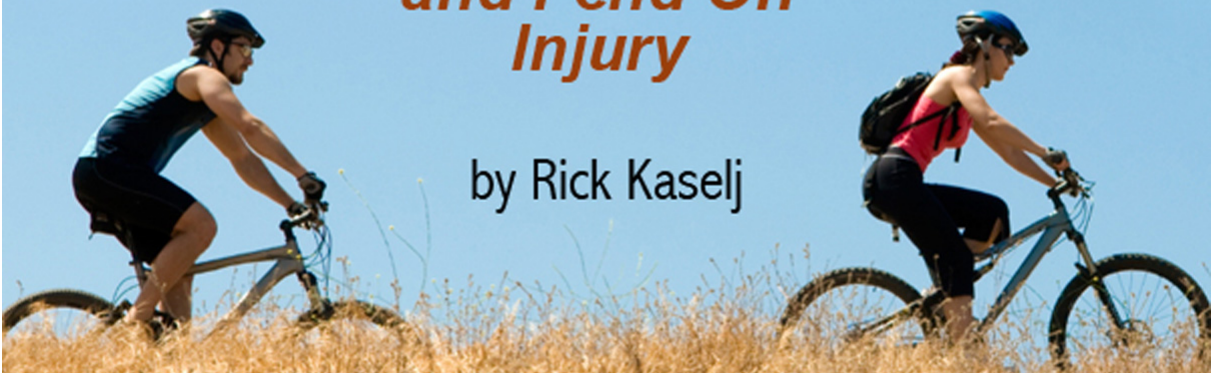


# RECOVERY WORKOUTS



*Speed Up Your Recovery  
Between Workouts  
and Fend Off  
Injury*

by Rick Kaselj



**Unconventional Recovery**

**RecoveryWorkouts.com**

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### **Exercise Considerations**

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Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

### **Disclaimer**

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***Unconventional Recovery Tools and Exercises*** is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Please note: For your information and reference, I have included URLs and hyperlinks to web pages I've researched, relevant to the contents of this book. While I am unable to guarantee that these links will remain active, should you have any questions regarding my online research, please contact me directly.

### ***Preface***

---

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

#### **Pass this Book On**

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Please let me know what you think of this book. Visit <http://www.ExercisesForInjuries.com> or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.





## Unconventional Recovery Tools and Exercises

### Your Unconventional Recovery Tools and Exercises

#### Unconventional Recovery Tools and Exercises Cheat Sheet

 <p><b>#1 – Hard Roll Outer Calf (331)</b></p>	 <p><b>#2 – Hard Roll Outer Hamstring (332)</b></p>	 <p><b>#3 – Hard Roll Mid Back (333)</b></p>	 <p><b>#4 – Arch Over Hard Roll</b></p>	 <p><b>#5 – Trigger Point Tool on QL (304)</b></p>
 <p><b>#6 – Calf Release with Trigger Point Tool (305)</b></p>	 <p><b>#7 – IT Band Release with Trigger Point Tool (306)</b></p>	 <p><b>#8 – Dual Ball Back Arch (310)</b></p>	 <p><b>#9 – Dual Ball Lean to Side (311)</b></p>	 <p><b>#10 – Dual Ball Side Bending (312)</b></p>

## Unconventional Recovery Tools and Exercises

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**#11 – Dual Ball Dual Arm Overhead (336)**



**#12 – Dual Ball Single Arm Overhead (341)**



## Unconventional Recovery Tools and Exercises

### Unconventional Recovery Tools and Exercise Table

Note: Passwords for the videos are in the column next to the video URL.

