



## Self Myofascial Release Guide

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# Foam Roller: Calves

Set up: Sit down on the floor with the calves lying on the foam roller just above the ankle joint. When tending to the right ankle, cross the left ankle over the top and vice-versa. Place the hands on the ground behind the hips for support.

Performance: Elevate the hips by bracing on the hands and roll the foam tube up the calves until a sensitive spot is found. Hold pressure on that spot until the sensitivity is reduced or 30 seconds passes. Repeat on the other side.

Immediately after the rolling session, stretch the calves.



# Foam Roller: IT Band

Set up: Lay the body across the foam roller with the right hip down and the right leg straight. Brace the body weight on the right elbow. Bring the left foot up and place it on the floor just below the foam tube.

Performance: Starting just below the hip, roll the tube down the outside part of the thigh towards the knee. Stop just before getting to the knee or until a sensitive spot is found. Hold pressure on that spot until the sensitivity is reduced or 30 seconds passes. Repeat on the other side.

Immediately after the rolling session, stretch the IT bands.



# Foam Roller: TFL

Set up: Lay the body across the foam roller with the right hip down and the right leg straight. Brace the body weight on the right elbow. Bring the left foot up and place it on the floor just below the foam tube.

Performance: Starting just below the hip, roll the tube down the thigh. Concentrate on the area just in front of the IT band (center of the outside of the thigh). Stop at the middle of the thigh or until a sensitive spot is found. Hold pressure on that spot until the sensitivity is reduced or 30 seconds passes. Repeat on the other side.

Immediately after the rolling session, stretch the TFL.



# Foam Roller: Quads

Set up: Lie the body across the foam roller with the knees facing down and the legs straight. Brace the body weight on the elbows.

Performance: Starting just below the hip, roll the tube down the thigh. Concentrate on the area in the middle of the thigh between the hip and the knee cap. Stop at the knee or when a sensitive spot is found. Hold pressure on that spot until the sensitivity is reduced or 30 seconds passes.

Immediately after the rolling session, stretch the quads.



## Foam Roller: Glutes

Set up: Sit down on the foam roller with the right ankle crossed over the left knee. Plant the right hand on the ground behind the roller and tilt the hips to the right.

Performance: Once the weight of the body is on the right hip, roll the foam tube across the glutes until a sensitive spot is found. Hold pressure on that spot until the sensitivity is reduced or 30 seconds passes. Repeat on the other side.



Immediately after the rolling session, stretch the glutes.

# Foam Roller: Groin/Inner Thigh

Set up: Lie on the floor with the left leg up and out to the side of the body. Place the foam tube parallel to the body with the left leg draped across. The tube should be as close to the crease of the groin as possible.

Performance: Begin by rolling the foam tube down the inside of the leg towards the knee. Stop when the knee is reached or a sensitive spot is found. Keep pressure on the sensitive spot until the sensitivity decreases or 30 seconds passes. Repeat this process on the other leg.

Immediately after the rolling session, stretch the groin.



# Foam Roller:lats

Set up: Lay the body across the foam roller with the right hip down and the right leg straight. Place the tube in the area just below the arm pit. Bring the left foot up and place it on the floor just below the foam tube. Keep the right arm straight out in front of you.



Performance: Starting just below the arm pit, roll the tube down the right side of the body towards the hips. Stop just before the tube hits the rib cage or until a sensitive spot is found. Hold pressure on that spot until the sensitivity is reduced or 30 seconds passes. Repeat on the other side.

Immediately after the rolling session, stretch the lats.

# Foam Roller: Thoracic Mobilization

Set up: Lie on the floor with the body across the tube. The tube should be perpendicular to the trunk and placed at the top of the shoulder blades. Place the finger tips on the side of the head with the elbows out wide.

Performance: Begin by inhaling and arching the back over the foam tube as far as possible without letting the hips lift off of the ground. Repeat this motion for 6 reps. Then move the foam tube to the middle of the shoulder blades and repeat this same process for another 6 reps. Finish with the foam tube just below the shoulder blades and once again perform the arching motion for another 6 reps.

Immediately after the rolling session, stretch the pecs and lats.

