

ROMP Wod

RECOVERY

Focus on range of movement to keep from stiffening up during injury recovery.

Pace yourself!!

Warmup: Unicycle

Goals

- 2 laps (total) around the area at the base of the stage, in either a circle or a figure eight on the 20" wheel.

Notes

- At least 3 attempts at a free mount every time mounting is necessary, before using a wall assist.
- Remember to plug in yantor3d's lights before riding, and unplug again before storing the uni! <https://www.instructables.com/DIY-3D-Printed-Rechargeable-Bike-Wheel-Lights>

Upper Trapezius Release

[1]

Purpose

Tension release for upper traps

Technique

Sit in front of a wall with a peanut or lacrosse ball placed at your upper trap

Range Of Motion in Play Workout of the Day - Recovery

Slowly tilt head from side to side and rotate it side to side.

Sets & Reps

10 reps, each side, each action.

Modifications

Increased pressure via moving bottom away from wall, or by laying on your back with knees bent and hips slightly lifted off floor.

Thoracic Mobilization

[1]

Purpose

Release tension in upper back

Technique

Place a peanut between your mid back and the wall, with feet slightly in front of you. Perform slow mini-squats to move the peanut up and down your back.

Sets & Reps

Just run it up and down as needed for release.

Scapular Circles

[1]

Purpose

To improve shoulder blade mobility

Technique

Sitting or standing upright, bring shoulders forward, then shrug upward and more center, then back and down, then back to the starting position.

Repeat in the opposite direction.

Sets & Reps

10 circles each direction

Door Partial Hang

Purpose

To stretch the shoulders, pecs, and spine

Technique

While holding the top of the doorframe/trim, bend knees, putting some weight in the arms, allowing the body to stretch. (be careful to do this in a doorway that can support your weight!)

Reps/Sets

One hang for 5 seconds

Corner (or doorway) Stretch

Purpose

Stretching the external rotation and abduction of the shoulder muscles.

Technique

Doorway version: Stand in a doorway with your feet slightly in front of the other in a staggered stance.

Place your hands and forearms on the door frame. Experiment with the height. Placing the hands and forearms above the head, at head height, or holding with your hands at elbow height.

Slowly move your weight into your front foot until you feel a stretch across your chest and in front of your shoulders. Keep your head and chest upright and your abdominal muscles tight.

Hold for a few seconds.

Shift weight to your back foot.

Repeat with opposite footing

Corner version: Hands at shoulder height, elbows gently bent, place on each wall of the corner. Gently bend knees (not staggered legs), allowing the body to slowly fall forward. Be sure to keep the hands active and pressing gently into the walls.

Can intensify stretch by gently shifting to each side on an exhale. Further intensifying, can put the hands at more of head height, with your hands pointing upward at about a 45 degree angle.

Reps/Sets

5 slow breaths per stretch.

[2]

Seated Twists

[1]

Purpose

Activate upper back and reset postural muscles

Technique

Sitting cross legged, cross your arms over your chest and gently rotate your shoulders, head and torso to one side as far as possible. Avoid shifting to the side when twisting.

Maintain this position for 3-5 seconds (one long exhale) then return to center.

Repeat the twist in the opposite direction. Make sure your hips stay grounded.

Sets and Reps

10 twists in each direction

Standing Shoulder Extension with Stick

Purpose

works shoulder extension

Technique

Stand and hold a broomstick or cane behind your back, hands a little wider than shoulder width apart, palms facing away from your back.

Keeping your elbows straight and your muscles relaxed, move the stick away from your body until you feel a stretch in your shoulders. Your shoulders shouldn't shrug, keep the shoulder blades tucked down towards the middle of your back.

Reps/Sets

Median Nerve Glide

[1]

Purpose

To decrease median nerve tension

Technique

Start with your elbow bent and your wrist back as if holding a tray. Straighten your elbow, moving your hand slightly down and behind you, then return to the starting position.

The goal is to feel a mild to moderate stretching sensation in your hand, forearm, or upper arm.

The stretching sensation will increase as your arm straightens, but only extend your elbow as far as it takes to feel that slight stretch, don't push. This is a nerve glide, not a muscle stretch.

Sets and Reps

10 reps per side

Strength Side arms/shoulders isometrics

Ulnar Nerve Glide

[1]

Purpose

To release Tension from the ulnar nerve

Technique

Start with your elbow straight and wrist neutral, with your hand making an "okay" sign. Bend your elbow and your wrist back towards your face with your palm facing away from you, as if you were aiming to place the palm of your hand on your face. Reverse the movement back to the starting position.

