

Foam Roller Exercises

Extracted from “Perform Better” – the experts in functional training and rehabilitation.



Thoracic Spine Mobility

- Begin w/roller around mid balance w/ back flat on ground, put hands behind head.
- Slowly roll to mid/upper shoulder blade area.
- Roll to right or left to emphasize one side.



Gluteus Medias

- Sit on side of glute area w/ ankle of opposite foot across quad.
- Balance on hand and one foot holding “hot spots” until pain diminishes
- Roll from top of glute to middle.



Iliotibia Tract

- Begin w/ roller at hip bone on your side. Keep body perpendicular to ground. Balance on forearm.
- Slowly roll to find “hot spots”
- Change emphasis slightly by rolling side to side.



Lat

- Lie on one side w/ shoulder perpendicular to ground.
- With arm bent rollout teres minor (back shoulder)
- With arms straight roll lat from bottom to top



Upper Hamstring

- Balance on hands and feet rolling the upper hamstring area.



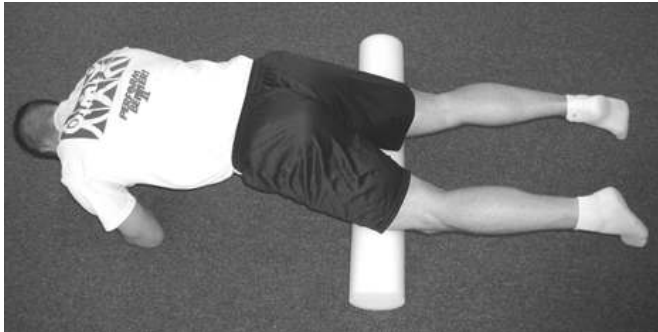
Hamstrings

- Balance on hands to work hamstrings from glute to knee.
- Cross one foot over the other to emphasize one side.



Gastroc/Soleus

- Balance on hands, roll from knee to ankle
- Emphasize one side by crossing your legs
- Do this with toes pointed out and up.



Quads

- Balance on elbows, face down with quads on foam roller.
- Work you're way up or down roller
- To place great emphasis on one leg, cross over the back or shift body weight to one side.



Hip Flexors

- Lie on far end of roller on one side hip complex.
- Slowly roll up and down
- Change position on roller to emphasize lateral (outside) areas.



Adductors

- Balance on elbow and hand with one leg (roller side) at about 130 degrees.
- Slowly roll from knee to hip complex changing leg position slightly for emphasis
- Shift weight toward roller for more pressure.



Peroneals

- Get on all fours with either far end or entire roller on one shin.
- Shift body to apply pressure to anterior tibialis (muscle on front of shin) roll from knee to ankle
- Rolling to outside to get emphasis on peronius.



- Lay on 3ft. full round roller with both feet on ground and stabilize.

One thing I will add here is to open your arms out to the side to stretch your chest.