Exercise Number	Exercise Database Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1	331	Hard Roll Outer Calf	<a href="http://vimeo.com/44925602">http://vimeo.com/44925602</a>	67rec	Perform 1 set of 5 repetitions on each leg.
#2	332	Hard Roll Outer Hamstring	<a href="http://vimeo.com/44925878">http://vimeo.com/44925878</a>	67rec	Perform 1 set of 5 repetitions on each leg.
#3	333	Hard Roll Mid Back	<a href="http://vimeo.com/44925999">http://vimeo.com/44925999</a>	67rec	Perform 1 set of 5 repetitions.
#4	334	Arch Over Hard Roll	<a href="http://vimeo.com/44926151">http://vimeo.com/44926151</a>	67rec	Perform 1 set of 5 repetitions total.
#5	304	Trigger Point Tool on QL	<a href="https://vimeo.com/44354756">https://vimeo.com/44354756</a>	core9	Perform 1 set of 5 repetitions total on each side of the spine.
#6	305	Calf Release with Trigger Point Tool	<a href="https://vimeo.com/44354801">https://vimeo.com/44354801</a>	core9	Perform 1 set of 5 repetitions total on each calf.
#7	306	Standing Calf Stretch	<a href="https://vimeo.com/44354824">https://vimeo.com/44354824</a>	core9	Perform 1 set of 5 repetitions total on each outer thigh.
#8	310	Dual Ball Back Arch	<a href="https://vimeo.com/44416395">https://vimeo.com/44416395</a>	core9	Perform 1 set of 5 repetitions total.
#9	311	Dual Ball Lean to Side	<a href="https://vimeo.com/44416470">https://vimeo.com/44416470</a>	core9	Perform 1 set of 5 repetitions total.
#10	312	Dual Ball Side Bending	<a href="https://vimeo.com/44416523">https://vimeo.com/44416523</a>	core9	Perform 1 set of 5 repetitions total.
#11	336	Dual Ball Dual Arm Overhead	<a href="http://vimeo.com/44926285">http://vimeo.com/44926285</a>	67rec	Perform 1 set of 5 repetitions total.
#12	341	Dual Ball Single Arm Overhead	<a href="http://vimeo.com/44926459">http://vimeo.com/44926459</a>	67rec	Perform 1 set of 5 repetitions total.

### **Exercise Legend**

*Below are definitions of what each category is and what it means.*

**Name of the exercise:** The common name used for the exercise.

**Purpose of this exercise:** What the exercise is targeting and the goal of the exercise.

**Starting position:** The position you need to set your body into before starting the exercise.

**How to do this exercise:** The key steps in performing the exercise safely and for maximum results.

**Progression:** The next step when the exercise is too easy.

**Contraindications & Common Mistakes:** Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise which will decrease effectiveness, and increase the risk of injury.

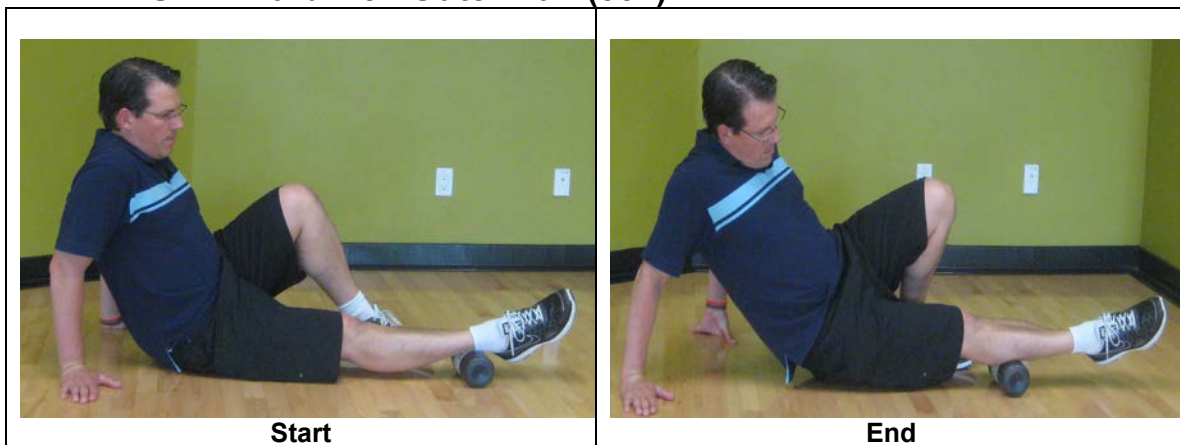
### **Equipment Needed:**

- Hard roller
- Trigger Point Tool
- Dual tennis ball
- Bodyweight

### **Where to get a Trigger Point Tool or Dual Tennis Ball**

- Local fitness exercise store
- Massage therapy clinic
- Amazon.com

### EXERCISE 1: Hard Roll Outer Calf (331)



<b>Purpose:</b>	To release calf tension.
<b>Starting Position:</b>	Sitting on the floor, your right leg rotated out with a hard roll just above your heel.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift your seat off the ground with your arms and then roll the foam roller up your outer calf in a controlled manner to just below your knee.</li> <li>2. Roll it back to the start.</li> <li>3. Perform 1 set of 5 repetitions on each leg.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Perform 10 repetitions</li> <li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li> <li>- Put more of your body weight into the foam roller</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li> <li>- <b>Old Shoulder Injury</b> – If you have any shoulder issues, be cautious of the position of your arm.</li> </ul>
Video of this exercise: <a href="http://vimeo.com/44925602">http://vimeo.com/44925602</a> / Password: 67rec	

