Transform Your Muscle Recovery: Step-by-Step Pressure Release Transcript

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Pressure Release Basics

So as you go through this, what we're trying to do is use the body's own release, pressure release system to relax muscles that have been overtaxed, underused, whatever the reason, injury, upset.

How we do that is with pressure for 30 seconds, 20 to 30, that's why I count so fast. Now you do not wanna go over a seven on a one to 10, 10 being excruciating, one being negligible.

You do not want to go over a seven because that may do the opposite of what the release, it may put that muscle in guard. So make sure that you're not pressing into it too much harder than about a 7 on the 1 to 10 pain scale.

And then you'll get the brain to be like, Oh, Let's relax. Oh, good. Let us relax, okay. We're looking for more, we're pushing in a little bit of pain to then cause the system to to relax not so much pain guards after so now my body is more relaxed, not traumatized right so this is often why I'm not a huge fan of some very old school deep tissue, rip it all up, and people get those types of massages, they often end up worse for days after, it's because the body's gonna guard.

So we have a little bit, this is really using the science of the way the things inside the muscle respond, the nervous system and the brain are gonna respond to what just happened.

And so what's the frequency upon which I do this? Once a day for three weeks, after three week, You can tell you may only have to hit two spots in the muscle.

You may want to get four, but your body can give it three weeks. And it's not one of those things that you'll be doing it and be like, oh, I'm all better.

What'll happen is you go up the stairs and. Oh, wait a minute. That didn't click. It's awesome. Like you will see the changes. They'll. Be gradual. but once a day for three weeks and then gauge it after three week, according to your body.

Quad Rolling Routine

All right, let's start with your quads or the front part of your thighs. So you're gonna kneel in front of the roller and lay across it. And as you remember, never roll over a joint or a bone and just give me three good rolls from the top of thighs to the the knee, slow and easy.

Warming things up, we're going to go up to the hip and then back down to knee. And then now as you're coming back up the hips, find a sore spot, stop on it, breathe and relax into it for 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20. 10, nine, eight, seven, six, five, four, three, two, roll toward the knee, all the way to the need, and then as you're coming up, stop on another sore spot.

One, one, 2, 3, 4, 5, 6, 7, 8, 9, 10 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, Nine, Eight, Seven, Six, Five, Four, Three, Two, All the Way to The Hip.

Roll to hip. And then as you're coming back down, let's find the third and final spot in this muscle group. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, 1. Now, roll towards the hip.

And what we're gonna do is bend your right knee up to where you are slightly on the outer part of the left quad. The outer, yes, not all the way flat now.

We want it on that teardrop muscle, the vastus lateralis, teerdrop muscles already. Yes, now let's roll to the knee, roll the to knee. All the way, and then as you're coming back up, let's stop on the first of three spots.

One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, all the up to the hip, roll to hip.

And back down, stop in a spot. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, all the rest of the way to the knee just that little bit and then as you're coming up stop on the third and final spot in this muscle.

One two three four five Five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, 1. All right. Other side.

We're going to give it one roll from the hip to the knee. And then as you're coming back up, stop on the first of three. So go from hip all the way to knee, getting a feel for how tight you are or how you not.

All right, now coming up, stop on the first of three. Now, roll a little less. No, you're fine. I'm looking at it different too. 10, nine, eight, seven, six, five, four, three, two, one, all the way up to the hip.

Roll to hip, All Right, Now as you are coming back to knee, Stop on two of the three 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, nine, eight, seven, six, four, three, two, one.

Rest of the way to the knee. And then as you're coming out, stop on the last one, 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 10 9 8 Five, four, three, two, all right, come on off.

All right slow and steady come off and then turn around and sit on the roller. I know that's rough. And for those of you that are watching this, she's still tight, but in order to not go overboard, we do three spots, 30 seconds each, and then quit.

In time, you'll learn what your body needs and it may be less and maybe more. All right, let's start. What hip have you been tighter on one side than the other?

Yeah, the right is where most of the pain is, but I think the left might be tighter. The right where I feel a little pain most the time. Okay. Then let's start on the rights across the, right ankle over the.

And lean to your right inside the little side cheek pocket, then deep six muscles that we were talking about on, and just give a, little roll from the sit bone to the hip bone, staying on.

And then find the first spot. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, 1. Roll.

