

FOAM ROLLER

Exercises for Myofascial Release

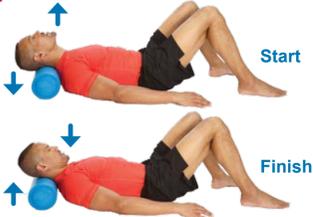
KEY POINTS

1. Locate and concentrate on pain spots until pain dissipates. (20 sec. to 2 min.).
2. Stay on the soft tissue; avoid bones and joint areas.
3. Stabilize your core and your neck muscles to maintain a neutral neck/head alignment.
4. Breathe slowly and consistently (4 seconds in, 4 seconds out).
5. Drink plenty of water.
6. Work both sides of the body.

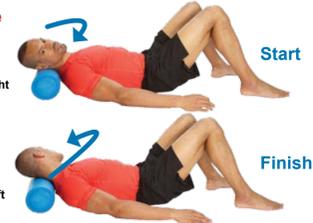
NECK RELEASE

Purpose: massages muscles of the neck.

Back & Forth
(foam roller is stationary)

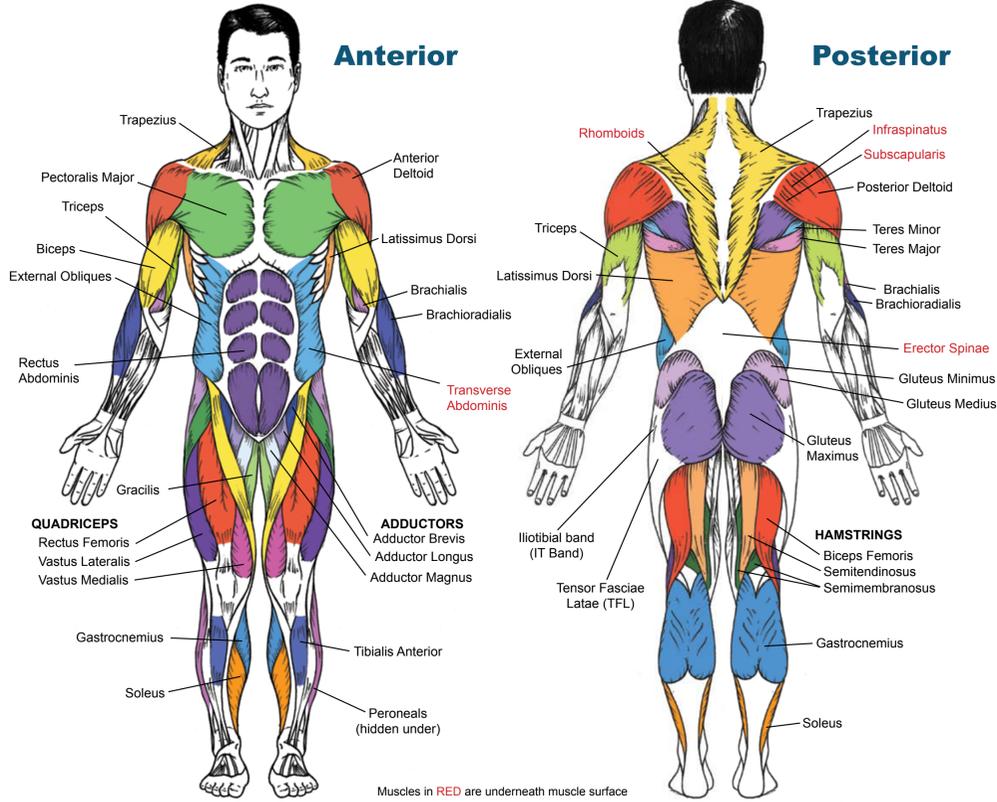


Side to Side
(foam roller is stationary)



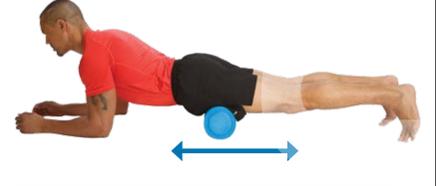
1. Place the foam roller so it rests in the natural curve of your neck. The roller does not move.
2. **Back & Forth:** Lift chin towards the ceiling. Next bring your chin downwards to your chest.
3. **Side to Side:** With the roller in the curve of your neck gently turn your head to one side then the other.

Range of Motion: Roller stays fixed, only your head moves.



QUADRICEP RELEASE

Purpose: massages quadriceps.



Variation 1
(outer quadriceps)



Variation 2
(mid/inner quadriceps)



1. Lay face down with the roller positioned on your thighs. Place your forearms on the floor for leverage.
2. Roll back and forth from just above the knee to just below the hip.
3. Place the weight on one leg to increase intensity.

Range of Motion: From below the hip to just above the knee.

UPPER BACK RELEASE

Purpose: massages back muscles and improves spine and rib cage range of motion.

1. With your upper back on the roller and your hands crossed over your chest, use your feet to push and pull your torso back and forth.
2. Keep your feet flat on the floor.
3. For added intensity, raise your shoulders to broaden the back. Roll on one side of the back, then the other.



Range of Motion:

From shoulders to mid back.

LOWER BACK RELEASE

Purpose: massages erector spinae, gluteus maximus and medius (medius involved when rolling on the side of the buttocks).