### EXERCISE 2: Hard Roll Outer Hamstring (332)



**Start**

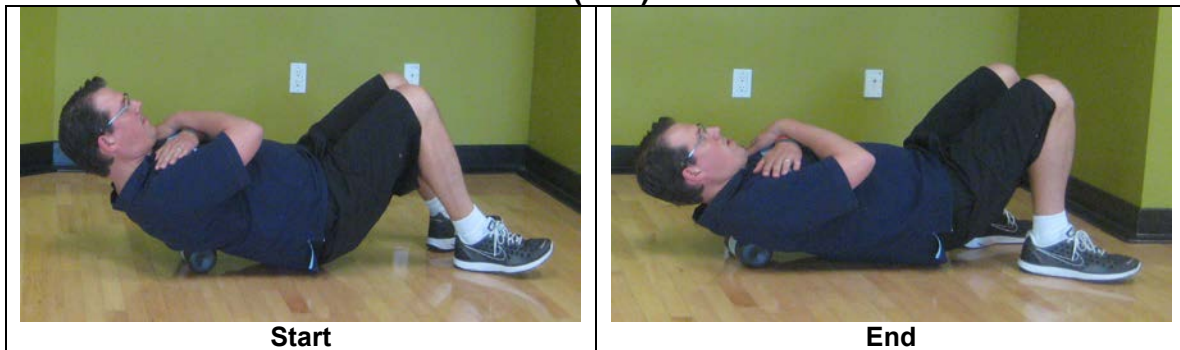


**End**

<b>Purpose:</b>	To release hamstring tension.
<b>Starting Position:</b>	Sitting on the floor with a full foam roller below your knee.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"><li>1. Lift your seat off the ground with your arms and then roll the foam roller up your hamstring in a controlled manner to just below your sit bones.</li><li>2. Roll it back to the start.</li><li>3. Perform 1 set of 5 repetitions on each leg.</li></ol>
<b>Progressions:</b>	<ul style="list-style-type: none"><li>- Perform 10 repetitions</li><li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li><li>- Put more of your body weight into the foam roller</li></ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"><li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li><li>- <b>Old Shoulder Injury</b> – If you have any shoulder issues, be cautious of the position of your arm.</li></ul>
Video of this exercise: <a href="http://vimeo.com/44925878">http://vimeo.com/44925878</a> / Password: 67rec	

## Unconventional Recovery Tools and Exercises

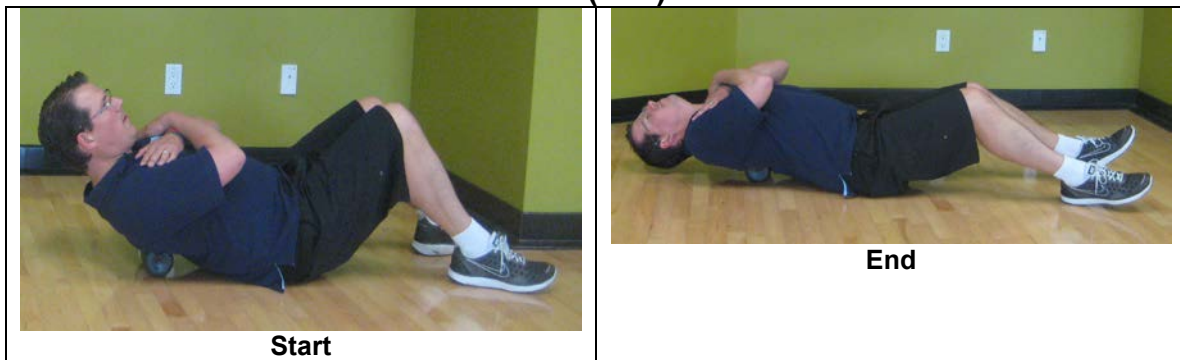
### EXERCISE 3: Hard Roll Mid Back (333)