Just really easy. Find the second of three.

Hip and TFL Rolling

Okay, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, nine, seven, six, five, four, three, two, one. All right, One more. Let's roll.

And then lean away. Yeah, you got it. You did it exactly where? Six, Seven, eight, Nine, Ten, Eleven, Twelve, 15, 16, 17, 18, 19, 20, 10, nine, eight, seven, six, five, four, three, two, and bring it down.

All right, take your time. We're gonna switch over, do the same thing on the other side. I know, it's been a minute. Now let's see which one is actually tighter.

on this, so give a little warm-up roll, just getting through that top level, and then find your first of three. Oh, Jesus,

fuck. One, two, three, four, no, not yet, okay.

Well, I wasn't ready for it. I'm gonna go. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 20, ten, nine, eight, seven, six, five, Just a little, and then find the second.

One, two, three, four, five, six, seven, eight, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 10, nine, 8, 7, 6, 5, 4, 3, 2, 1. OK, as promised, we're going to get that TFL in this one.

So I want you to go back to that spot you had just now and roll further away from me towards that wall. That is the TFL. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2. Come on off the roller.

All right. Awesome. So we're going to do the first of two stretches that will complement that rolling. Move the roll. Go ahead and lay on your back. And we'll do the figure four stretch, which will also get into that deep six and that TFL.

So across the right ankle, just the same, reach in between your legs and on the outside and pull it in. There we go. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2. Switch it over.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, nine, eight, five, four, three, two, we're going to do it again. Go back to the right over left.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 20, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Alright, left over right. All right, one, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve.

15, 16, 17, 18, 19, 20, 10, nine, eight, seven, six, five, four, three, two, one. Okay, come out of that one and just let your legs go in front of you and reach your hands over your head.

Just give a good full body fascia, stretch out, and then we're gonna move to the psoas stretch. And that's our last stretch and we'll go to our feet and work a little bit on the shoulders.

take your time. So as is knees against the wall. If you need to move your mat, take you time and move you mat. There you go. Put both knees on the walls and your feet comfortably.

Figure-Four and Psoas Stretches

You can do this on a couch, a wall, or a headboard if you're doing it in bed. All right? There we go. All right. Go flat, so comfortably flat. Then you're going to drop one leg or the other with the foot against the wall.

So bend the knee. Yes. Now you are going come up in a sphynx with your elbows. Yep. Push up, keeping your hips on the floor, pressing your hits into the four and getting that good stretch for five, six, seven, eight, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Go flat.

In between, switch legs. Take your time. It's been a while. All right, push up into the sphynx. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, and nine eight seven six five four three two.

We're gonna do it again. So go flat. Take your time, switch legs. And push up. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, come on down.

Take your time and switch back. Last floor activity. Come up into the snakes. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, and done.

So let's get to it. Take your time and let get your feet and get you ball. Can I do it on the wall? Yeah, we're going to go to the Wall with the ball on The Wall.

All right. So we've got our ball in the tube sock. You feeling okay? Yeah. A little bit. It's a little, you haven't done it in a while. Where are you the tightest right now?

It is probably my heart. I was starting to cry, not from pain, but just like it's got to release it. But the psoas for sure, I could tell. Yeah, fold that groin three times, soccer, and then the left, those six.

That was way more painful. Oh, okay, it's just whatever. So can you, can we see me enough? Do I need to move? Yeah, yep. Here's what I'm gonna show you.

here's your shoulder blade, now we're gonna roll that ball on the outside, not touching the bone of the shoulder blades. When you do it, we gonna come up against the wall, And we're going to start on the left side.

Let's hug yourself. So you guys left. Exactly. I'm doing that. Move it. Correct. Three different places. All right. Yup. Alright. Yeah. All right, same thing.

We're gonna warm it up three times. Down, up, down, and then we're going to come up and find the first of three spots. So I'm just rolling it, you guys, like on the muscles, but not on scapula.

Wall Ball Shoulder Work

All you got it? One, two, three, four. five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2. Let's go up or down, depending on where you're at, and then find the next spot.

1,2,3,4,5,6,7,8,9,10,11,12,15,16,17,18,19,20, Two, roll it again. Make sure you're getting that full from the top of the scapula to the bottom. Find the third and final.

