

HOW TO USE THE FOAM ROLLER

When using the foam roller you apply your own body weight to the foam roll, massaging away restrictions and restoring muscle function. When you feel a tight and painful spot, stop rolling and **REST** on the painful areas for 15-45 seconds. You may roll back and forth on the spot **SLOWLY**. Do not hold your breath! Try to slow down your breathing and apply more weight to the spot as you exhale. Do not roll back and forth over any bony prominence like at the hip or directly over the shoulder blade.



Calves

Sit with your calf on the roller. Support yourself with your hands behind you and raise your buttocks off the floor. Roll from the knee to the ankle.



Hamstrings (Rear Thigh)

Place hamstrings on the roll while supporting yourself with your hands behind you. Roll slowly from knee toward to the buttocks. Roll out the hamstring in thirds: top (just below buttocks), middle, bottom (just above knee).



Ilio-Tibial Band (ITB) - (outside of thigh)

Position yourself side lying on foam roll. Top leg is in front of bottom leg. Maintain head in "neutral" with ears aligned with shoulders. Roll just below hip joint down the outside of the thigh to the knee. Roll out the ITB in thirds: top (just below buttocks), middle, bottom (just above knee).



Buttocks

Begin with the bottom leg crossed over the topside knee. Roll on the outside of the buttocks. Do NOT roll down the middle of your buttocks as you may roll directly over the sciatic nerve. In other words, stay on your side. Rolling over the nerve is a NO, NO!



Quadriceps (Front Thigh)

Lie face down on the roll starting just below the hips. Roll down to the knee. Keep your abs tight and support yourself with your forearms. Roll out the quadriceps in thirds: top (just below hips), middle, bottom (just above knee).



Latissimus Dorsi (Lats)

Lie on your side with the roller under your armpit and your arm outstretched. Roll down your side almost until the waist. Roll out the Lats in thirds: top (armpit area), middle, bottom (about six inches above your waist line).



Middle Back

Lie on your back on top of the foam roller. Reach your arms back over your head and lift up your buttocks with your legs. Roll slowly along the spine between the shoulder blades. Make sure you do not hold your breath. Do not roll onto your neck or lower back.