

Notes :

Technique: Use a slow smooth motion. You may feel pain up to 5/10 level, but it should be a good pain. Stop if it doesn't feel right and talk to your therapist. You can roll up to daily, but the more intense the rolling session the longer it will take you to recover from it, especially in the beginning.

1 Foam roll thoracic spine



Freq: Up to daily Duration: 1 min per side

Lay over a foam roller positioned at shoulder blade level. Cross your arms over your chest and roll your body on the foam roller from the middle of your back to the base of your neck. Do not go too fast when you execute the movement. You can focus on tender spots. Breathe normally.

2 Foam Roll ITB



Freq: Up to daily Duration: 1 min per side

Place your foam roller on the floor take a side plank position with the outside of one hip over the foam roller and the other leg in front for support. Roll the entire outside of the leg from the pelvis to the knee in an up and down motion. Maintain abs tight and proper low back posture during the exercise.

3 Foam rolling calf



Freq: Up to daily Duration: 1 min per side

Place the foam roller between the Achilles tendon and calf muscle. Cross the other leg over the leg being treated to increase the pressure. Roll the entire calf in an up and down motion. Pause at any spots that feel especially tender. Keep your calf relaxed.

4 Foam Roll Hamstring



Freq: Up to daily Duration: 1 min per side

Place your foam roller on the floor and sit on the floor holding with your hands with the back of one thigh over the foam roller and the other leg on the floor for support. Roll the entire back of the thigh from the bottom of the buttock to the knee in an up and down motion. Maintain abs tight and proper low back posture during the exercise.

5 Foam Roll Peronius



Freq: Up to daily Duration: 1 min per side

Place your foam roller on the floor and take a side plank position with the outside of one calf over the foam roller. Roll the entire outside of the calf from the knee to the ankle in an up and down motion. Maintain abs tight and proper low back posture during the exercise.

6 Foam Roll Quad



Freq: Up to daily Duration: 1 min per side

Place your foam roller on the floor and lie on your stomach with the front of one thigh over the foam roller and the other leg on the floor for support. Roll the entire front of the thigh from the top of the hip to the top of the knee cap in an up and down motion. Maintain abs tight and proper low back posture during the exercise.

7 Foam Roll Glutes



Freq: Up to daily Duration: 1 min per side

Place your foam roller on the floor and sit on it having one foot over the opposite knee in a figure 4 position. During the stretch, roll along your buttock in a front to back motion from the top of the pelvic to the bottom of the buttock of the leg with the foot on the other knee. Maintain abs tight and proper low back posture during the exercise.

8 Foam Roll Adductors



Freq: Up to daily Duration: 1 min per side

Place your foam roller on the floor and lie on your stomach with the inside of one thigh over the foam roller and the other leg straight on the floor for support. Roll the entire inside of the thigh from the groin to the knee in a side to side motion. Maintain abs tight and proper low back posture during the exercise.