

# FOAM ROLLING

## BASIC MOVEMENTS

FOAM ROLLING CAN PRODUCE IMPROVEMENTS IN AREAS SUCH AS; FLEXIBILITY, MUSCLE RECOVERY, MOVEMENT EFFICIENCY, INHIBITING OVERACTIVE MUSCLES, AND PAIN REDUCTION.

### CALVES

- 1) Place foam roller under the mid-calf.
  - 2) Cross the opposite leg over the top of the other to increase pressure.
  - 3) Slowly roll calf area to find the most tender spot.
    - A. Hold that spot for 30-90 seconds until the discomfort is reduced.
- Tip: Beneficial for runners or those who regularly wear shoes with elevated heels.



### QUADRICEPS



- 1) Place foam roller under the mid-quad.
- 2) Cross the opposite leg over the top of the other to increase pressure.
- 3) Slowly roll quad area to find the most tender spot.
  - A. Hold that spot for 30-90 seconds until the discomfort is reduced.

### HAMSTRINGS

- 1) Place foam roller under the lower-hamstring.
- 2) Slowly roll hamstring area to find the most tender spot.
  - A. Hold that spot for 30-90 seconds until the discomfort is reduced.



## THORACIC SPINE



- 1) Lie on the floor with the foam roller behind the upper back.
- 2) Cross arms to opposite shoulders.
- 3) Raise hips off the floor and slowly roll back and forth to find the tender spot.
  - A. Hold for 30-90 seconds.

## FOAM ROLLING BASIC MOVEMENTS

NOT APPROPRIATE FOR ALL INDIVIDUALS, INCLUDING THOSE WITH CONGESTIVE HEART FAILURE, BLEEDING DISORDERS.

## PIRIFORMIS



- 1) Sit on top of the foam roller, positioned on the back of the hip, crossing one foot over the opposite knee.
- 2) Lean into the hip of the crossed leg.
- 3) Slowly roll on the posterior hip area to find the tender spot.
  - A. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.

## TENSOR FASCIA LATAE



- 1) Lie on one side with the foam roller just in front of the hip.
- 2) Cross the top leg over the lower leg, placing that foot on the floor.
- 3) Slowly roll from the hip joint down toward the knee to find the tender spot.
  - A. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.

<http://blog.nasm.org/training-benefits/foam-rolling-applying-the-technique-of-self-myofascial-release/>