

D R . J A M E S W E R N E R

R.D.P. YOUR HIPS



THE HOCKEY PLAYERS GUIDE TO NEXT LEVEL
HIP MOBILITY & PERFORMANCE

D R J A M E S W E R N E R . C O M



RECOVER. DEVELOP. PERFORM.

The hockey players guide to next level hip
mobility and performance

DRJAMESWERNER.COM



DR JAMES WERNER

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PERFORMANCE**

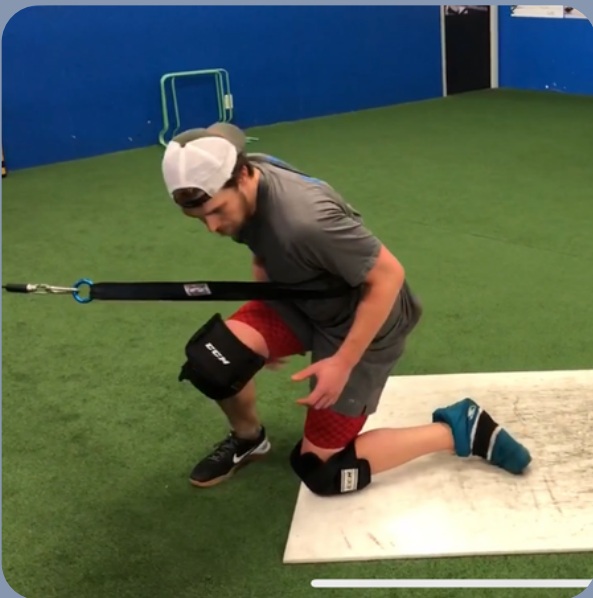
I was a player pushed out of the game by injuries. That left me with a feeling of wanting more as the injured athlete from the medical and performance realms.

First hand I learned hard work can do a lot, but I couldn't out work a banged up body. This holds true with all the athletes I've trained. Eventually our bodies stop responding like they used. And every compensation has an expiry date. Sports medicine has allowed me to better assess the underlying issues for why there are gaps in some play there are gaps i Especially when a player is returning from injury. Acting on this information allows our athletes to reach and exceed previous levels of performance. And now you can do the same

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RECOVER

Fix the issues in the tissues



DEVELOP

Stability, Strength & Symmetry

PERFORM

Speed, Power, Reaction Time



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CHAPTER

1

INTRODUCTION

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WELCOME!

I'm excited you're here because I am going to share the information I wish I had as an injured athlete.

Being an athlete trying to get help from traditional doctors always left me wanting more. More time with the doctor. More information about what's going on. More about why it happened and how you can prevent it from happening again.

Every visit I left more confused and frustrated because Modern Medicines answer was do a stretch and if it doesn't work we don't know... and that's the reason I hate stretching.

You deserve better.

My goal for our time together is for you to walk away feeling like you're at the top of your game.

Summers after grade 12 should be exciting. My teammates are getting scholarships. There's new world of opportunity ahead.

Mine was the polar opposite. I missed the National Championship game with my most recent concussion.

Sleepless nights were how I started my summer. Staring at the ceiling wondering why my game is going down the tubes. "why have I never been the same since these injuries."



MAYBE THAT'S THE WAY IT GOES AFTER AN INJURY.

Well that's what the doctors told me.

Maybe I needed to find safer hobbies. That was my family's solution.

Fuck that. Why am I about to give up on everything I know and love.

The competition. The locker room. There was no better feeling than lighting the lamp one shift. And rocking a guy the next. But as you can imagine, this frame playing a power forward role put a lot of miles on the hips, shoulders and head.

My game changed because of lingering injuries. For whatever reason it stopped me from doing what made me successful. I went from USA festivals and playing in Nationals, to playing beer league hockey overnight. No one had a real reason why.

Instead of giving up I took a year off to work harder trying to make up for what for I lost. I spent more time in the gym and I wouldn't be outworked on ice.

That year taught me a valuable lesson. Hard work gave me a lot. But I couldn't outwork a banged up body. And that was the end of my hockey career.

That frustration pushed me to find the root cause of my issues. I needed to know what peak performance felt like again.

So I went back to the gym. This interning with NCAA D1 Strength & Conditioning programs. Funny enough I found athletes from every sport saying the same thing I did. Despite playing at a high level, they had something holding them back. And no one had answers for them.

That was outrageous to me.

Some of these athletes won national championships. Many turned professional. And their docs & trainers were telling them to accept it. Accept underperforming.

ACCEPT UNDERPERFORMING!?!?

Not for a second.

This was no longer a selfish endeavor. No athlete should have to live with pain of regret. the pain of Had I been at my best? What could've been had I stayed health?

For those of you who don't know me. I'm Dr. Jimmy. I'm a chiropractor & performance coach. I prepare & educate hockey players for peak performance even after injury.

Over the years Ive been fortunate to work with elite hockey players. Guys that played in the Olympics & NHL All Star games. Guys that have Won National Championships, World Jr Champions. & even Won Stanley cups.

And it doesn't matter where they play, they all have the same questions when they're looking to be at their best.

What muscles do I work on? Do I need this fancy tool?

What are the right exercises? When's the best time to do this exercise?