<b>Purpose:</b>	To improve mid back movement.
<b>Starting Position:</b>	Lay back on the floor with your arms crossed, and rest your back on the hard roll at your mid back, at the level of your lower ribs.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"><li>1. Lift your seat off the ground and then roll the foam roller up your mid back in a controlled manner to the middle of your shoulder blades.</li><li>2. Hold the end position for a second and then roll back to the start.</li><li>3. Perform 1 set of 5 repetitions.</li></ol>
<b>Progressions:</b>	<ul style="list-style-type: none"><li>- Perform 10 repetitions</li><li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li><li>- Put more of your body weight into the hard roll</li></ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"><li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li><li>- <b>Neck Injury</b> – If you have any neck issues, be cautious of the position of your head. If you get any kind of symptoms, discontinue the exercise.</li></ul>
Video of this exercise: <a href="http://vimeo.com/44925999">http://vimeo.com/44925999</a> / Password: 67rec	

## Unconventional Recovery Tools and Exercises

### EXERCISE 4: Arch Over Hard Roll (334)



<b>Purpose:</b>	To improve mid back movement.
<b>Starting Position:</b>	Lay on the floor with your arms crossed, and rest your back on the hard roll at your mid back at the level of your lower ribs.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"><li>1. Arch over the hard roll.</li><li>2. Hold the end position for a second and then roll back to the start.</li><li>3. Move the hard roller up your mid back about an inch and repeat the exercise. Continue moving the hard roller until you reach your shoulder blades.</li><li>4. Perform 1 set of 5 repetitions total.</li></ol>
<b>Progressions:</b>	<ul style="list-style-type: none"><li>- Perform 10 repetitions</li><li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li><li>- Put more of your body weight into the hard roll</li></ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"><li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li><li>- <b>Neck Injury</b> – If you have any neck issues, be cautious of the position of your head. If you get any kind of symptoms, discontinue the exercise.</li></ul>
Video of this exercise: <a href="http://vimeo.com/44926151">http://vimeo.com/44926151</a> / Password: 67rec	



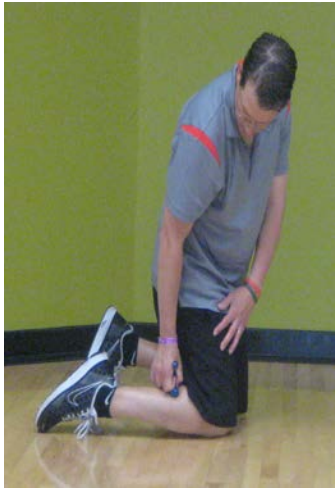
## Unconventional Recovery Tools and Exercises

### EXERCISE 5: Trigger Point Tool on QL (304)



<b>Purpose:</b>	To decrease quadratus lumborum (muscle in the lower back) tension.
<b>Starting Position:</b>	Place the trigger point tool on the ground at the level of your lower back. Lay on top of the trigger point tool with it pushing into the lower back muscle to one side of your spine while resting the weight of your upper body on your forearms.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"><li>1. Lower your body into the trigger point tool so it presses into quadratus lumborum.</li><li>2. Press into the tool for a second or until the muscle relaxes.</li><li>3. Move the trigger point tool to another part of the muscle and repeat the exercise.</li><li>4. Perform 1 set of 5 repetitions on the quadratus lumborum muscles on each side of the spine.</li></ol>
<b>Progressions:</b>	<ul style="list-style-type: none"><li>- Perform 10 repetitions</li><li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li><li>- Put more of your body weight into the hard roll</li></ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"><li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li><li>- <b>Neck Injury</b> – If you have any neck issues, be cautious of the position of your head. If you get any kind of symptoms, discontinue the exercise.</li><li>- <b>Old Shoulder Injury</b> – If you have any shoulder issues, be cautious of the position of your arm.</li></ul>
Video of this exercise: <a href="https://vimeo.com/44354756">https://vimeo.com/44354756</a> / Password: core9	

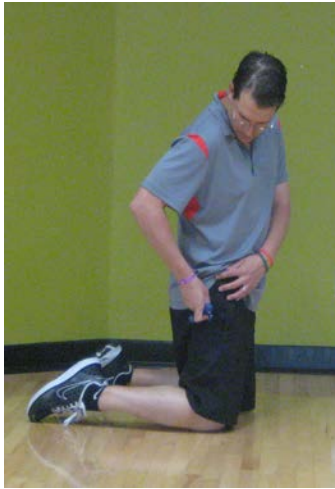
### EXERCISE 6: Calf Release with Trigger Point Tool (305)



