



Foam Roller Exercises Self Myofascial Release

Directions

1. Roll in each position for 1-2 minutes on each side.
2. If pain is felt, stop rolling and **REST** on the painful area for 20 to 30 seconds. If very painful and unable to withstand pressure on the painful spot, oscillate the area in small circles to provide both release and massage.
3. Maintain proper position, which provides stability to the lumbar-pelvic-hip complex during the rolling.
4. Perform these exercises 1 to 2 times daily. The foam roller can be a great tool for both warm up and cool down.
5. To modify, many of these exercises can be done with the foam roller placed on a wall instead of the floor.

Sports Medicine & Integrative Care
5401 Peach Street, Suite 3400
Erie, Pennsylvania 16509
(814) 868-7860

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Foam Roller Exercises

Self Myofascial Release

When choosing a foam roller, product density is very important. If the foam is too soft, less than adequate tissue massage is applied. On the other hand, if the foam is too hard, bruising and more advanced soft-tissue trauma may occur, leading to further restriction, initiation of the inflammatory process, decreased range of motion, pain, and decreased performance. We recommend a 2.6# Density, 6" round, 36" long foam roller.

Iliotibial Tract (IT Band)

Position yourself on your side lying on foam roller. Bottom leg is raised slightly off floor. Maintain head in "neutral" with ears aligned with shoulders. Roll just below hip joint down the lateral thigh to the knee.



Hamstring

Place hamstrings on the roller with hips unsupported. Cross feet to increase leverage. Roll from knee toward posterior hip while keeping quadriceps tightened.



Piriformis

Begin position as shown. Roll posterior hip area. To increase stretch, place top foot over opposite knee and pull knee toward opposite shoulder.



Quadriceps

Body is positioned prone with quadriceps on foam roller. It is important to maintain proper Core control to prevent low back compensations. Roll from pelvic bone to knee.



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Tensor Fascia Latae (TFL)

Position the body as shown. Foam roller is placed just lateral to the anterior pelvic bone. Roll down the leg toward the knee.



Adductor

Extend the thigh and place foam roller in the groin region with body prone on the floor. Be cautious when rolling near the adductor complex origins at the pelvis.



Latissimus

Position yourself on your side with arm outstretched and foam roller placed in axillary area. Thumb pointed up to pre-stretch the latissimus dorsi muscle. Movement is minimal.



Chest

Lay supine with foam roller placed vertically along your spine. Outstretch your arms, feeling a stretch across your chest



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Gastroc

Position body as shown, keeping your hips off of the ground. Move foam roller along posterior leg toward your feet. For an increased stretch, cross your feet and then switch.



Rhomboids

Cross arms to the opposite shoulder to clear blades across the thoracic wall. While maintaining abdominal Draw-in position, raise hips until unsupported. Roll mid back area on the foam roller.



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