Why am I step slow? How do I get back to the old me?

That's why I made this course. It's 3 simple steps that'll streamline you to peak performance.

In this course you're getting my best stuff. My knowledge & experience over 15 year of going from the injured athlete, to S&C coach to a Doctor. Its the culmination of all the courses I've taken. the top athletes, coaches & doctors I've been able to work with and learned from. This system has been fine tuned to remove the fluff & distractions of what doesn't work.

And that's what high performance is. It doesn't matter if youre injured or healthy. Its Applying what works so you can take care of your body. so you can get every last % better. get back to baseline so you can get to your next level.

AND THATS THE BEAUTY

of this course. Each step is layered in to build success. Its been proven in clinic. Its proven in the gym. These 3 steps are what allow our players to absorb the gainz on & off the ice. Its sets their standard for high performance

Step one:

1. Recover

- Fix the issues in your tissues.
- You'll learn the high traffic areas that will get out of pain to improve mobility & performance

2. Develop

- This is what I call the Jagr effect.
- Remain ageless with the exercises that develop the stability, strength & symmetry for longevity & injury resistance.

3. Preform

- Plain and simple.
- These are the drills will give you that next gear. Give yourself the speed, power & reaction time needed to succeed on the ice.

Usain Bolt said half his training rest and recovery so his body can absorb the benefits of training.

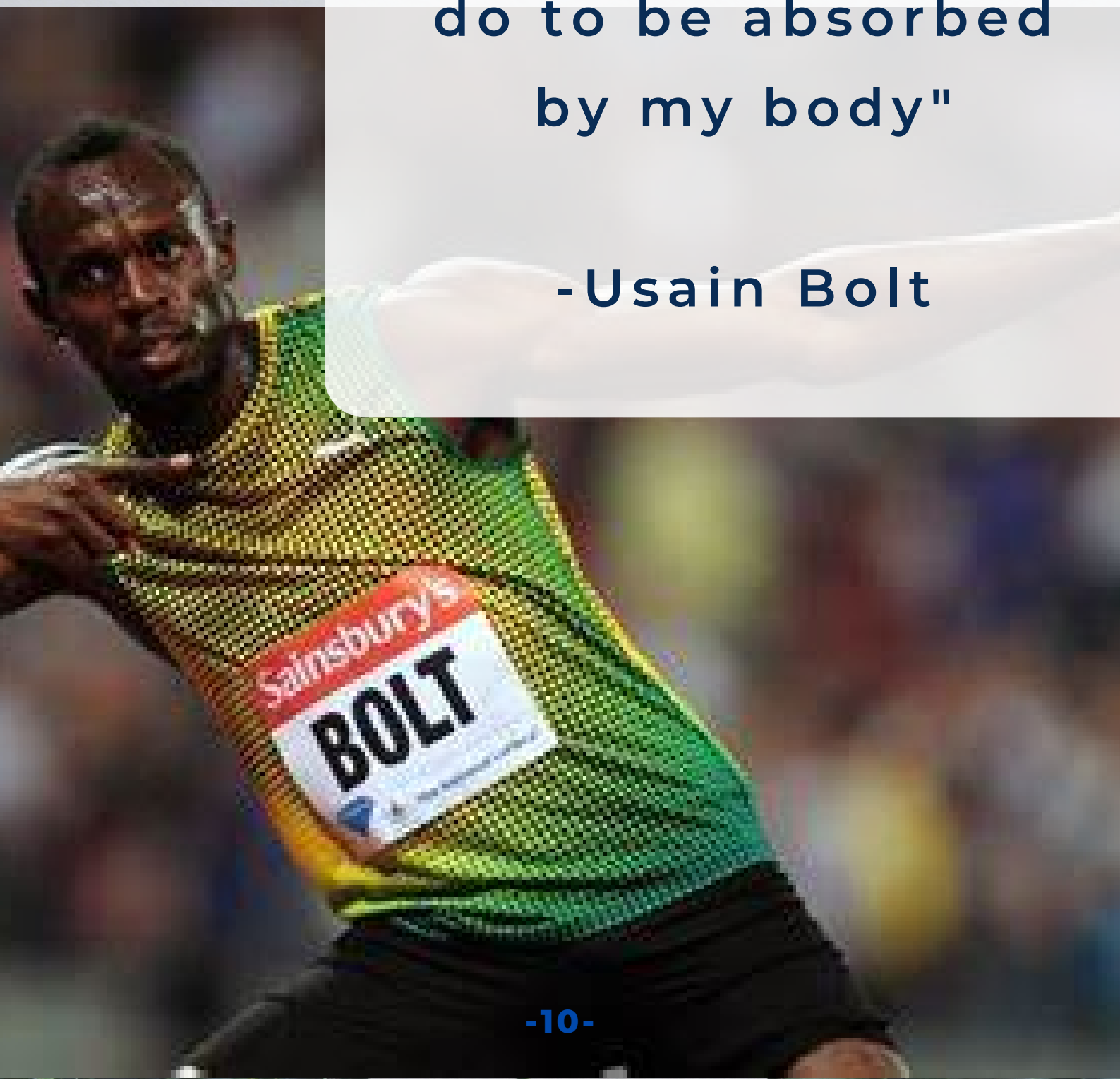
That's what this course is about. Our goal is for you to maximize all aspects of your training so you're at the top of your game.

