Foam Rolling

Self-Myofascial Release Technique

Foam rolling is designed to release tension in the body. You are always building up tension so you need to constantly be applying a positive stimulus to relieve it. Consistency is the key.

Benefits of Foam Rolling

- Decreased risk of injury
- Increased performance
- Decreased muscle soreness
- Decrease or eliminate pain
- Correct muscle imbalances

General Guidelines

- Roll to a painful area and STOP or REST on it
- Hold that spot for a minimum of 30 seconds or until the pain diminishes
- Never roll back and forth over tender or painful areas as this can cause increased tightness and pain
- Maintain engagement through abdominals by drawing navel in towards spine to protect your low back
- Perform 1 to 2 times daily

Calves

Position yourself with one leg crossed over the top of the other and the foam roller down by your ankle. Roll up toward your knee.
**Illiotibial Track (IT Band)**

Lie on your side. Bottom leg straight, top leg crossed over the top. Roll from just below the hip down toward the knee.

**Piriformis**

Cross foot to opposite knee. Lean to the side where the knee is up. Search for the tender spot in the back of the hip.

**Adductors**

Lie on your side with your hip and knee bent. Start down by the knee and roll up toward the pelvis.
**Thoracic Spine**

Cross arms and start just above your lower back. Raise hips and roll mid-back area. You can roll up and down on this one.

![Thoracic Spine Image]

**Latisumus Dorsi**

Lie on your side with your arm extended above your head. Place the foam roller in your armpit area. Search front to back and up and down.

![Latisumus Dorsi Image]

**Pectoralis Stretch**

Lie lengthwise on the roller, low back pressed flat, head and neck relaxed, and shoulders at 90 degrees. Relax the chest.

![Pectoralis Stretch Image]