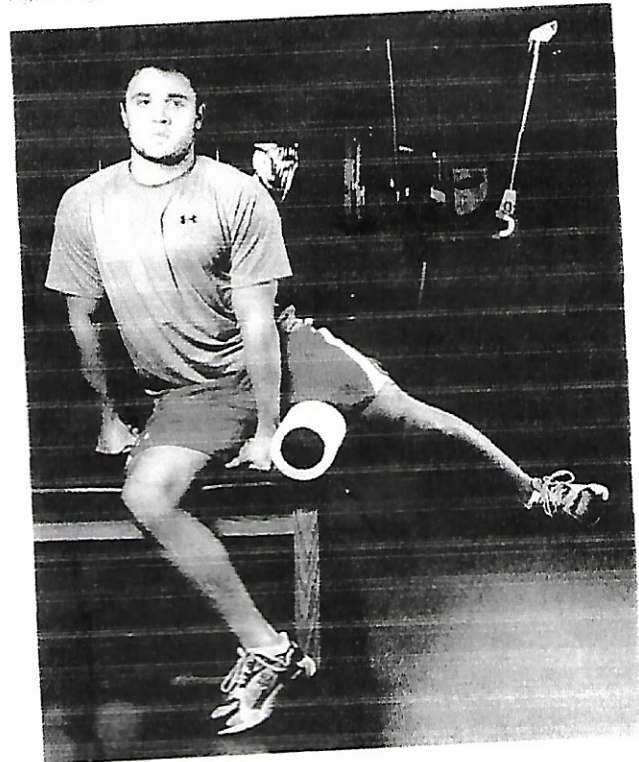


Figure Five

MARK MORELLI

## Foam rollers/stick rollers

Pre-practice-

1 set x 15 seconds followed by a dynamic stretch or warm-up activity for each muscle group

Post-practice-

2 sets x 1 minute followed by static stretching (hold for 30 seconds) for each muscle group

Plantar Fascia



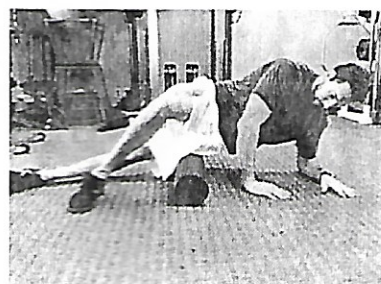
Gastrocnemius/Soleus



Hamstring Group



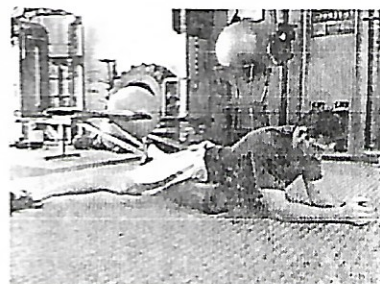
IT Band



TFL

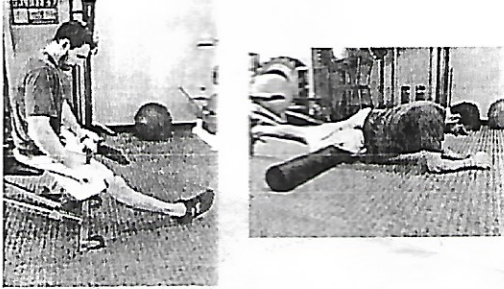


Adductors

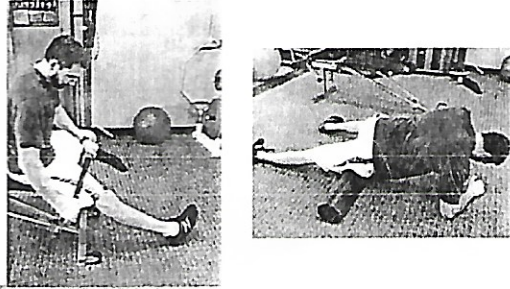




Quadriceps



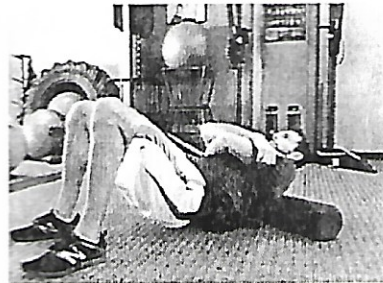
Vastus Lateralis



Hip Rotators



Upper Back



Levator Scap/Upper Traps



Latissimus Dorsi