Lets get into our first section, Recover. Get ready to Feel better. Move better. Preform better. Lets Go!

“

"I need to rest and
recover in order
for the training I
do to be absorbed
by my body"

-Usain Bolt

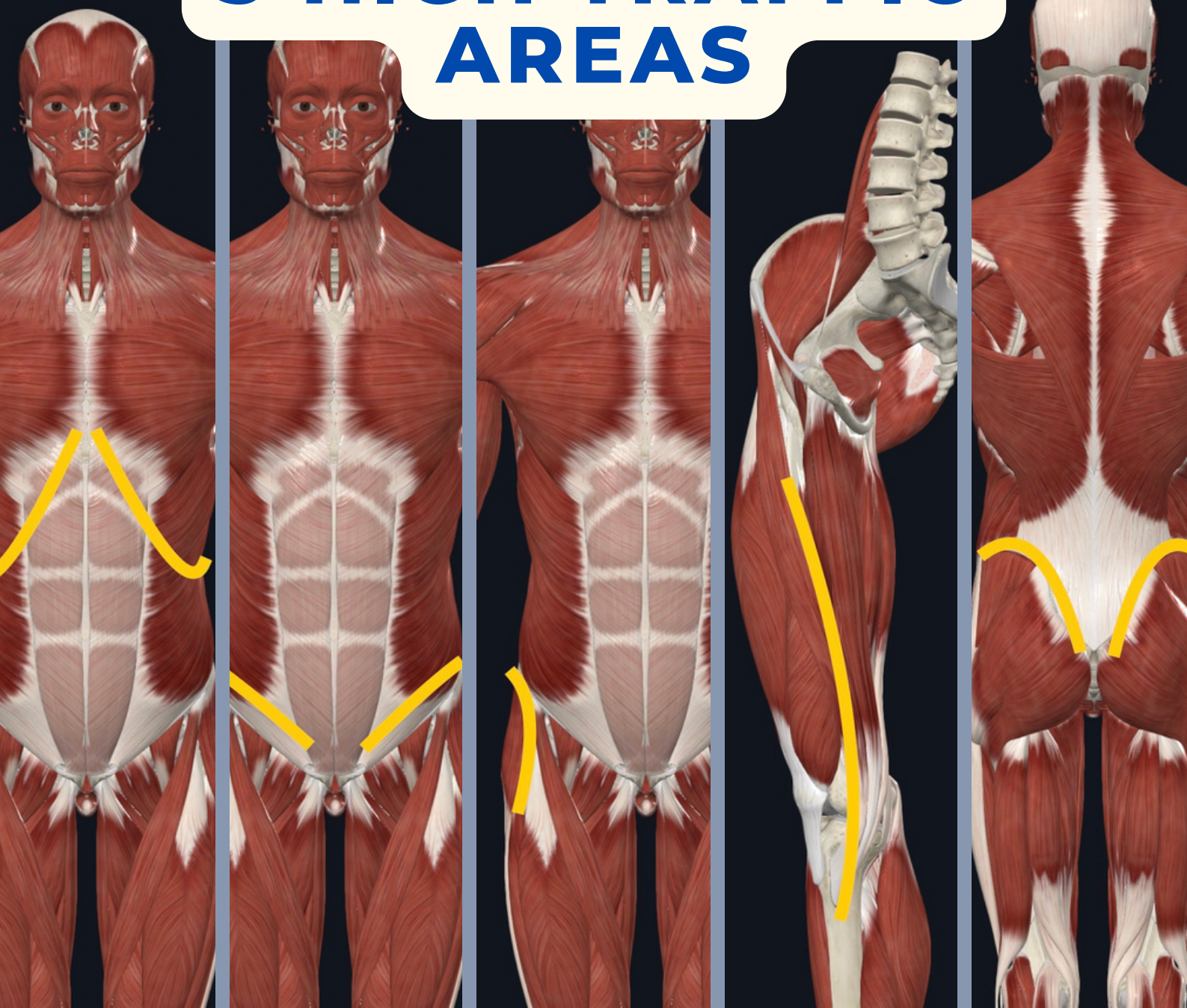




CHAPTER 2 RECOVER

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5 HIGH TRAFFIC AREAS



FIX THE ISSUES IN YOUR TISSUES. THIS IS WHERE YOU FAST TRACK YOUR RECOVERY AND ABSORB THE BENEFITS OF YOUR HARD WORK.

Over the course of a season your body is going to take a physical and mental beating. And we all know your body needs to be at its best if you're going to have a chance at a Championship. BUT come playoffs everyone is still battling injuries. So winning comes down to having the most tools to maximize on-ice performance.

PAIN, KNOTS & TIGHTNESS OH MY

its no secret youre putting your body on the line shift after shifts. Eventually theres days youll get sore and things like knots, adhesions and even scar tissue will develop. All that can make you tight or even cause you pain.

But by Knowing where to work on your body can you quickly get out of pain. Quickly improve your mobility. And supercharge the exercises you do for mobility, stability, strength, power.

