

SKATEBOARD PRE-HAB ROUTINE



Dr. Matt Weaver, DC + Dr. Mitchell Rasmussen, DC - [@thefacilitydenver](#)

Calf Raises - Double and Single Leg, 10 per side

Toe Elevated Calf Raises - Double and Single Leg, 10 per side

Tibialis Anterior Raise - Double and Single Leg, 10 per side

Hip CARs - 2-5 reps per side

Bodyweight Squat - 15-20 reps

Adductor Rocking + Rotation - 10 reps per side

Scapular CARs - 2-5 reps per side

Crab Hold + Marching - 30-60 seconds

High Plank Shoulder Taps - 30-60 seconds

Shoulder CARs - 2-5 reps per side

Pogo Jumps - Double leg, Single Leg, Side to Side, 30-60 seconds each

World's Greatest Stretch - 30-60 seconds per side

At-Home Rehab Equipment - [shop on Amazon](#)

About The Facility