End

<b>Purpose:</b>	To decrease calf (gastrocnemius) tension.
<b>Starting Position:</b>	In a kneeling position, grab the trigger point tool with one hand and place it on the same side calf.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"><li>1. Press the trigger point tool into the calf.</li><li>2. Press into the tool for a second or until the muscle relaxes.</li><li>3. Then move the trigger point tool to another part of the muscle and repeat the exercise.</li><li>4. Perform 1 set of 5 repetitions on each side.</li></ol>
<b>Progressions:</b>	<ul style="list-style-type: none"><li>- Perform 10 repetitions</li><li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li><li>- Put more of your body weight into the hard roll</li></ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"><li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li><li>- <b>Sensitive Knees</b> – If it is sensitive to kneel, put something under your knees, like a pillow or towel.</li></ul>
Video of this exercise: <a href="https://vimeo.com/44354801">https://vimeo.com/44354801</a> / Password: core9	

### EXERCISE 7: IT Band Release with Trigger Point Tool (306)



End

<b>Purpose:</b>	To decrease IT band (iliotibial band) tension.
<b>Starting Position:</b>	In a kneeling position, grab the trigger point tool with one hand and place it on the outer part of the thigh.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"><li>1. Press the trigger point tool into the outer part of your thigh and move it down your outer thigh to just above the knee.</li><li>2. Move the trigger point tool to another part of the muscle and repeat the exercise.</li><li>3. Perform 1 set of 5 repetitions on each side.</li></ol>
<b>Progressions:</b>	<ul style="list-style-type: none"><li>- Perform 10 repetitions</li><li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li><li>- Put more of your body weight into the hard roll</li></ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"><li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li><li>- <b>Sensitive Knees</b> – If it is sensitive to kneel, put something under your knees, like a pillow or towel.</li></ul>
Video of this exercise: <a href="https://vimeo.com/44354824">https://vimeo.com/44354824</a> / Password: core9	

### EXERCISE 8: Dual Ball Back Arch (310)



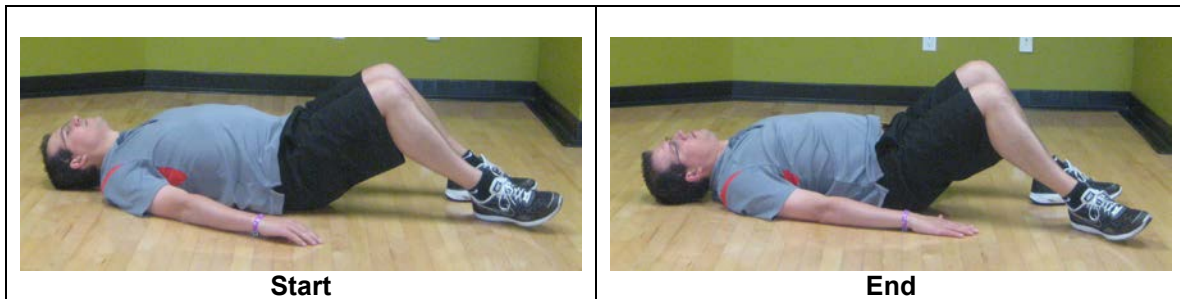
**Location of the Dual Tennis Balls at the Start**



**End**

<b>Purpose:</b>	To improve mid back movement.
<b>Starting Position:</b>	Place the dual tennis balls on the ground at mid back level at your lower ribs. Place the balls so one is on one side of your spine and the other is on the other side.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Arch over the dual tennis balls.</li> <li>2. Hold the end position for a second and then return to the start.</li> <li>3. Move the dual tennis balls up your mid back about one vertebrae and repeat the exercise. Continue moving the dual tennis balls until you reach the middle of our shoulder blades.</li> <li>4. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Perform 10 repetitions</li> <li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li> <li>- Put more of your body weight into the hard roll</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li> <li>- <b>Very sensitive</b> – If this is very sensitive for your spine, lay a towel or multiple towels over the dual balls to decrease the sensitivity.</li> <li>- <b>Neck Injury</b> – If you have any neck issues, be cautious of the position of your head. If you get any kind of symptoms, discontinue the exercise.</li> <li>- <b>Old Shoulder Injury</b> – If you have any shoulder issues, be cautious of the position of your arm.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/44416395">https://vimeo.com/44416395</a> / Password: core9	

