



HIP FLEXOR STRETCH 1

- Lie supine with both legs bent
- Place the roller across the top of the pelvis & buttocks, not into the lower back area
- Once in position hug one knee towards the chest whilst drawing the heel on the floor closer towards the roll



HIP FLEXOR STRETCH 2

- Lie supine with both legs bent
- Place the roller across the top of the pelvis & buttocks, not into the lower back area
- Once in position hug one knee towards the chest whilst lengthening the other leg away from the roll. It may come off the floor if the hip flexors and quads are very tight





QUADRICEPS RELEASE ON THE FOAM ROLL 1

- Lay on your front with the roller under the top of your thighs
- Slowly using your arms- pull yourself forward to move the foam roller down towards the knees
- If you feel a tight spot stop rolling and hold yourself still on this area for up to a minute trying to get this trigger point to release
- Continue to move up and down



QUADRICEPS RELEASE ON THE FOAM ROLL 2

- Lay on your front with the roller under the top of your thighs
- Slowly using your arms- pull yourself forward to move the foam roller down towards the knees
- If you feel a tight spot stop rolling and hold yourself still on this area for up to a minute trying to get this trigger point to release
- To make it more effective- slowly bend the knee of the painful leg and hold





ILIO-TIBIAL BAND (ITB) RELEASE ON THE FOAM ROLL

- Lie on your side with the lower leg straight in line with the body
- Other knee rests on the roller as shown
- Start with the roller at the top of the thigh and slowly move the roller towards the knee by using your forearm for support
- Stop when the roller is just above the knee
- Note that the roller is for soft tissue and not for bone or joint mobilization therefore we do not advise crossing the joints whilst working on these tissues



GLUTEAL RELEASE ON THE FOAM ROLL

- Sit on the roll and place the right foot on top of the right knee as pictured
- Lean your body weight onto the right buttock and move the roller around this area either moving back to front or side to side
- If you find a tender area – maintain the pressure on it until you feel it release. It may take few minutes!
- Repeat on the other side

Alternatively you can have your legs stretched out in front of you and cross the right ankle over the left and follow the same instructions.





LATTISSIMUS DORSI RELEASE ON THE FOAM ROLL

- Lay on your side with an outstretched arm and palm turned upwards as shown
- Place the roller under the side close to the shoulder- blade
- Hold for 30-60 seconds



CALF RELEASE ON THE FOAM ROLL

- Sit on the floor and place the stretched out leg onto the roll as shown on the picture with the opposite leg crossed over at the top
- Rest the weight of the leg on the foam roller and move the roll slowly from back of the heel to the top of the calf by using your arms
- To increase the load you may want to lift your hips off the floor but it requires good upper body strength and is not advised if suffering from any arm/shoulder injuries
- Note that the roller is for soft tissue and not for bone or joint mobilization therefore we do not advise crossing the ankle and knee joints whilst working on the calf





ADDUCTOR RELEASE ON THE FOAM ROLL

- Lie on your front with the roll placed under the inner thigh as pictured
- Slowly move the roller from the inside of the thigh to just above the knee



THORACIC SPINE RELEASE ON THE FOAM ROLL

- You may wish to move the roll up and down the thoracic spine as needed
- Lie on your back with the roll placed under the shoulder-blades
- Hands must be supporting the weight of your head
- Gently relax the head back into your hands
- You will feel the stretch in the upper back
- Hold for a breath and return to start
- Avoid placing the roll under the lower back

