Roll Clinic
Pre-clinic "Homework"

Stretches and Strengthening

We don't use our "side" muscles that much or for very long in non-kayaking activities and they will be easily fatigued during the clinic. Strong muscles mean you don't burn out, and have a more successful roll.


1. Strengthen the muscles by practicing edging. Sit on the floor. Lift one butt cheek and knee, but keep the lifted side's heel on the ground. Keep your head centered over your body as shown in the J-lean sketch above. Try to hold it for a while before relaxing and switching sides. Keep your hands off the floor. A paddle or stick is optional. (Note: this exercise will also help you with edging your boat during normal paddling.)

2. This stretch will help you "reach" for the setup position after rolling upside down. Hold each side for 30 seconds and try to do this 4x per day. (Note: this stretch will also help you with edging your boat.)

SIDE / TORSO - 16 Side Stretch, Standing Bend

Stand, hands clasped behind head. Slowly bend to one side. Hold _____ seconds.

Repeat _____ times per session.
Do _____ sessions per day.
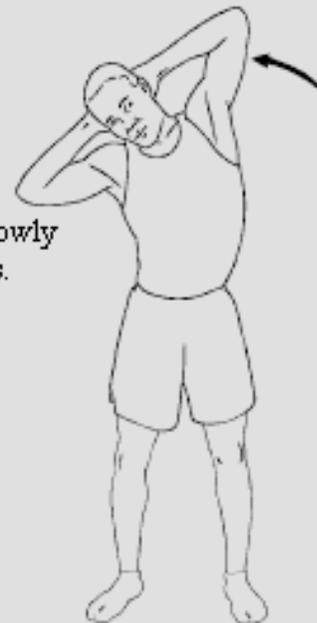
3. For the sweep roll we will be teaching first, the paddle sweep is accomplished by rotating the <u>torso</u>, not so much by moving the <u>arms</u>. So you <u>need</u> to be able to rotate your torso. Shown on the lower left are two individual stretches which you can combine as shown by the Physical Therapist on the lower right. Hold each side for 30 seconds and try to do this 4x per day.

LOW BACK - 3 Sitting With Rotation

Sit on edge of seat with one hand on opposite knee, other on chair. Keep knees parallel. Pull with hand on knee and, if needed, push with hand on chair to rotate trunk to that side. Hold _____ seconds.

Repeat _____ times per session.
Do _____ sessions per day.

UPPER-MID BACK - 9 Scapular Retractors Standing

Stand, arms crossed at shoulder height, one hand holding other elbow. Slowly pull toward body. A slight stretch should be felt behind shoulder and into back. Hold _____ seconds.

Repeat _____ times per session.
Do _____ sessions per day.