

## Foam Roller Exercises

### Back-Long

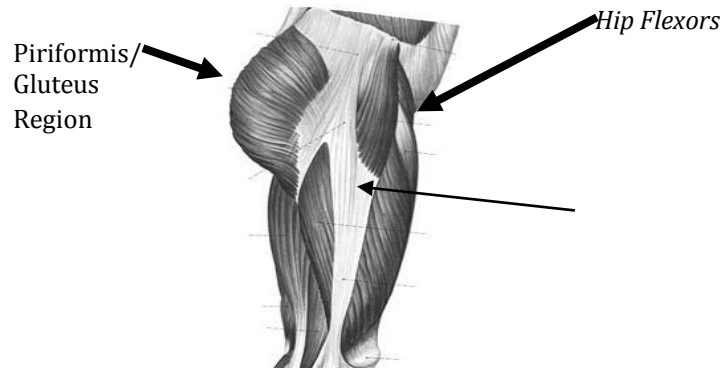
- Position the roller longitudinally along your spine.
- To focus on the right side, roll to the right and stop. On the muscles that run along the length of the spine.



### Back-Role

- Begin with roller under mid back with hands behind head.
- Slowly walk roll to mid/upper shoulder blade area.

- Roll to right or left to emphasize one side.



### **Piriformis/Gluteus Medias**

- Sit on side of gluteus area with opposite foot in figure "4".
- Balance on hand and one foot holding directly on painful point until pain diminishes.
- Then roll down from the top of the gluteus



### **Iliotibial Band**

- Place roller at hip bone on your side.
- Keep body perpendicular to ground.
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- Slowly roll to find top of hip to knee
- Change emphasis slightly by rolling side to side.

Iliotibial Band

Balance on forearm.



### **Hip Flexors**

- Lie on far end of roller on one side hip complex.
- Slowly roll up and down
- Change position on roller to emphasize outside areas.

### **Hamstrings**

- Start with roller under back of lower thigh.
- Hands placed behind body.
- Walk roller up and down from gluteus region to lower thigh.

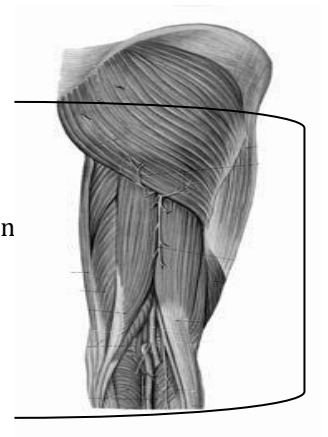


*Hamstring  
Region*

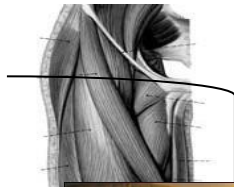


### **Gastroc/Soleus**

- Balance on hands behind body, roller un Calf region.
- Walk Roller from knee to ankle
- Do this with toes pointed out and up.



## Quadriceps



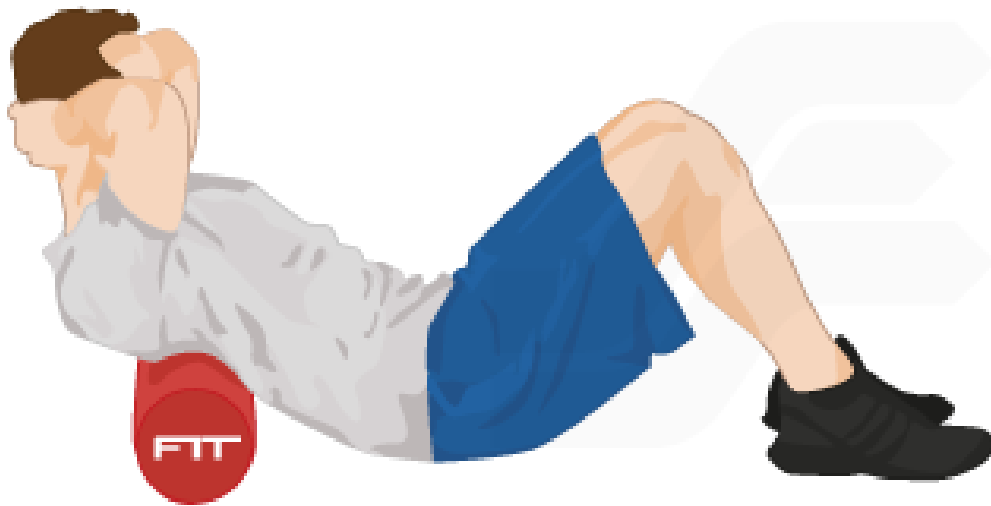
- Balance on elbows; face down with quads on foam
- Walk roller up and down thigh.



### **Front Lower Leg**

- Get on all fours with roller under shin.
- Shift body to apply pressure to muscles on front of leg. Roll from knee to ankle
- Rolling to outside to get emphasis on outer leg muscle.

# Foam Roller Stretch



Use the foam roller to stretch and relieve tightness in the back.

Begin by rolling the foam roller only once from your low back up to your neck area.

Gradually increase the number of times you use the foam roller to stretch, this exercise may cause pain or discomfort so use caution when increasing repetition.

