

Foam Roller Soft Tissue Work

Rhomboids - clasp the hands behind the neck and bring the elbows close together in the front. Lift the hips and slowly roll from the top of the shoulder blades to the bottom of the shoulder blades _____ times or for _____ seconds.



Lats - hold the arm overhead and place the foam roller along the outer edge of the shoulder blade. Lift your body and slowly roll from the armpit to the bottom edge of the shoulder blade _____ times or _____ seconds.



Gluteals - sit a hip on top of the roller and cross the ankle over the other knee. Slowly roll through the entire gluteal muscle from the very top (iliac crest) to the bottom (ischial tuberosity). Roll _____ times or for _____ seconds.



Hamstrings – sit with the foam roller under the upper leg (hamstrings). Lift your body and slowly roll from the buttock (ischial tuberosity) to the knee _____ times or for _____ seconds.



Lateral Hamstrings/IT Band – sit with the roller on the side of the leg (IT Band) and just slightly on the back on the thigh (hamstrings). Slowly roll along the side of the leg from the hip bone to the knee _____ times or for _____ seconds.



Lateral Quad/IT Band – sit with the roller on the side of the leg (IT Band) and just slightly on the front of the thigh (quads). Slowly roll along the side of the leg from the hip bone to the knee _____ times or for _____ seconds.



Adductors – lie on your stomach with the leg out to the side, and the roller under the inner thigh area. Lift your body and slowly roll from the inner groin to the knee _____ times or for _____ seconds.



Calves – place the foam roller under the calf. Lift your body and roll from the back of the knee to the heel _____ times or for _____ seconds. For deeper work, place the opposite leg over the top.



Tensor Fascia Lata (TFL) – lie on the foam roller on the front, and just slightly to the side, of the hip. Lift the body and slowly roll from the top of the pelvis to about 6-8 inches down the leg _____ times or for _____ seconds.



Quads/Hip Flexors – lie with the foam roller under the thigh. Lift your body and slowly roll from the top of the pelvis down to the knee. You may have to roll from the top of the pelvis to halfway down the thigh, then reposition and roll the bottom half. Repeat _____ times or for _____ seconds.