One, two, three, four, five, six, seven, eight, 14, 15, 16, 17, 18, 19, 20, 10, nine, 8, 7, 6, 5, 4, 3, 2, come on off and switch it over. All right, give me a warmup.

Three of them up, all the way down, up all way, and then stop on the first of three. There. One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2. Okay, gimme a good roll.

And then find the second. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, nine, eight, seven, six, five, four, three, two, and last one.

Nice roll. Now remember, you can bring your body further out from the wall to get a little bit more pressure if you need it. I don't think you needed right this second, One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, 1. All right, as promised, we are gonna do the trap.

Okay, and then we'll do our two stretches and we will be done. The trap is gonna require you to be at the, you remember that one? Yeah. You're gonna put your body parallel to the wall and you're going to put it behind the trap, slightly behind and pull down as you roll from the AC joint to neck.

So you rolling in and out, not back and forth, in an out. And we're only gonna Yes, correct, from the SMR to the AC joint. The SCM, you said SM R. Yeah, SC M, sorry.

That's a brain wave. We are doing SM-R for the SC-M. All right, so correct. So from AC into the neck. Yep, right there. And we're only going to do two spots because this is really sensitive.

So you find the first one. Okay. Oh, one, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, 1. All right.

Let's get the next one and guys were only going up to a seven. Not to attend. In pain, one, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2. Let's switch it over.

Remember, this is the one we're only doing two because it is so sensitive. And only go up to a seven on a 10 scale of pain. 10 being excruciated. All right, let's get down in there.

Don't press too hard. First spot. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 10 9 8 7 6 5 4 3 2 And one, all right, roll just a little bit and give me the last one.

One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, and done. All right come off.

We're going to stay at the wall and do the two stretches. Okay? Right there at corner of the ball is where you were, we're gonna do two the stretches, We gonna to do chest opening.

So you gonna put your elbow and just turn away. Opening that chest muscle up. Not harsh, just a nice easy stretch. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 20, ten, nine, eight, seven, six, five, four, three, two, switch sides.

Chest, Triceps, and Full-Body Finish

Now some might just, you did it instinctively that I think is great, is lean your head away from the arm being stretched to get a little bit of that trap in there.

One, two, three, four, five, six, seven, eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, ten, 9, 8, 7, 6, 5, 4, 3, 2, and stay right there. And all you're gonna do is you gonna turn slightly away from the wall.

Let me show you my whole lobby so you can see it. You're going to lean in to get that tricep, and the super spinatus and all that lat. So you put your hand all the way up and just leaning in.

Hang on. If you're not getting a good enough stretch, you need to walk your body out from the wall a little so that, yes, good. One, two, three, four, five, six, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20. 10, 9, 8, 7, 6, 5, 4, 3, 2, and the other side.

1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20, 10 9 8 7 6 5 4 3 2 1. We have one more thing to do and we are done with The corrective, we're gonna integrate the whole body by doing 10 mock jump squats.

I think you remember these. So you're going to do a little squat, you gonna reach up and come up on your toes. You're to 10 of those. And what that does is move the entire fascia as one unit.

It's not fast, it's crazy, It really a stretch. Up, come down, up, Down, up, 10 of those, just little tiny. Perfect. It's good. Oh, I'm just squatting and reaching, right?

Yeah, and reach up and come up on your toes when you reach out. One, good, two, nice. We're gonna do 10, three, four, five, soft and easy, six, seven, eight, nine, one more, and ten.

Beautiful. And that, my dear, is it. Okay, I'm gonna go over something really fast. I'll unpin myself. Okay. And just so those of you watching, you watched one I am sweating a little bit.

So I was breathing hard through my mouth like I couldn't even just maintain nasal breathing and let myself do what needed to be done. Because you're discharging It hurts, explain the pain scale one to 10 and where what we do, like it's seven and just be aware like you might have some emotional release some of you like I was tremoring a little bit.

I will shaking sometimes a bit that is my body's natural discharge of some stuff it wasn't that it was. I was in discomfort, don't get me wrong, and releasing pain.

It hurts it's hard it makes you sweat a lot of works my fashion and my muscles were twitching which is the trauma

release. And so at one point on the floor, I did start crying, not from pain, From just the system needed to get something out.

It just, I just let it. I did not try to stop it, please try not to start things. Please don't try stop yourself from tremoring or shaking. That's a natural nervous system is trying to release something.