### EXERCISE 9: Dual Ball Lean to the Side (311)



<b>Purpose:</b>	To improve mid back movement.
<b>Starting Position:</b>	Place the dual tennis balls on the ground at the level of your mid back at your lower ribs. Place the balls so one is on one side of your spine and the other is on the other side.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lean to one side with your upper body on one of the balls.</li> <li>2. Hold the end position for a second and then return to the start. Repeat on the other side.</li> <li>3. Move the dual tennis balls up your mid back about one vertebrae and repeat the exercise. Continue moving the tennis balls until you reach the middle of your shoulder blades.</li> <li>4. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Perform 10 repetitions</li> <li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li> <li>- Put more of your body weight into the hard roll</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li> <li>- <b>Very sensitive</b> – If this is very sensitive for your spine, lay a towel or multiple towels over the dual balls to decrease the sensitivity.</li> <li>- <b>Neck Injury</b> – If you have any neck issues, be cautious of the position of your head. If you get any kind of symptoms, discontinue the exercise.</li> <li>- <b>Old Shoulder Injury</b> – If you have any shoulder issues, be cautious of the position of your arm.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/44416470">https://vimeo.com/44416470</a> / Password: core9	

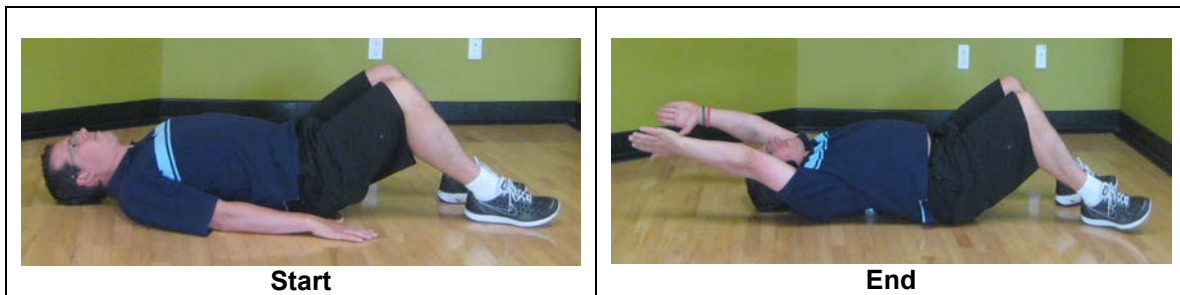
### EXERCISE 10: Dual Ball Side Bending (312)



<b>Purpose:</b>	To improve mid back movement.
<b>Starting Position:</b>	Place the dual tennis balls on the ground at the level of your mid back at your lower ribs. Place the balls so one is on one side of your spine and the other is on the other side.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Side bend to one side. Another way this can be described is as if you are reaching for your feet with your right hand and moving your upper body as you reach.</li> <li>2. Hold the end position for a second and then return to the start. Repeat on the other side.</li> <li>3. Move the dual tennis balls up your mid back about one vertebrae and repeat the exercise. Continue moving the tennis balls until you reach the middle of your shoulder blades.</li> <li>4. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Perform 10 repetitions</li> <li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li> <li>- Put more of your body weight into the hard roll</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li> <li>- <b>Very sensitive</b> – If this is very sensitive for your spine, lay a towel or multiple towels over the dual balls to decrease the sensitivity.</li> <li>- <b>Neck Injury</b> – If you have any neck issues, be cautious of the position of your head. If you get any kind of symptoms, discontinue the exercise.</li> <li>- <b>Old Shoulder Injury</b> – If you have any shoulder issues, be cautious of the position of your arm.</li> </ul>
Video of this exercise: <a href="https://vimeo.com/44416523">https://vimeo.com/44416523</a> / Password: core9	

