

## FOAM ROLLER

- The foam roller can be used as a supplement to treatment or to prevent injuries by releasing adhesions in muscles and increasing blood flow.
- Roll 1 min SLOWLY per assigned area paying attention to areas where you feel added tension.
- Avoid rolling over tendons, joints and bony structures.



**Glute** – From a seated position with your right leg crossed over your left, roll from the top of your hamstring upward over your glutes stopping at the back of your pelvis. Roll downward and repeat. Roll top to bottom along at least three distinct angles by continuing to elevate the opposite hip.



**IT Band** – Lie on your side with the foam roll located at the top of your thigh. Brace yourself with your elbow, hand and one foot on the floor. Place your foot

either ahead or behind the leg to be rolled. Roll the outside of your thigh down to the knee. You can moderate pressure on the IT band by distributing more weight onto your hands and floor-bound foot.

**Variation** – Adjust your pelvic position with a slight forward or backward lean.



**Quads** - With the foam roll at the top of both thighs just below your hip joint, roll downward to above the knee cap but not onto it.

**Variation** - Explore the inside and outer aspects of your thighs by turning both feet to the left while keeping your hips parallel with the floor. Repeat with your feet turned to the right.

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**Inner Thigh** – Place the foam roll at the inside edge of the end of the thigh. Your hip and knee should be bent to 90° while keeping your hips low

and parallel to the floor. While keeping your foot in contact with the floor, roll slowly upward to mid-thigh. Stop and return.

**Variations:**

- Elevate your foot above horizontal while maintaining flexed knee and hip
- Roll with your lower leg held parallel to the floor for the bottom portion of the inner thigh
- Roll your upper-inner thigh by placing the foam roll at mid thigh and rolling along your thigh toward your pelvis. Keep your hips low and parallel to the floor; knees and hips flexed to 90°.



**Mid-Back** – Place the foam roll under your shoulder blades with your head cradled in your hands. Draw your elbows together in front of your face and roll over from the top of your shoulder blades to the mid-back.

**Variation** - Tip one shoulder slightly up placing your weight onto the other shoulder. Roll through top to bottom, keeping your elbows drawn together.



**Mid-back** - Place the foam roll to one side of your spine, holding your head in your hands with your elbows drawn together. Slowly roll between your spine and the inside edge of your shoulder blade. Adjust the intensity and area rolled by elevating your hips.



**Outer back** – On your side, place the foam roll under your armpit, with your arm extended upward and inline with your trunk. Move up and down targeting the muscles of the outer back.

**Variation** – Tilt your trunk slightly forward or backward.

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