









FOAM ROLL

Foam rolling is known more commonly as a Self Myofascial Release technique. The general technique consists of: finding a tender spot, applying pressure to the tender spot, recognizing that it may take multiple efforts to diminish the tenderness and overall discomfort. Once the area is free of pain and **can sustain continued “rolling”** efforts one should maintain regular daily sessions to keep the area relaxed. The use of a foam roller is recommended before and after activity. While it is often extremely painful to start the therapeutic effect can be noticed as quickly as 2-3 uses. Perform 2 sets for 1 minute or as tolerated.

<p>ILIOTIBIA TRACT (IT BAND)</p> <ul style="list-style-type: none"> • Lie sideways just below your hip bone, keeping your body perpendicular to the ground. • Cross your top leg in front of the leg being rolled. • Roll from just below your hip bone to the outside of your knee. • Change emphasis by slightly rolling forward to mobilize the lateral quad, or rolling slightly backward for lateral hamstring. • ** Advanced ** Stack you legs on top of each other supported by your hand or elbow and keeping your feet off the ground. 	 <p>IT BAND</p>
<p>PIRIFORMIS & GLUTES</p> <ul style="list-style-type: none"> • Sit on the roller • Cross your R foot on top of L knee. • Roll onto your L gluteal region, keep your L hand on the ground behind you and place your R hand on your R knee. • Roll from top of gluteals to bottom • Alternate legs 	 <p>PIRIFORMIS & GLUTES</p>
<p>HAMSTRINGS</p> <ul style="list-style-type: none"> • Place roller behind your knees supporting your weight on your hands behind. • Slowly roll from behind your knees to the gluteal area. 	 <p>HAMSTRINGS</p>
<p>QUADS</p> <ul style="list-style-type: none"> • Lie face down on the roller with the roller under your hips. • Support your bodyweight in your hands or elbows. • Slowly roll from the hips to above the knees. 	 <p>QUADS</p>

FOAM ROLL cont.

<p>HIP FLEXORS</p> <ul style="list-style-type: none">• Place foam roller directly under hip complex• Bend L leg in order to isolate pressure on R hip flexors.• Change positions on roller to emphasize lateral (outside) areas.• Alternate legs	 <p>HIP FLEXORS</p>
<p>GASTROC & SOLEUS</p> <ul style="list-style-type: none">• Place roller at your Achilles region supporting your weight on your hands behind.• Slowly roll from your Achilles region to behind the knee.	 <p>GASTROC & SOLEUS</p>
<p>ANTERIOR TIBIALIS & PERONEALS</p> <ul style="list-style-type: none">• Lie facedown supporting your weight on your hands or elbows• Place the roller under your shins and cross the opposite leg on top of the leg to be rolled.• Roll just to the outside of the shin bone and roll from the ankle to below the front of the knee.• Next roll slightly more to the outside of the lower leg. Roll from the lateral ankle region to the lateral knee region.• Alternate legs.	 <p>ANTERIOR TIBIALIS & PERONEALS</p>
<p>ADDUCTORS</p> <ul style="list-style-type: none">• Lie face down with the roller under your inner thigh region with your hip slightly flexed and externally rotated.• Support your body weight on your elbows and opposite toe• Roll sideways from the inside of the knee to the inside of the groin region• Alternate legs	 <p>ADDUCTORS</p>