

This handout is to be used as a guide only. Please consult your Remedial Therapist or health provider before beginning any new stretches or exercises.

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# Foam Roller Myofascial Release

## ERECTOR SPINAE/LONGITUDINAL BACK RELEASE



Place a long roller on the floor and lie lengthwise on it from your pelvis to your head. Place your hands on the floor by your sides for support and bend your knees up with your feet flat on the floor. Gently switch on your lower abdominals by pulling your navel towards your spine and roll from side to side, feeling for tender spots. Roll until you feel the release. Place the roller against the wall and do this standing for the easier version.

## LATS/SHOULDER RELEASE



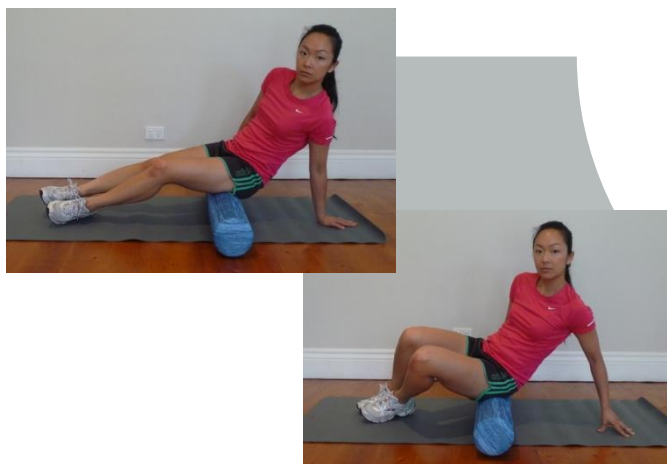
Place a roller on the floor and lie on your side with the roller just below your armpit. Using your top arm and legs for leverage, support yourself whilst gently rolling back and forth feeling for tender spots. Roll until you feel a release. Try to maintain a neutral neck alignment. Lean back while rolling to increase the release.

## ADDUCTOR/INNER THIGH RELEASE



Lie on one side with your bottom arm folded under your head or leaning on your forearms for support. Place a roller beside you on the floor, then bend your top leg and place it onto the roller just above your knee. Switching on your abdominals, gently roll your upper hip back and forward, feeling for tender spots in your inner thigh. Vary the release by either dropping or lifting your upper foot.

## GLUTE MED & MAX/BUTTOCK RELEASE



Place a foam roller on the floor and sit with your buttocks slightly hanging off the back of the roller. Place your hands on the floor for support and have your knees bent and feet on the floor. Switch on your abdominals and gently roll back & forth massaging both buttocks. Note the tender spots and roll until you feel the release. Vary the release by leaning to one side to release the glute medius then switch sides.

## BACK RELEASE/LUMBAR & THORACIC EXTENSION



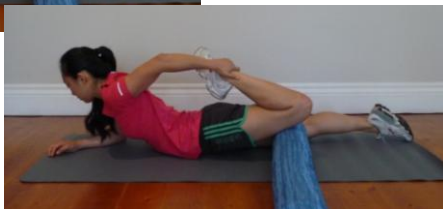
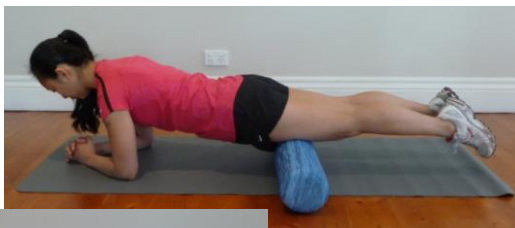
Lie on your back with the roller under your shoulders and spine. Bend your knees with your feet flat on the floor. Gently roll back & forth feeling for restricted areas. Repeat until you feel the release or reached your comfortable maximum extension range. For extra support, place your hands under your head and maintain a neutral neck/head alignment. Place the roller against the wall and do this standing for the easier version or add more rollers under your back for the lying version.

## HAMMIES/BACK THIGH RELEASE



Place a roller on the floor and sit with your buttocks hanging off the back of the roller. Place your hands on the floor behind you for support and straighten your legs in front of you so that they're hovering off the floor. Gently roll back & forth along the back of your thighs, feeling for tender spots and repeat until you feel the release. Vary the release by turning your toes in or out.

### QUADS/FRONT THIGH RELEASE



To perform a myofascial release of the quads, lie face down on your forearms for support with both thighs on the foam roller. Straighten your legs and gently roll back & forth from your upper thigh to just above your knees, feeling for tender spots. Repeat until you feel the release. Turn your hips and feet outwards to attack the inner quads.

To perform a quad stretch, place a foam roller on the floor and lie face down on your forearms for support. Place one thigh on the roller and relax your hips to the floor. You can increase this stretch by further bending your knee. Use a towel to assist the knee bend by wrapping it around your ankle and pulling your foot to your buttock if needed.

### GASTROCS/CALF RELEASE



Place a roller on the floor and sit on the floor with your lower leg on the roller just above your ankle. Using your arms for support behind you, lift your buttocks off the floor slightly and gently roll back & forth, feeling for tender areas. Repeat until you feel a release then change sides. To vary the release, turn your toes inwards and then outwards.

### TIBIALIS ANTERIOR/SHIN RELEASE

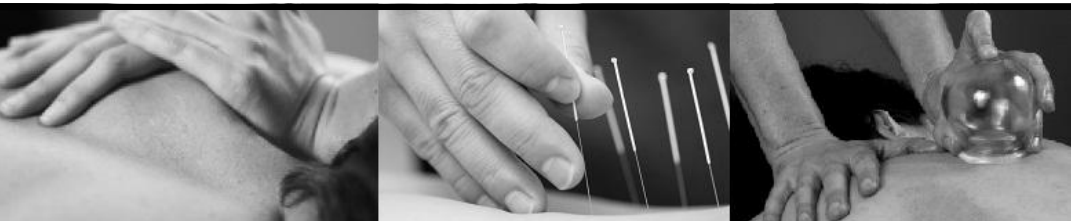


Place a foam roller on the floor and place yourself into a slight sidelying position with one of your lower legs turned down onto the roller below your knee. Using your arms for support, gently roll your lower leg back and forth on the roller, feeling for tender spots. Repeat until you feel the release. To increase the release, hook your top ankle over your bottom ankle to add weight.

### ITB & TFL/OUTSIDE THIGH RELEASE



Place a foam roller on the floor and lie on one side, with the top leg bent forward and your foot flat on the floor, and the roller under your hip. Straighten the lower leg and using your arms for support, gently roll back and forth along the outside of your thigh, down to your knee. Feel for tender spots and repeat until you feel the release, then change sides. To increase the release, straighten both legs and then roll. Vary the release by slightly rolling your body and thigh forward to combat the anterior band and lateral quads.



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