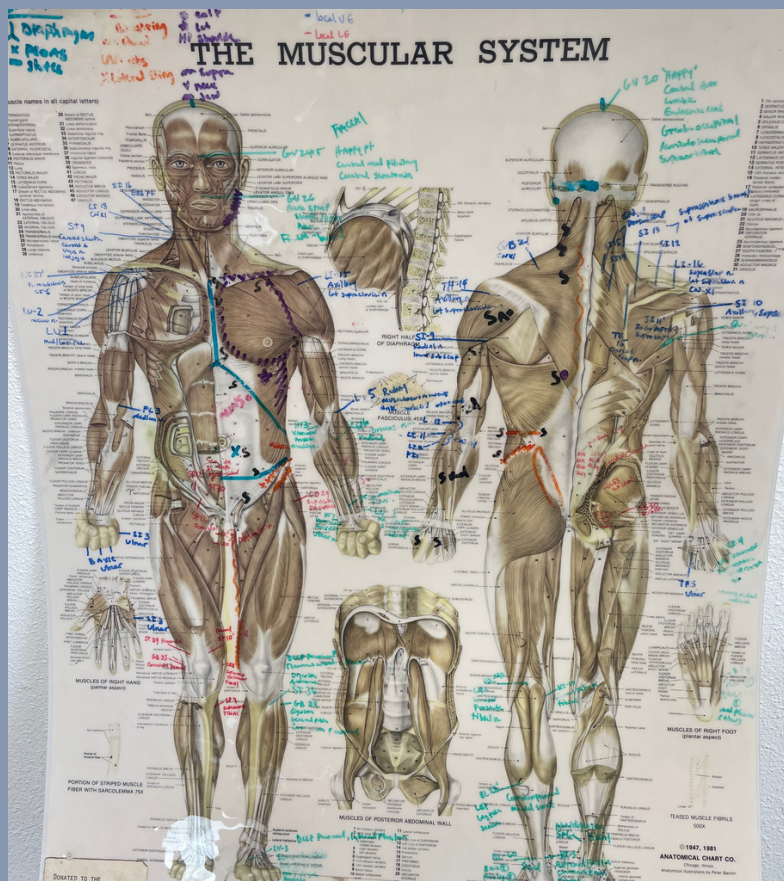
So how do we know where to work?

This is a top 3 question. Recently a player flew me out to work on him. He asked, “How do you always know where to go? I mean you always find the problem spots? Half the time theyre not anywhere near where I’d look”

My reply was that’s why you pay me.

But the real answer comes from a lesson I learned from the Great One. Legend has it that Walter Gretzky would make Wayne trace where the puck went on a coaches board while watching games. That’s how he knew where the puck would be going and how he would beat people to the area.

If its good for Wayne, its good for me. So I started to do the same thing with every “high pay off point” “hot spot” or “adhesion area” I learned. At first I wasn’t sure it would lead to anything more than a hot mess a few ruined posters.



Take a look at this chart. It's a mess. And this is version 3.

I started with match up spinal nerves. then I layered on dermatomes. Then finally added this muscle poster.

Everytime I looked at these I was overwhelmed. I didn't know what to make of it. Then it hit me.

Look for the areas with the most marker. That's what every course, clinic and technique have in common.

Now you get the cheat sheet to 5 high traffic areas.

I call them high traffic areas because there's a lot of physical overlap on my charts. but also in the body. Muscles tendon, ligaments, nerves, blood vessels and lymphatics all come together in these areas.

These are like the tough areas on the ice. People don't want to work on them because they're tough. They're Gritty. They're going to leave you sore. And like hockey if you want to win you need to own the gritty areas.

The more time you spend on the ice & in the gym these high traffic areas tend to get matted up and stick together. This turns your muscles from a nice juicy steak into dried out tuff jerky.

In all my years of school and continuing education if I've learned one thing, its that strong, healthy and happy muscles rely on fluid dynamics. Fresh blood & nutrients in. Garbage filled blood out. What this means is nerves and muscles don't like 3 things

- 1.Compression,
 - 2.Excessive Stretch
 - 3.Chemical Change
- The first two lead to chemical change

sensory motor integration

3things lead to muscle inhibition

1psin/trauma aka contact sport

2 over use- training, practice, game

3. joint changes- arthriti, labral tears, surger, bone fractures/
breaks

If you follow the work of Dr. Shacklock, Dr. McKenzie, Dr. McGill, or Dr. Gonstead, my interpretation of all of their work deals with removing an "irritation" aka chemical change aka swelling around a nerve.

Taking this a step further Dr. Schleip showed our fascia is a direct representation of the autonomic nervous system. Meaning our muscle tone & quality is a direct insight to our ability to recover.

So when a muscles goes into spasm from overuse, tweaks or Charlie horses it squeezes on the blood vessels. This stops fresh blood with all the oxygen & nutrients from getting in. And it keeps all the garbage & waste filled blood in the area. Basically giving the muscle a jerky like feeling. When your muscles get tight and turn jerky you to lose mobility. Your muscles can become sensitive or even ticklish. If this goes on long enough you'll lose power & performance.

So our goal for this section is to identify your specific high traffic areas. Break the cycle before you get jerky muscles. Send fresh nutrient rich blood into the muscles. Flush out the garbage waste filled blood. And this will transform jerky into to thoroughbred high performing muscle.

