

FOAM ROLLER STRETCHES

Hold: 30 seconds on tender points
Reps: Approximately 2 minutes of rolling per muscle group
Frequency: 1 2 3 4 5 ____ Days / Week

Piriformis



■ **Instructions** – Sit on the foam roller with one leg crossed at the knee. Rotate your body so that your weight is on the glute of the crossed leg. Roll back and forth along the edge of your tailbone and hip.

Notes -

Iliotibial Tract (IT Band)



Instructions – Lie on the roller hip level keeping the lower leg straight. Cross your top leg over other and stabilize your upper body with your forearm. Roll down the side of your leg to the knee. Try not to twist your torso.

Notes -

Hip Flexor



Instructions – Lie on the edge of the roller just below your hip bone. Roll back and forth over the front of the hip and down to the top of your thigh. Keep your belly button pulled in to your spine to protect your back.

Notes -

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Adductors



Instructions – With the foam roller positioned along the groin area, roll back and forth along the inside of the thigh down to the knee. Balance your upper body on your forearms and keep your belly pulled into your spine to protect your back.

Notes -

Quadriceps



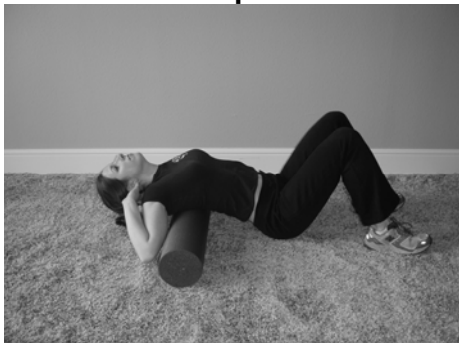
Instructions – Lying on your stomach with the foam roller positioned along the top of your thighs, roll back and forth down to your knees. Do a set with toes straight, turned out, and turned in to target different parts of the muscle. Balance your body with your forearms and keep your belly pulled into your spine to protect your back.

Notes -

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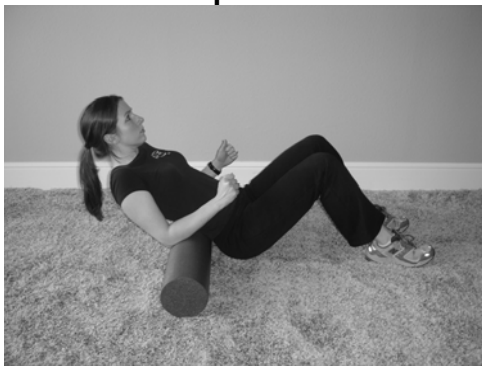
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Thoracic Spine



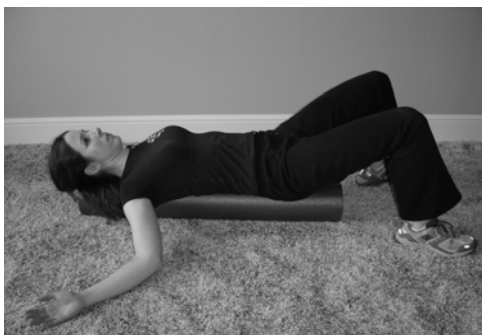
Instructions – Lie on your back with your knees bent and the foam roller at the level of your mid back. Keep your butt close to the ground and ‘drape’ over the roller. Pushing with your legs, roll to the top of your shoulder blades keeping your neck in neutral position.
Notes -

Lumbar Spine



Instructions – Lie on your back and use your elbows to push the foam roller into the curve of your low back. Roll back and forth by bending your knees. Keep your neck in a neutral position. You may slightly rotate your body to target one side of the spine.
Notes -

Pec Stretch

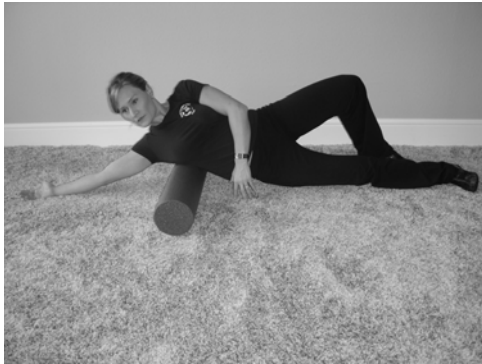


Instructions – Lie on your back with the foam roller centered along your spine. Extend arms out to the side with your palms up and hold.
Notes –
Hold stretch for 30 seconds. Perform 4
repetitions while lying on the foam.

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Latissimus



Instructions – Lie on your side with the foam roller at chest level and your lower arm extended palm up. Bend your top leg and use it to push back and forth. Roll through your axilla (armpit) and along the edge of your shoulder blade.

Notes -

Gastrocnemius/Calf



Instructions – Position the foam roller under your calf just below your knee with the other leg crossed over. Roll from your knee down to your ankle. Stabilize your upper body through hands, and keep belly pulled into spine.

Notes -

Peroneals



Instructions – Position the foam roller under the outside of your calf just below your knee with the other placed behind or crossed over. Roll from your knee down to your ankle. Stabilize your upper body through either hands or forearms, and keep belly pulled into spine.

Notes -