1. Sit on the roller with your upper buttocks.
2. With your knees slightly bent, pull your buttocks toward your feet.
3. Gently roll back and forth massaging one or both sides at a time.
4. For added intensity, cross your hands over chest.



Range of Motion:

Base of the spine to the bottom of the rib cage.

PELVIS AND HAMSTRING RELEASE

Purpose: massages hamstrings, posterior line of iliotibial band.

1. Sit with your buttocks hanging off the back of the roller.
2. Place your hands behind you on the floor, extending your legs straight in front of you.
3. Gently roll back and forth, massaging the backs of your thighs, feeling for pain spots.
4. Cross your legs to increase intensity. Tilt to one side for added intensity.



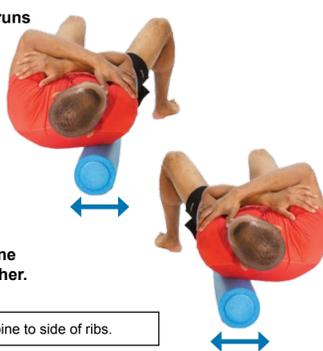
Range of Motion:

Just below buttocks to just above the knees.

T-SPINE RELEASE

Purpose: massages erector spinae, trapezius, and rhomboid major, rhomboid minor, latissimus dorsi.

1. Lay on your back so the roller runs lengthwise next to your spine.
2. Bend your knees and place your feet flat on the floor for leverage.
3. Gently roll from the edge of your spine to under your shoulder and side, feeling for pain spots.
4. For added intensity, raise your shoulders to broaden the back.



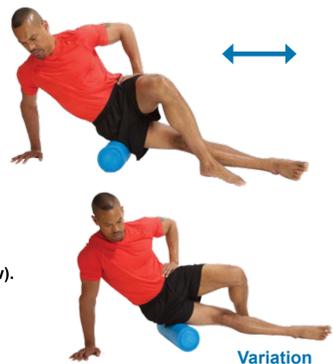
Note: Carefully cross over the spine to move from one side to the other.

Range of Motion: Edge of spine to side of ribs.

IT BAND AND TFL RELEASE

Purpose: massages anterior line of iliotibial band, the TFL and the vastus lateralis.

1. Place the roller under your right hip.
2. Straighten your right leg.
3. Bend your left leg and place your foot flat on the floor slightly in front of you, for leverage.
4. Roll from the top of your knee to the hip. Variation works more side and back of IT Band.



Tip: Work the IT Band first, then the Glutes (exercise below).

Range of Motion:

From the hip to just above the knee.

INNER THIGH RELEASE

Purpose: massages adductors.

1. Lay face down, with one leg over the roller on your inner thigh, just above the knee.
2. Gently roll your leg back and forth (by pushing your hips toward the roller), feeling for pain spots.



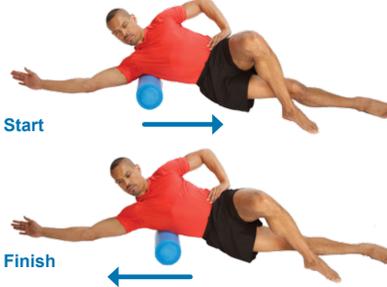
Range of Motion:

Inside of thigh from below groin to top of the knee.

SHOULDER & LAT RELEASE

Purpose: massages posterior deltoid, teres major, latissimus dorsi, and triceps.

1. Lay on your side, with the roller under your armpit and the foot of your top leg is placed flat on the floor above your knee.
2. Using your foot for leverage, push yourself forward until you reach the base of the rib cage.
3. Roll back until you reach mid torso or bottom of the rib cage.



Range of Motion: Armpit to the base of the rib cage.

GLUTE RELEASE

Purpose: massages gluteus maximus and origin of hamstrings.

1. Sit on the edge of the roller with knees bent.
2. Roll back and forth from the top of your glutes to your upper hamstrings.
3. To increase intensity, drop your right knee to the side. This increases body weight on the right buttock.
4. For additional intensity, try crossing your right ankle over your left knee.



Range of Motion:

The upper hamstrings to the top of the buttocks.

CALF AND SHIN RELEASE

Purpose: **Calves**- works the gastrocnemius (toes in = medial head, toes out = lateral head). **Shins**- works the tibialis anterior, sides of shin works the peroneals.

1. **Calves:** Position the roller just below the knee with your arms away from your body on the floor for support.
2. Gently roll back and forth, feeling for pain spots. Cross your ankles to isolate one calf.
3. **Shins:** Get on all fours with the roller placed just below your knee. Pull your knees in until the roller reaches your ankles (**Tibialis**). Turn your lower legs to one side and roll back and forth (**Peroneals**). Switch to the other side.



Range of Motion:

From just below the knees to just above the ankle.

The exercises and advice contained on this poster may be too difficult or strenuous for some people. The authors and publishers of this poster are not responsible in any way whatsoever for injuries which may occur from following the instructions herein.



Safety Rules:

1. Breathe Properly: exhale on exertion and inhale on return phase.
2. Stop if you feel unexpected pain.
3. If exercise uses only one side, repeat on other side.

WE STRONGLY RECOMMEND YOU CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE REGIME.

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