Get ready for 5 high traffic points and tools to treat them. This section is going to be the TSN Turning Point.

HOLA MR. HAND

What I like about using your own hand is the tactile feedback. You can feel the tissue quality. Is it supple like a high quality steak? Or ropery and dried out like jerky? You can feel where one muscle ends (or doesn't) and where another one starts. You get a lot of versatility in how you contact the muscle.

The draw back is it can be tiring and hard to hit certain spots.

Work what feels jerky. And the areas where muscles are matted together.

[CLICK FOR VIDEO DEMO](#)

High Traffic Areas

CUPPING

The way I view cupping is as a form of decompression. Massage, massage guns, foam rollers and lacrosse balls all compress the muscles, blood vessels, nerves, etc.

Cupping physically pulls the different layers and tissues apart. The suction can help release adhesions and pulls blood to the area. Be careful of bruising.

Work the areas that

1. Don't allow the cup to slide freely
2. Decrease pain with movement
3. Improve mobility

[CLICK](#)
[FOR](#)
[VIDEO](#)
[DEMO](#)

High Traffic Areas

MASSAGE GUNS



The nice thing about massage guns is that it takes minimal effort from you to do and you can hit multiple angles. The bad is everyone thinks they need to jackhammer their muscles. If you have to push that hard you're in the wrong spot.

Percussion and vibration from these machines can be a very powerful input for decreasing pain and improving mobility.

[CLICK FOR VIDEO DEMO](#)

An anatomical illustration of the human back and torso muscles, showing the rib cage and spine. A yellow highlight is placed on the rib cage area, indicating it as a high-traffic area. The muscles are shown in a reddish-brown color, and the spine is visible in the center.

High Traffic Areas

RIB EDGES

The edges of the ribs are where the major core & breathing muscles attach. If you can't breathe you'll fatigue faster.

If you can't stabilize you can't create optimal power, stability, strength or mobility.

Breath deep. Be stable.

[CLICK FOR VIDEO DEMO](#)



High Traffic Areas

TRUFFLE SHUFFLE

[CLICK FOR VIDEO DEMO](#)

There are a lot of over looked nerves that provide sensory information to our hips, groins and low back in this area. When these nerves gets irritated it can cause pain & tightness in your back & groins, Pinchy hips and poor mobility are also common. Do your best Goonies imprssion



High Traffic Areas

HIP POINTER

[CLICK FOR VIDEO DEMO](#)

A lot of blame goes to the IT-Band for hip issues . It gets stretched & rolled on but its a band. It's suppose to be tight.

Instead work your around your hip pointer. Your TFL, Glute Med & Glute Min all influence your hip mobility & IT-Band "tightness".

Break out the chisel and free up your hips



High Traffic Areas

SI JOINTS

This is a continuation from the hip pointer to the SI Joint.

Your Glute Max is your strongest hip muscle and attaches to the SI Joint.

When it get overused from skating, hits, falls etc you lose power, strength and mobility. This can often lead to low back & hip tightness.

Motion is lotion.

[CLICK FOR VIDEO DEMO](#)



High Traffic Areas

TEAR DROPS

[CLICK FOR](#)
[VIDEO DEMO](#)

Here runs the Obturator Nerve, Saphenous Nerve, Saphenous Vein.

These are extremely important for blood flow, mobility and strength of the hip flexors, groins and knee/quads. I've even seen this affect the ankle. Don't overlook this surprisingly sensitive area.

It may cause tears



3

CHAPTER

DEVELOP

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The Jagr Effect



Now that we've fixed the issues in the tissues.

Your muscles are prepped. Your body is ready to absorb the training which leads us to everyone favourite question.

What stretches & exercises can I do to stop this from happening again?

FORGET STRETCHING. STRETCHING SUCK.

Unpopular opinion: but I am not a fan of stretching
Stretches are like trying to fix diarrhea with a burrito. It feels good at the time but youre up shit creek in a few minutes.

What do I mean?

There are many reasons muscles get tight. Stretching tries to address a "short muscle or scar tissue issue". And stretching does a poor job at best. For muscles to lengthen or scar tissue to be altered it needs intensity or time under tension from heavy loading. Not bouncing in and out of end range or holding in a position you feel a stretch for 30-60 seconds. That kind of stretching actually worsens the problem by negatively stimulating muscle spindles and golgi tendon organs.

Simply a muscle gets tight as a protective mechanism to make up for a lack of sensory information or stimulation. "Regular" stretching isn't a strong enough stimuli to reset the system. It continues to decrease muscle tone which decreases the activation.

So while it may feel good in the moment. Long term you are not making any positive changes.

Instead do what we did in the previous section. I hope you didn't forget already.

Recover. FIX THE ISSUES IN THE TISSUES. That's step one. Improve blood flow and open the communication pathways to the brain.

Then we get into step 2, exercises that improve muscle "activation".

These exercises were inspired by the Ageless Wonder himself, Jaromir Jagr.

We're flashing back to my playing days to find out how Jarg inspired this section.

Mitchy and I break out of the zone for a 2 on 2 rush. Mitchy's ripping down the right wing with the puck, I'm flying down the left. My golden locks flowing.

Mitchy tries to dangle at the blue & loses the puck.

