



# THE PHYSIO CLINIC

Movement Health Performance



## THE sports performance CLINIC

### Foam Roller Guide

#### Foam rolling

Several products have come to market that help athletes perform self-massage, such as foam rollers and various balls and sticks. If used properly, these tools are a great way to tend to your trouble areas, in between seeing your massage therapist. But do you know how to target these areas properly?

#### Lower Limb

##### Rolling the ITB

- Place your foam roller on the floor. Take a side position with the outside of the thigh over the foam roller and your other leg in front for support.
- Roll the entire outside of your leg from your pelvis to your knee in an up and down motion.
- Maintain your abs tight and proper low back posture during the exercise.



##### Rolling the Hamstrings

- Place a foam roller on the floor and sit on the floor supporting yourself with your hands. Place the back of one thigh over the foam roller and the other leg on the floor for support.
- Roll the entire back of your thigh from the bottom of the buttock to your knee in an up and down motion.



## Rolling the Calf

- Place the foam roller between the Achilles tendon and calf muscle.
- Cross the other leg over the leg being treated to increase the pressure.
- Roll the entire calf in an up and down motion.
- Pause at any spots that feel especially tender.
- Keep your calf relaxed.



## Rolling the Quads

- Place the foam roller on the floor and lie on your stomach with the front of your thighs over the foam roller.
- Roll the entire front of the thighs from the top of the hips to the top of the knee caps in an up and down motion.
- You should pull yourself with your elbows and forearms.
- Pause at any spots that feel especially tender.
- Keep your quadriceps relaxed.



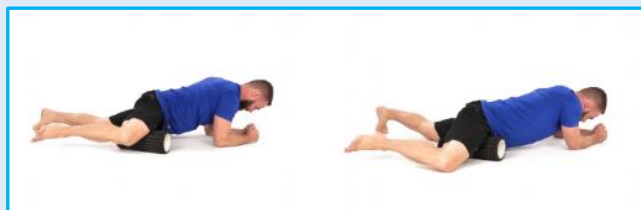
## Rolling the Glutes

- Place your foam roller on the floor and sit on it having one foot over the opposite knee in a figure 4 position.
- Roll along your buttock in a front to back motion from your lower back to the bottom of the buttock.
- Maintain your abs tight and proper lower back posture during the exercise.



## Rolling the Adductors

- Place your foam roller on the floor and lie on your stomach with the inside of one thigh over the foam roller and your other leg straight on the floor for support.
- Roll the entire inside of your thigh from your groin to your knee in a side to side motion.
- Maintain your abs tight and proper low back posture during the exercise



**Note:** 10 – 20 rolls up & down on each area

If you find a spot or “knot”, pulsate on that area for a few seconds and then roll off (this can be repeated 3-5 times)

# Upper Body

## Rolling the thoracic spine

- Lie over a foam roller positioned at shoulder blade level.
- Cross your arms over your chest and roll your body on the foam roller from the middle of your back to the base of your neck.
- Do not go too fast when you execute the movement. You can focus on tender spots.
- Breathe normally.



## Pec minor stretch

- Lie down on your back with your spine on a rolled towel or a foam roller. Your head should be supported so it is aligned with the spine.
- You can either have your arms relaxed with elbows on the ground and hands on the chest or you can bring the back of your hands toward the ground with elbows bent to 90 degrees to increase the stretch.



## Rolling the Lats

- Lie on your side with a foam roller placed slightly lower than your armpit.
- Roll on the foam roller from the armpit to the lower ribs using slow movement, stopping as recommended on the tight spots that are more uncomfortable.
- You want to be on the teres major and latissimus dorsi muscles, don't roll directly on your ribs.



## Thoracic extension mobility

- Place your foam roller on the floor and take a kneeling four point position with your wrists on the foam roll in front of you.
- Roll the foam roll forward by stretching your spine and lowering your chest towards the floor.
- Hold the Position



## Mid-back mobility

- Lie lengthwise on a long foam roll, knees bent
- Reach both arms up forward to 90 degrees. Slowly drop arms out to the side, opening up through the front of the shoulders and chest to feel a stretch.



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