



THE\_HOCKEY\_DOC



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## CONTRAST SHOWER PROTOCOL

### Pre-Routine Notes:

15 min Equipment: Rocker Roller  
Speed up recovery with a post-skate, 6-minute contrast shower to boost recovery, reduce soreness, and improve circulation.

Goal:  
Increase alertness, muscle readiness, and blood flow while minimizing stiffness or lingering soreness after skating.

Precautions  
Avoid if you're feeling dizzy, lightheaded, or have any cardiovascular concerns.

### Post-Routine Notes:

Post-Shower Activation: Complete the mobility routine below

#1

### Contrast Shower

### SETS REPS HOLD



1. Start Hot (1 min):  
Use comfortably hot water—enough to open blood vessels and relax muscles. Focus the stream on major muscle groups: legs, hips, and shoulders. Breathe deeply and let your body loosen up.
2. Switch to Cold (1 min):  
Turn the water to cold. Aim for a sharp, but tolerable temperature drop. This constricts blood vessels, flushing out waste and reducing inflammation.
3. Repeat x3 rounds (6 min total):  
Always end on cold to lock in recovery benefits. BONUS it keeps you alert and muscles stimulated.

6 1 min

#2

### Mohawk Squat on Foam Roller

### SETS REPS HOLD



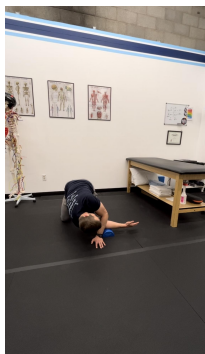
Stand with your right and left heels on each end of a foam roller  
Squat down by bending your knees over toes and keeping your chest tall, then rise back up  
You should feel a stretch in your groin and activation in your quads, glutes, and hips

2 10



[WATCH VIDEO](#)

#3



### Thread the Needle

SETS REPS HOLD

2 10

Start on hands and knees with a foam roller outside of your left hand

Slide your right arm under your left arm, using the roller to help reach further under your body

You should feel a stretch in your right shoulder and upper back



#4



### Scorpion

SETS REPS HOLD

2 30  
sec

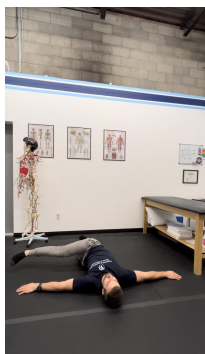
Lie face down on the floor with arms out to the sides in a "T" position

Lift your right leg and twist it across your body toward your left side while keeping your chest and shoulders on the floor

You should feel a stretch in your hip flexors and spine, and activation in your glutes



#5



### Iron Cross

SETS REPS HOLD

2 30  
sec

Lay on your back with arms stretched out to the sides and legs straight

Lift your right leg and gently lower it across your body toward the left side

You should feel a stretch in your right lower back, hip, and outer thigh