I cut back to straddle the line & *POP*...

FUCK! there goes the groin.

It was on of the tweaks that has you thinking its never going to be the same. I thought my hips were going to sound like Rice Crispies. Snapping, Crackling & popping with every move for the rest of my life.

Fast-forward 5 years & Im taking a course with the Physios that work on Jagr.

We break out into groups and I'm the demo guy. They hit a couple high traffic areas. They lay me on my side. They pin my bad hip to the ground and roll me forward & back like a dead man in stuck in the weeds.

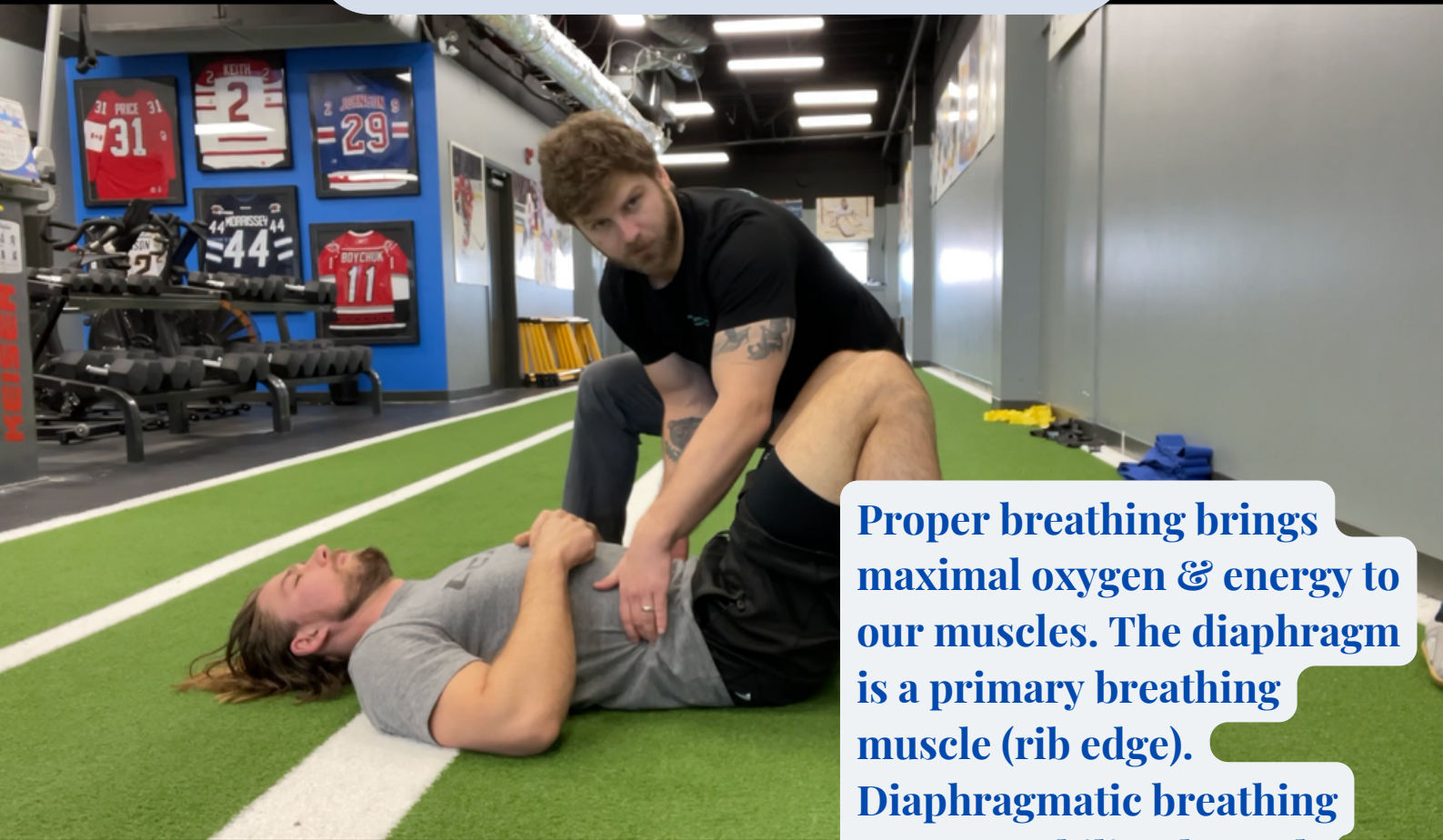
I stand up and do a squat. In my head theres no way they changed anything. But I drop into the deepest smoothest squat I had in years.

The Rice Crispies were gone. It was silky smooth. My bad hip was now my good hip. Like that I was a brand new man.

They shared their secret about how they worked with the ageless wonder. Now I'll my share my top 5 secret exercise to developing hip stability, strength & symmetry for longevity & resilience.

The secret starts with our centre of gravity, our core

BREATHING & BRACING



[CLICK FOR
VIDEO DEMO](#)

Proper breathing brings maximal oxygen & energy to our muscles. The diaphragm is a primary breathing muscle (rib edge).

Diaphragmatic breathing creates stability through Intra Abdominal Pressure (IAP).

IAP + Bracing creates optimal core stability. This allows optimal hip mobility & power production for skating, shooting & hitting.