The goal of this drill is to feel a mild to moderate stretching sensation in your hand, forearm, or upper arm. This stretching sensation will increase as

your arm bends, so only bend your elbow as far as it takes to feel the slight stretch. Don't push beyond that.

Sets and Reps

10 reps each side

Horse Stance

[3]

Purpose

Hip work, specifically prepping for basing things like two high

Technique

Reps and Sets

George Carl Walk Explorations

[4]

Hanging Over

[5]

Purpose

Waking up the spine

Technique

It's a fold over, take it slowly.

Reps/Sets

Just one typically will do it.

Walk the Downward Dog

Purpose

Stretch the wrists and achillese tendons

Technique

Start on both feet, hanging over. Place both hands on floor as close to the body as possible. Lean into the wrists slowly, careful not to overbalance. Lean back into the ankles slowly. Take two "steps" forward with the hands,

Range Of Motion in Play Workout of the Day - Recovery

so they continue to be in line with each other. Repeat the leans. Move hands forward again. Repeat the sequence until leaning back isn't possible. Move on to any move that begins from the downward dog like position you're now in.

Sets & Reps

Do this sequence only once. But lean back and forth as many times as feels right for the stretches involved.

Cat/Cow

Wrist Warm Up

Purpose

To finish warming up the wrists at all angles

Technique

From kneeling, place hands flat on the ground on either side of the knees. Lean weight to each side, then take "steps" with each hand, rotating the angle of the hand slightly more outward with each step, until the hands are pointed towards/behind you. Then walk them back to forward. Lightly put weight into the hands with the top of the hands touching the floor as well. "Be Like Bear" - Pavel Karima

Reps/Sets

As many as needed to feel warm in the wrists

Child's Pose

Straddle

..you know what you're doing here

Shoulder Internal Rotation w/ Stick

Purpose

Stretch and strengthen internal rotation of the shoulders.

Technique

Place your right hand behind your back, palm-up. Use the other hand to dangle an exercise band or long stick (broomstick or similar) over your shoulder. Grab the object with the right hand so you are holding both ends. Gently pull up on the band until you feel a stretch in the front of your right shoulder. Avoid shrugging your shoulder while you raise your arm. Keep your shoulder blade tucked down toward the middle of your back. Hold for 3 seconds. Repeat, changing which hand is where.

Reps/Sets

3 second hold, 2x per side.

Shoulder External Rotation Band Work

Purpose

To strengthen external rotation in shoulder.

Technique

Sit in a stable chair without armrests. Secure an exercise band to a stable object at elbow height on your right side. Place a soft object, such as a folded towel or small pillow between your left upper arm and your body, moving your elbow about 4 inches away from your side. Hold the end of the exercise band with your left hand so it is tight and there is no slack.

Keeping your elbow pressed against the soft object, slowly move your forearm out, away from your abdomen (external rotation). Keep your body steady so only your forearm moves. Hold at extension for 3 seconds. Slowly return to the starting position.

Repeat on other side.

Reps/Sets

5 reps on each side.

Shoulder Abduction with Weight

Shoulder Extension band pulls

Shoulder Row, with band

Shoulder press ups

Push Ups

Feeling Your Schpeen/ Rolling out the back

Purpose

To get the upper back to release

Technique

Reps/Sets

Until this feels right

Foam Roller Pec Stretch

[1]

Purpose

Gently stretch pec muscles while working on shoulder motion.

Technique

Lie on a foam roller with the roller supporting you from head to tailbone.

With bent elbows, gently squeeze your shoulder blade muscles together to bring your forearms towards the ground and open your chest.

Maintaining that engagement, slowly bring your arms overhead as far as comfortable, as if you were making a snow angel.

Sets and Reps

10 reps

Bibliography

- [1] J. Crane and S. Mosser, "Post-Operative Top Surgery Rehab Protocol." Dec. 2023.
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- [3] J. Hash and T. Hash, The Ancient Exercise that Heals your Hips (Why and How), (Oct. 01, 2025).
- [4] J. Hash and T. Hash, How Duck Walks Massively Change the Human Body, (Oct. 25, 2025).
- [5] D. Poznic, Master Class - Hanging Over.