

FOAM ROLLER GUIDE

- When using a foam roller, start slowly like you are squeezing the last bit of toothpaste out of the tube. Press firm and slow.
- Tender Spot: Once you find a tender spot, or adhesion, stay on this spot for 30-60 seconds until pain diminishes



ITB Roll

Lay on the roller so the roller sits under the side of the leg just below the hip joint. Support the weight of your body on your hands, and opposite leg (which is crossed out in front of the leg on the roller). This exercise helps loosen up your Ilio-Tibial Band (ITB) which runs down the outside of your leg from your hip to your knee. Roll back and forth from below the hip until just above the knee.



Quad Roll

Lay face down on your elbows with the roller under your quadriceps (the front of your upper leg). Roll from the bottom of your pelvis to above your knee. (NOT over your knee!)



TFL Roll

Lay on your side so that the roller is placed just above the hip joint (NOT on the hip joint). The tensor fasciae latae (TFL) is a muscle that runs from the hip to the top of the pelvis. You will not have to roll much with this exercise, as it is a small muscle. If you set the roller just above the bony part of the hip and below the pelvis you should be in the location of the TFL.



Chest Stretch

Sit on one end of the roller and then lay back. Your head should be resting on the roller and your knees should be bent with your feet flat on the floor shoulder width apart to provide balance. Bring both arms up in front of you and bend both elbows to 90 degrees, forearms will be parallel to the ground. Keeping your elbows bent, open your arms out to the sides and relax. Let gravity stretch the muscles of your chest and shoulders.



Calf Roll

Support your weight with your hands on the floor and one calf on the roller. Do not sit on the floor. Using your upper body roll from your heel to the top of your calf. Both knees bent and legs up so that your thighs are at 90 degrees to your body. Slowly lower one leg towards the floor. Without touching the floor, lift the leg back to the starting position and alternate legs. Maintain the neutral spine position throughout the entire exercise.



Abdominal Strengthening (Beginner)

Sit on one end of the roller and lay back so that your head is again supported on the roller. Reach your arms out to each side like a "T". Have your knees shoulder width apart and bent approximately 90 degrees with your feet flat on the ground. Begin by tightening your stomach muscles trying to pull your belly button to the back of your spine without tucking your tailbone under. Maintaining the neutral position of the spine slowly lift one knee up till your thigh is perpendicular to the ground then lower the leg back to the starting position. Alternate legs until fatigued.



Back Stretch

Sit on one end of the roller and lay back so that your head is supported on the roller, and your spine is in line with the roller. Bend knees to provide balance. Bring your arms straight up so that they are pointing towards the ceiling. Now drop your arms over your head and allow gravity to cause a stretch. This will stretch your latissimus dorsi muscles and help extend your thoracic spine.



Abdominal Strengthening (Advanced)

Lay in the same body position as in the beginner exercise, maintaining the neutral spine position. Begin with both knees bent and legs up so that your thighs are at 90 degrees to your body. Slowly lower one leg towards the floor. Without touching the floor, lift the leg back to the starting position and alternate legs. Maintain the neutral spine position throughout the entire exercise.



Thoracic Spine Mobility

Lie on the roller so that your spine is perpendicular with the roll, bend knees and lift hips off ground while maintaining a flat body position. Roll back and forth from the top of the shoulders (NOT on the neck) down to the bottom of the ribcage. This exercise will help improve the mobility of the thoracic spine by encouraging movement in each segment.



Glute Roll

Sit on the roller with your legs slightly extended in front of you and your body leaning back. Placing your weight on either your left glute or your right glute, roll across the gluteal muscles. Take longer through the tighter areas.



For both abdominal exercises:

- A) Increase difficulty to an intermediate level move your arms to your sides
- B) For even more difficulty reach your arms directly over your head