The Jagr Effect

MCGILL SERIES



[CLICK FOR VIDEO DEMO](#)

Taken from Dr. Stu McGill this reinforces optimal stability patterns at the hip joint while breathing and bracing. The side bridge position puts greater emphasis on the smaller stabilizing muscles needed to maximize stride length, power & stability.

V-SIT TO 90/90



[CLICK FOR VIDEO DEMO](#)

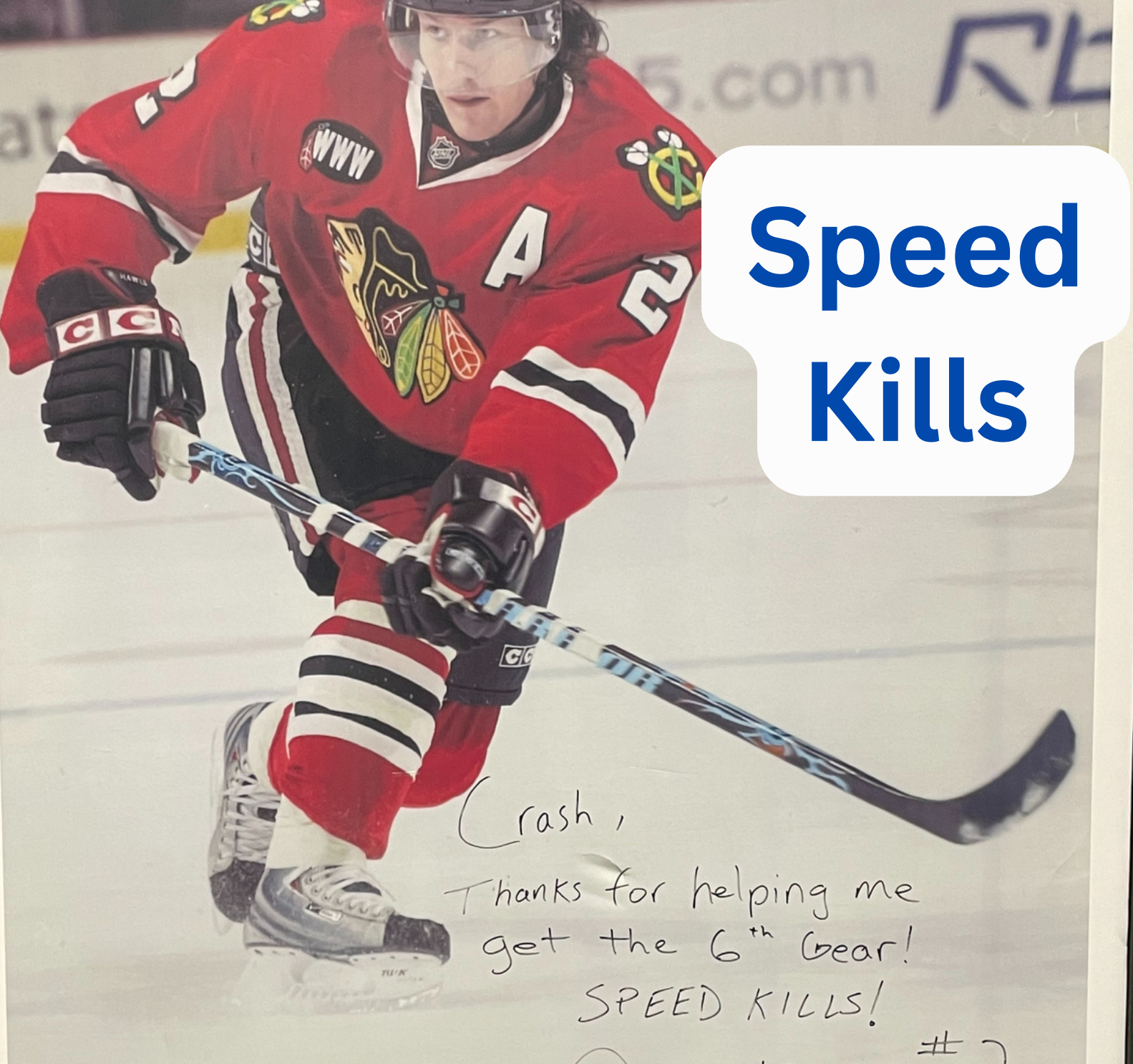
Here we were putting together all the steps to closer mimic a skating stride.

Starting in an adducted and flexed position to ending in a hip extended and abducted position.



CHAPTER 4 PERFORM

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**Thanks for helping me get the 6th Gear!
SPEED KILLS!**

Working at Crash Conditioning I **see this poster every day. It's one of my favourites in the gym. We have a lot of fast guys and high jumpers. Unfortunately I started taking it for granted.**

That was until I visited my cousin and his two sons.

SLOW DOESN'T AGE WELL -T. HOLLER

And that brings me back to my cousins kids. They're young. Maybe 1 & 3 years old.

The older one is entertaining himself with a balloon. The younger one is playing DJ with his barn yard animal sounds.

Like any good DJ he's reading the crowd for their reaction after each one. That night the crowd had a fever, and the only cure was more Moo-ing. And he delivered.

