



Notes :

1 TFL release on foam roller



Place your foam roller on the floor. Take a side position with the outside of the hip over the foam roller and your other leg in front for support. Roll over the TFL muscle and glut med that is situated on the side of your hip, above the greater trochanter (the bone you can feel on the side of your hip), in an up and down motion. Maintain your abs tight and proper low back posture during the exercise.

Duration: 1-3 min

2 Foam rolling IT band



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.

Duration: 1-3 min

3 Foam rolling glutes



Place your foam roller on the floor and sit on it having one foot over the opposite knee in a figure 4 position, or with the treatment leg straight and the other knee bent. 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.

Duration: 1-3 min

4 Foam rolling 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. Maintain your abs tight and proper low back posture during the exercise.

Duration: 1-3 min

5 Foam rolling calf (one leg)



Place a foam roller on the floor and sit on the floor supporting yourself with your hands. Place your calf over the foam roller. Roll the entire back of your calf from your knee to your ankle in an up and down motion. Maintain your abs tight and proper low back posture during the exercise.

Duration: 1-3 min



6 Foam rolling 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. You can also have your toes on the ground and use those to propel you.
Pause at any spots that feel especially tender.
Keep your quadriceps relaxed.
Maintain abs tight and proper low back posture during the exercise.

Duration: 1-3 min

7 Foam rolling 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.

Duration: 1-3 min



Notes :



1 TFL release on foam roller

Duration: 1-3 min

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2 Foam rolling IT band

Duration: 1-3 min

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3 Foam rolling glutes

Duration: 1-3 min

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4 Foam rolling hamstrings

Duration: 1-3 min

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5 Foam rolling calf (one leg)

Duration: 1-3 min

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6 Foam rolling quads

Duration: 1-3 min

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7 Foam rolling adductors

Duration: 1-3 min

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