

Foam Roller



Benefits of a Foam Roller

- Easy to use
- Portable, some even fold
- Easily accessible
- Fairly inexpensive
- Wide variety of lengths, textures, density levels

Why a Foam Roller treatment?

- Relieve tension and muscle tightness
- Improve muscle length
- Increase flexibility & range of motion
- Decrease pain

How to determine what to foam roll

- Perform a deep squat
- Perform a hip hinge
- Perform a sit & reach test
- Areas that are tight or painful are target areas



Treatment Technique

- **Choose your pressure tolerance:** Partial body weight, roll on a wall. Full body weight, roll on the floor. To increase pressure on a limb, cross the opposite limb over the treatment limb. Maximal pressure can be applied when the body is parallel to the floor.
- **Application technique: 4 part**
 - Roll the length of the muscle 10-12 times, note more sensitive spots
 - Roll to the sensitive spot. Either sit on that spot of 10-15 seconds
 - Still feeling tight contract the muscles to floss the muscle fibers
 - Roll top to bottom 2-3 more times

- **Duration:** Target a muscle group for 1-2 minutes
- **Aftercare:** Active stretches & lots of hydration

Treatment Area Suggestions

- **Quads:** Elbow plank position. Roll length of muscle 10-12 times. Pause over tight or painful areas. Hold for 10-15 seconds. Bend the knee, bringing the heel towards the buttocks, and straighten 5-6 times. Roll top to bottom 2-3 more times. Treatment time 1-2 minutes.
- **Hamstrings:** Sit on the foam roller, long legs out in front, crossed at the ankle. Roll length of muscle 10-12 times. Pause over tight or painful areas. Hold for 10-15 seconds. Press down with the top leg using moderate pressure, press up with the bottom leg using moderate pressure. Hold for 6 sec then relax for 6 seconds. Repeat 3 times. Roll top to bottom 2-3 more times. Treatment time 1-2 minutes.
- **TFL / IT Band**
 - **TFL:** Place the foam roller just below the underwear line. Position your hips 45° up from the foam roller. This muscle is only 6 inches long but.....its super uncomfortable to roll out. Roll length of muscle 10-12 times. Pause & hold for 10-15 seconds. Bend the knee, bring the heel towards the buttocks, and straighten 5-6 times. Roll top to bottom 2-3 more times. Treatment time 1-2 minutes.
 - **IT Band:** Lay on the foam roller with the lateral hip pointed at the floor. Roll the area between the greater trochanter & the knee 10-12 times. The bottom 6" are usually the worst. Pause over the bottom 6", hold for 10-15 seconds or until you cry. Bend & straighten the knee 5-6 times. Roll the length of the IT band 2-3 more times. Treatment time 1-2 minutes.

- **Calves:** Place the foam roller under the knees. With long legs out in front, cross at the ankle. Roll length of muscle 10-12 times. Pause over the musculotendinous junction for 10-15 seconds. Pump the ankles, toes up and toes down, 5-6 times. Roll top to bottom 2-3 more times. Treatment time 1-2 minutes.
- **Thoracic spine:** Sit on the floor. lean back on the foam roller with the bottom corner of your shoulder blades just above the roller. Keeping your buttocks on the ground, arch your shoulders over the foam roller. Repeat 6-8 times as tolerated.

Foam rolling is extremely uncomfortable when your body needs it the most!!!



hip flexors



quads



ITB



hamstrings



adductors



calves



peroneals



tibialis anterior

