**A COMPLETE GUIDE TO FOAM ROLLING**

Limit soreness and tightness by increasing blood flow and flexibility.

### QUADRICEPS

**POSITION:** Lie face down with the roller positioned directly under your thighs. Bend your elbows so that your forearms are flat on the floor to support your weight - your feet should be suspended above the floor as shown.

**ROLL:** Engage your core muscles and keep them drawn in. Use your arms to gently roll your body forward and back to move the roller up and down from your pelvic bone to just above your knees.

**TIP:** If you want to increase the pressure and the intensity, stack your feet so that you roll one quadricep at a time.

### ILIOTIBIAL (IT) BAND

**POSITION:** Your left hip should be against the broad side of a roller on the floor. Cross your right leg over your left as shown to anchor and support you. Both hands should be on the ground for support.

**ROLL:** Using your left arm to assist the motion, roll your thigh back and forth over the roller from just below your hip to above your knee. Continue rolling and then switch positions to work your right leg.

**TIP:** It is not recommended to roll too hard on this area. Apply light to moderate pressure by keeping your top leg anchored in place to take some of the pressure off.

### UPPER BACK / THORACIC SPINE

**POSITION:** Rest your back against the roller positioned underneath your shoulder blades. Bend your knees so your feet are flat on the floor. Place your hands behind your head, or you can cross your arms over your chest.

**ROLL:** Engage your core muscles and raise the hips off the floor so you can slowly roll forward and backwards. The roller should move up and down between the middle of your back and the top of your shoulder blades.

**TIP:** Tuck your chin and try not to look at your legs as you roll. Keep your neck in neutral position. Only go as low as the middle back. It is never a good idea to roll through your lower lumbate.

### BACK / LATISSIMUS DORSI

**POSITION:** Lie on your left side with your left arm extended and the roller directly under your left armpit. The roller should be perpendicular to your body. Bend your right arm and place your right hand on the floor in front of your abdomen for balance.

**ROLL:** Roll up and down so the roller moves from your armpit to just above your waist. Once you are finished, switch positions and lie on your right side.

**TIP:** Keep the thumb of your extended arm pointing up towards the ceiling - this puts your arm in a position that helps pre-stretch your lats.
A COMPLETE GUIDE TO FOAM ROLLING

Limit soreness and tightness by increasing blood flow and flexibility.

**GLUTES**

**POSITION:** Sit on the floor with the roller underneath your calves. Place your hands on the floor behind you and raise your hips off the floor — all of your body weight should be on your hands and the roller.

**ROLL:** Slowly roll forward and back to move the roller up and down from just below your knees to above your ankles.

**TIP:** Cross one leg over the other to increase the pressure and roll one leg at a time. You can also turn your feet in or out as you roll to change.

**HAMSTRINGS**

**POSITION:** Sit with your legs extended in front of you as shown and the roller positioned directly under your thigh. Place your hands flat on the floor behind you for support.

**ROLL:** Using your arms to initiate the motion, slowly roll back and forth, moving the roller up and down from the bottom of your glutes to just above your knee.

**TIP:** As you roll, try rotating your leg in and out from the hips. This will allow you to massage your hamstrings more thoroughly.

**CALVES**

**POSITION:** Sit on the floor with the roller underneath your calves. Place your hands on the floor behind you and raise your hips off the floor — all of your body weight should be on your hands and the roller.

**ROLL:** Slowly roll forward and back to move the roller up and down from just below your knees to above your ankles.

**TIP:** To help shift you forwards and backwards through the movement, press through your palms and move through your shoulders.

**HIP FLEXORS**

**POSITION:** Start in prone position resting on your hands and feet. Place the foam roller underneath your quads, your elbows should be positioned just under your shoulders.

**ROLL:** Shift your weight forward, bringing your shoulders in front of your hands, to move the roller from your quadiceps to your hip flexors.

**TIP:** Make sure you do not roll directly onto your knees - this can cause discomfort and exacerbate injuries.