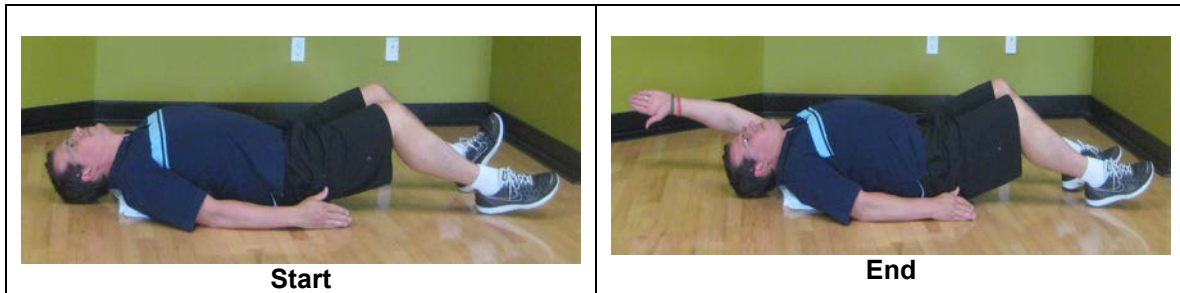


### EXERCISE 11: Dual Ball Dual Arm Overhead (336)



<b>Purpose:</b>	To improve mid back movement.
<b>Starting Position:</b>	Place the dual tennis balls on the ground at mid back level at your lower ribs. Place the balls so one is on one side of your spine and the other is on the other side.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift your arms overhead and arch over the dual tennis balls.</li> <li>2. Hold the end position for a second and then return to the start.</li> <li>3. Move the dual tennis balls up your mid back about one vertebrae and repeat the exercise. Continue moving the dual tennis balls until you reach the middle of our shoulder blades.</li> <li>4. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Perform 10 repetitions</li> <li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li> <li>- Put more of your body weight into the hard roll</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li> <li>- <b>Very sensitive</b> – If this is very sensitive for your spine, lay a towel or multiple towels over the dual balls to decrease the sensitivity.</li> <li>- <b>Neck Injury</b> – If you have any neck issues, be cautious of the position of your head. If you get any kind of symptoms, discontinue the exercise.</li> <li>- <b>Old Shoulder Injury</b> – If you have any shoulder issues, be cautious of the position of your arm.</li> </ul>
Video of this exercise: <a href="http://vimeo.com/44926285">http://vimeo.com/44926285</a> / Password: 67rec	

### EXERCISE 12: Dual Ball Single Arm Overhead (341)



<b>Purpose:</b>	To improve mid back movement.
<b>Starting Position:</b>	Place the dual tennis balls on the ground at mid back level at your lower ribs. Place the balls so one is on one side of your spine and the other is on the other side.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift one arm overhead and arch over the dual tennis balls.</li> <li>2. Hold the end position for a second and then return to the start.</li> <li>3. Repeat the exercise with the other arm.</li> <li>4. Move the dual tennis balls up your mid back about one vertebrae and repeat the exercise. Continue moving the dual tennis balls until you reach the middle of our shoulder blades.</li> <li>5. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	<ul style="list-style-type: none"> <li>- Perform 10 repetitions</li> <li>- Do 1 set of 10 in the morning and 1 set of 10 in the evening.</li> <li>- Put more of your body weight into the hard roll</li> </ul>
<b>Contraindications &amp; Common Mistakes:</b>	<ul style="list-style-type: none"> <li>- <b>No pain</b> – It should feel like a deep massage: a little uncomfortable but not screaming pain. If you have pain, discontinue the exercise.</li> <li>- <b>Very sensitive</b> – If this is very sensitive for your spine, lay a towel or multiple towels over the dual balls to decrease the sensitivity.</li> <li>- <b>Neck Injury</b> – If you have any neck issues, be cautious of the position of your head. If you get any kind of symptoms, discontinue the exercise.</li> <li>- <b>Old Shoulder Injury</b> – If you have any shoulder issues, be cautious of the position of your arm.</li> </ul>
Video of this exercise: <a href="http://vimeo.com/44926459">http://vimeo.com/44926459</a> / Password: 67rec	

## FAQ – Frequently Asked Questions

### **What if I have a problem or a question?**

Please email me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). I will get back to you within 24 hours.

### **Where are my download details for the product?**

All download details have been emailed to the email address you ordered with. It will be there in 15 minutes.

### **Where is your email with the download details?**

Check your Trash or Junk folder of your email program. Your email program may have flagged the email as trash or junk.

### **Make sure to add [news@ExercisesForInjuries.com](mailto:news@ExercisesForInjuries.com) to your email program**

Please do add [news@ExercisesForInjuries.com](mailto:news@ExercisesForInjuries.com) to your email program. This will allow me to send you updates of the program and other cool stuff.

