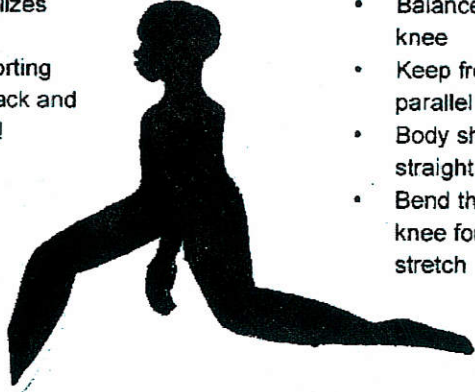


Rachel Wong's Gold Award
Dragon Boat Injury Prevention Exercises
 Developed with the help of Dr. Thomas Iwashita, D.C.

Hip Flexor

2 minutes each side

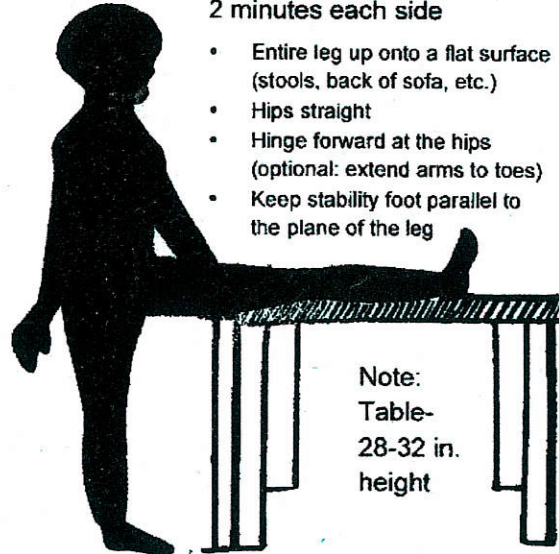
*Stabilizes by supporting the back and spine!



- Lunge down onto the ground and use a soft surface (towel under knee)
- Balance on the knee
- Keep front feet parallel to back leg
- Body should be straight
- Bend the front knee for a deeper stretch

Hamstring

2 minutes each side



- Entire leg up onto a flat surface (stools, back of sofa, etc.)
- Hips straight
- Hinge forward at the hips (optional: extend arms to toes)
- Keep stability foot parallel to the plane of the leg

Note:
Table-
28-32 in.
height

Stability foot

Core- Rock-Ups

10-20 Reps

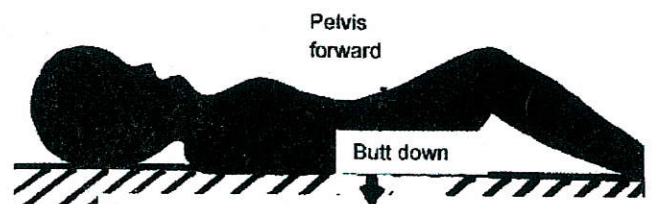
- Keep shoulders and back down against the ground (keeping them back & down allows for retraction to make "cleavage in the back")
- Head down and arms flat
- Rock knees up to the chest using only ab muscles to bring up
- Always control your descent. Exhale rocking up and inhale going down
- Bend lower back in opposite direction of movement (knees up, back is down)



Core- Pelvic Tilts

10-20 Reps

- Keep shoulders and back down against the ground (keeping them back & down allows for retraction to make "cleavage in the back")
- Head down and arms flat
- Rotate pelvis forward (tilt up) while exhaling
- Rotate pelvis back and control the descent. Inhale
- Make sure to bend lower back in opposite direction of movement (pelvis forward, back is down)



Calves

2 minutes each side

- Extend leg with toes up against the wall and the heel on the ground
- Other foot is to be parallel to the stretch foot
- Keep posture upright and the knee & body straight



- Pull hips towards the wall

Shoulders

2 minutes each side



- Use trees, poles, or a partner
- Make sure that you're feeling a stretch at the pecs/front of the shoulders
- Make 90 degrees at the shoulder & elbow
- Keep feet parallel to the object of support
- Turn away from support object
- Chin/face straight, don't hunch forward and make sure to look forward
- Back/shoulders down
- Neck straight up

Note:
Repeatable
for 180, 45,
and 60
degrees at the
elbow