At this point my wife has joined in on the balloon fun. My nephew is big for his age but his melon is even bigger. Image the block heads from gumby, and he's using that to deflect every balloon my wife hits to him. Leaning in head first. Loving every second of it.

In that moment there couldn't have been a bigger disparity between the two kids. The younger one is reading and reacting to the crowd. The older, wearing every balloons to the face.

Brains vs Brawn.

I told my cousin that he can only hope that they play on the ice together because that could be a lethal combo like Gretzky and McSorley. Two completely opposite ways to play but both effective and necessary in their own right.

One's willing to physically out work you to create time and space. The other out smarts you to create time and space. Speed kills in both scenarios. It doesn't matter how you get to the puck as long as you get there first.

In this section we look to deliver both.

First we lay the foundation with drills that emphasize the physical speed & power qualities in all directions. The ability to produce power very quickly but also the ability to relax & get back into your power position to do it repeatedly.

Then we combine your reaction time with the physical speed & power qualities. In the game of hockey it does you no good to be the fastest and most powerful if you cant read a play and anticipate the next moves.

RUSSIAN POGOS



[CLICK FOR VIDEO DEMO](#)

Delivering a reverse hit or battling for a puck you are constantly reposition & react to what your opponent is doing. Being able to contract & relax quickly is vital for this. Russian because it's crazy.

Speed Kills

STAR JUMPS

[CLICK FOR VIDEO DEMO](#)

Playing hockey its a matter of time until you tweak a groin. But that doesn't mean you have to live with the aftermath forever. This exercise paired with the Recover & Develop chapters has helped prevent future tweaks and minimize time lost to groin issues. Show your groins some love with this performance stabilizer.

Speed Kills

3D JUMPS



[CLICK FOR VIDEO DEMO](#)

Hockey is unpredictable and you always need to have your head on a swivel. These jumps will prepare you for action in any and every direction.

Fast in. Fast out.

Speed Kills

BALL DRILLS

[CLICK FOR VIDEO DEMO](#)

There's two ways to get to the puck first

- 1 Accelerate fastest and be there first
- 2 Read & react to where the pucks going.

This drill works on both.
If you ain't first, you last.



5 CHAPTER

SAMPLE PROGRAM

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WERNER ATHLETICS

Athlete Name: _____

RECOVER. DEVELOP. PERFORM.

DAY	WEEK 1			WEEK 2			WEEK 3			DAY	WEEK 1			WEEK 2			WEEK 3							
	Lift	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps		Wt	Lift	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt			
RECOVER	Rib Edges	1	30-60s		1	30-60s		1	30-60s		Rib Edges	1	30-60s		1	30-60s		1	30-60s					
	Truffle Shuffle		130-60s			130-60s			130-60s		Truffle Shuffle		130-60s			130-60s			130-60s					
	Hip Pointer		130-60s			130-60s			130-60s		Hip Pointer		130-60s			130-60s			130-60s					
	Tear Drops		130-60s			130-60s			130-60s		Tear Drops		130-60s			130-60s			130-60s					
	SI Joints		130-60s			130-60s			130-60s		SI Joints		130-60s			130-60s			130-60s					
DEVELOP	Breathing & Bracing	1		5	1		5	1		5	Breathing & Bracing	1		10	1		10	1		10				
	Jimmy Drops	1		3ea	1		4ea	1		5ea	McGill Series	2		10	2		12	2		15				
	V Sit to 90/90	1		3ea	1		4ea	1		5ea														
PERFORM	Kneeling Jumps	2		3ea	2		3ea	2		3ea	Russian Pogos	2		3ea	3		3ea	3		5ea				
	Split Box Jumps	2		3ea	2		3ea	2		3ea		Ball Drills	2		10	5m	1		10	10m	2		7	10m
	3D Jumps	2		1ea	2		1ea	2		1ea														
Supplements	**if on medications, consult with MD before adding supplements** Take with Food: Multivitamin & Fish Oil Take before bed: ZMA (Zinc, Magnesium) 2 min:									**if on medications, consult with MD before adding supplements** Take with Food: Multivitamin & Fish Oil Take before bed: ZMA (Zinc, Magnesium) 2 min:														
REGENERATE	Nose Breathing	5s	Inahle, 5s Hold	5s	Exhale, 5s Hold	2 min:	5s	Inahle, 5s Hold	5s	Exhale, 5s Hold	2 min:	5s	Inahle, 5s Hold	5s	Exhale, 5s Hold	2 min:	5s	Inahle, 5s Hold	5s	Exhale, 5s Hold	2 min:			



TESTIMONIALS

The absolute best in the business. You will not find anything better. Injury rehabilitation, pain, or just wanting to improve overall health, this is the best way to achieve it. Highly recommend, especially for elite athletes.

-Rhett Holland, Pro Hockey Player

Dr. James is a very knowledgeable guy. As an Olympian and Olympic Coach, I've worked with a myriad of trainers, physical therapists, etc. James is a stand out and has a great understanding of the human body and how it functions. Thank you James!

-Bobby Aldighieri, Olympian

Jimmy has added another level to what we believe is a well rounded bar raising #crashlete team, and has made all of us around him better at what we do"

Doug Crashley, Owner of Crash Conditioning

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