### **What if I unsubscribe from your emails?**

Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

### **What will appear on my credit card for this purchase?**

What will appear on your credit card is a payment, either “Healing Thro” or “Clickbank”.

### **Will I get anything in the mail?**

Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.

### About Rick Kaselj

**Rick Kaselj**, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 302 presentations to 5897 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit

<http://www.ExercisesForInjuries.com>

## About Healing Through Movement



### *Healing Through Movement*

*Fitness • Rehabilitation • Presentations • Publications*

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

#### **How Healing Through Movement can help you:**

**Active Rehabilitation** – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

**Adaptive Fitness** – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

**Adventure Travel Presentations** – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

**Corrective Exercise** – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

**Endurance Training** – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.



**Exercise Rehabilitation** – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

**Exercise Rehabilitation Courses** – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

**Expedition Training** – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

**Personal Training** – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

**Pool Therapy** – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

**Post Rehabilitation** – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

### **Where Healing Through Movement can meet you:**

**In Person** – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

**Phone/Online Training** – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

### **Founder of Healing Through Movement - Rick Kaselj**

**Rick Kaselj** is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit <http://www.HealingThroughMovement.com> .



***Healing Through Movement***  
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E-mail: [rkaselj@HealingThroughMovement.com](mailto:rkaselj@HealingThroughMovement.com)  
Webpage: <http://HealingThroughMovement.com>

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### Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>

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#### **Muscle Imbalances Revealed – Lower Body** (Earn 6 CECs)



As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>

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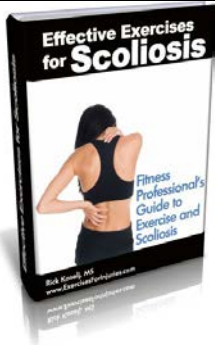


#### **Muscle Imbalances Revealed – Upper Body** (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>

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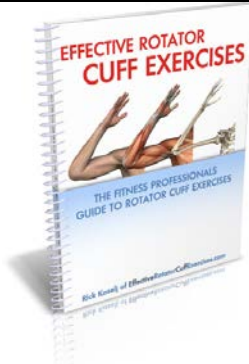


### **The Most Effective Exercises For Scoliosis** (Earn 6 CECs)

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then *Effective Exercises for Scoliosis* is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



### **Effective Rotator Cuff Exercises** (Earn 6 CECs)

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then *Effective Exercises Rotator Cuff Exercises* is a “must take” course for you.

For more details visit - <http://EffectiveRotatorCuffExercises.com>

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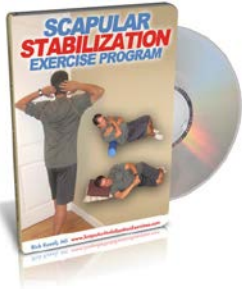
## Interested in a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

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To order these manuals, visit <http://ExercisesForInjuries.com>

# Ready-to-Download Video Presentations from Rick Kaselj



### Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



### Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

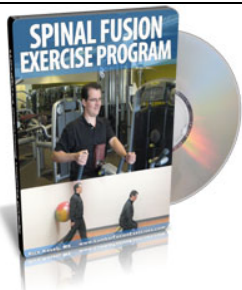
For more details visit - <http://SacroiliacPainSolution.com/>



### Shoulder Pain Solved

Shoulder pain is one of the most common injuries people will face. Many times people will just stop using their arm in order to avoid the pain. The odd time they use their arm, they will be reminded of their shoulder pain. Don't just ignore your shoulder pain, do something about it. Shoulder Pain Solved is a step-by-step program that requires minimal equipment and only a few minutes a day in order to get you on the road to a pain free shoulder.

For more details visit - <http://www.shoulderpainsolved.com/shoulder-pain-solved/>



### Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

## Unconventional Recovery Tools and Exercises

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For more details visit - [http://exercisesforinjuries.com/lumbar\\_fusion\\_exercises/](http://exercisesforinjuries.com/lumbar_fusion_exercises/)



### Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>



### Knee Injury Solution

I often get asked, "How do I strengthen my knees?", or "I have injured my knee, what exercises can I do to fix it?" Knee Injury Solution answers these questions. It gives you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

For more details visit - <http://KneeInjuryExercises.com>

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Visit <http://ExercisesForInjuries.com>

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