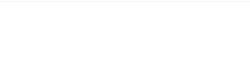


Foam Roller Exercises

Area to be worked	Diagram	Description
Chest Stretch		<p>Sit on one end of the roller and then lay back. Your head should be resting on the roller and your knees should be bent with your feet flat on the floor shoulder width apart to provide balance. Bring both arms up in front of you and bend both elbows to 90 degrees, forearms will be parallel to the ground. Keeping your elbows bent, open your arms out to the sides and relax. Let gravity stretch the muscles of your chest and shoulders.</p>
Back (Lat) Stretch		<p>Sit on one end of the roller and lay back so that your head is supported on the roller, and your spine is in line with the roller. Bend knees to provide balance. Bring your arms straight up so that they are pointing towards the ceiling. Now drop your arms over your head and allow gravity to cause a stretch. This will stretch your latissimus dorsi muscles and help extend your thoracic spine.</p>
Thoracic Spine Mobility		<p>Lay on the roller so that your spine is perpendicular with the roll, bend knees and lift hips off ground while maintaining a flat body position. Roll back and forth from the top of the shoulders (NOT on the neck) down to the bottom of the rib cage. This exercise will help improve the mobility of the thoracic spine by encouraging movement in each segment.</p>
Lats/Tricep Release		<p>Start by lying on your side, with your arm outstretched and the roller positioned under your armpit (just at base of the shoulder blade). Roll upward, toward the armpit, pausing at any sore spots. Roll back down and repeat. This exercise can take some practice and experimentation to find exactly the right muscles. Take your time and go slow.</p>
Glute Release		<p>Sit on the roller with your legs slightly extended in front of you and your body leaning back. Placing your weight on either your left glute or your right glute, roll across the gluteal muscles. Take longer through the tighter areas.</p>
Piriformis release		<p>Sit on top of the foam roller with the back of the hip resting on the foam roller. Cross your foot on top of opposite knee. Roll around the area and lean into the crossed leg until you find a sensitive spot and hold for 20 - 45 seconds until sensitivity is reduced. NOTE: This is one of the tight muscles that can lead to low back pain.</p>
IT Band Release		<p>Lay on the roller so that the roll sits under the side of the leg just below the hip joint. Support the weight of your body on your hands, and opposite leg (which is crossed out in front of the leg on the roll). Roll back and forth from below the hip until just above the knee.</p>
Hamstrings Release		<p>Start by sitting on the roller with the soft, meaty part of your hamstrings directly on top of the roller. Begin slowly rolling back and forth and slightly side to side to release any tight spots in the muscle. Slowly roll down your leg toward your knee. Turn toes in or out to cover entire muscle group.</p>
Quadriceps Release/ Hip Flexors Release		<p>Lay face down on your elbows with the roller under your quadriceps (the front of your upper leg). Roll from the bottom of your pelvis to above your knee. (NOT over your knee!)</p> <p>Hip flexors - Same as above but higher up on leg, closer to hips.</p>
Calves Release		<p>Support your weight with your hands on the floor and one calf on the roller. Do not sit on the floor. Using your upper body roll from your heel to the top of your calf. To apply extra pressure you can place your right leg over your left or other way around.</p>

<p>Adductors Release</p>		<p>Lie face down with your leg flexed and abducted place foam roller under the groin area of the upper thigh. Roll around area slowly until you find a sensitive spot and hold for 20 - 45 seconds until sensitivity is reduced.</p>
<p>Peroneals/Shins Release</p>		<p>Lie face down with roller under shins. Roll around area slowly until you find a sensitive spot and hold for 20 - 45 seconds until sensitivity is reduced. Turn toes on or out to roll entire area.</p>
<p>Supine Ab Strengthen Beginner</p>		<p>Sit on one end of the roller and lay back so that your head is again supported on the roller. Reach your arms out to each side like a T. Have your knees shoulder width apart and bent approximately 90 degrees with your feet flat on the ground. Begin by tightening your stomach muscles trying to pull your belly button to the back of your spine without tucking your tailbone under. Maintaining the neutral position of the spine slowly lift one knee up till your thigh is perpendicular to the ground then lower the leg back to the starting position. Alternate legs until fatigued.</p>
<p>Supine Ab Strengthen Advanced</p> <p>For both abdominal exercises: * in order to increase difficulty to an intermediate level move your hands from the straight out to the sides (T-position) to down by your sides ** For even more difficulty reach your arms directly over your head</p>		<p>Lay in the same body position as in the beginner exercise, maintaining the neutral spine position. Begin with both knees bent and legs up so that your thighs are at 90 degrees to your body. Slowly lower one leg towards the floor. Without touching the floor, lift the leg back to the starting position and alternate legs. Maintain the neutral spine position throughout the entire exercise.</p>
<p>Supine Abs/Leg Extensions</p>		<p>Start by really drawing in your lower abdominals. Then slowly extend your right leg until your knee is straight. Hold for a couple seconds, and then return to the ground. Do not arch back. Repeat on the left side. Count that as one repetition.</p>
<p>Supine Abs with Weights/Transverse</p>		<p>You can perform the arm reaches with both arms overhead and holding a medicine ball. Reach overhead without arching back, and then touch the ball to your thighs, and repeat.</p>
<p>Supine Abs with Weights/Obliques</p>		<p>You can reach side to side with the medicine ball. This is a completely different motion, and will challenge different muscles. It is especially good for the obliques.</p>
<p>Prone Ab Roll Out</p>		<p>In push up position (on knees or toes) place wrists on roller. Roll wrists away from body so roller is under elbows. Do not arch back. Return to start position.</p>
<p>Push Ups/Chest</p>		<p>In push up position (on knees or toes) place hands on roller a bit wider than shoulder-width apart. Lower into a push up, keeping back straight and abs in. Push up and repeat. Placing just one hand on the roller and one on the floor makes this move easier.</p>
<p>Bridge/Lower Back</p>		<p>Lying face up, position feet on roller, knees bent and hands at your sides. Slowly, uncurl your spine off the mat, one vertebrae at a time until you're in a bridge position, body in a straight line from knees to head. Lower and repeat.</p>
<p>Side Leg Lift on Roller</p>		<p>1) Lie on your side with the roller under the hip. Rest on your forearm and take the top arm in front of you, hand on floor for support. Life the top leg up, foot flexed, squeezing the outer thigh. 3) For a challenge, keep that leg up and try to lift the bottom leg up to meet it (this is tough!). Lower and repeat before switching sides.</p>