

STEP 1



STEP 2



TIBIALIS ANTERIOR FOAM ROLLING
REPS: 10

HOW: Place a foam roller on the ground and position it below your knees at the top part of the lower leg. Place your hands or forearms on the ground and roll up and down on the muscle in the front part of your lower leg. You can also bend your knees and sit on top of the roller for a more intense roll on that muscle.

FEEL: You should feel a massage-like feeling on the tibialis anterior muscle.

COMPENSATION: Don't roll too fast or too slow.

STEP 1



STEP 2



CALF FOAM ROLLING
REPS: 10

Follow along with the video to learn how to roll out your calves! You only need to spend a minute or two maximum in each body region.

STEP 1



STEP 2



HIP FLEXOR FOAM ROLL
REPS: 10

HOW: Place a foam roller on the ground and then lay on top, face down, with the roller being at the top of your hip. Use your hands and opposite foot as a guide to roll your body up and down focusing the roller on your hip flexor muscle group. Perform this for as long as prescribed.

FEEL: You should feel a massage-like pressure on your hip flexor muscles.

COMPENSATION: Don't roll too fast or too slow, find the right speed to help release tightness in that region.

STEP 1



STEP 2



QUADRICEPS FOAM ROLLING

REPS: 10

Follow along with the video to learn how to roll out the front part of your thigh! You want to avoid any bony landmarks like your actual hip bone and knee. Essentially roll the entire area between those bones. You only need to spend a minute or two maximum in each body region.

STEP 1



STEP 2



TFL AND IT BAND FOAM ROLLING
REPS: 10

Follow along with the video to learn how to roll out your TFL, IT band, and lateral thigh muscles! You want to avoid any bony landmarks your hip bone and knee bone. Essentially roll the entire area between those bones. You only need to spend a minute or two maximum in each body region.

STEP 1

STEP 2

HAMSTRING FOAM ROLLING
REPS: 10



Follow along with the video to learn how to roll out your posterior thigh! You only need to spend a minute or two maximum in each body region.

STEP 1 STEP 2

GLUTE FOAM ROLLING

REPS: 10



Follow along with the video to learn how to roll out the muscles in your hips! You want to avoid any bony landmarks like your sitbones. Everywhere else on your hips you are welcome to roll as

STEP 1

STEP 2

THREAD THE NEEDLE - FOAM ROLLER
REPS: 10



HOW: Get set-up on the ground on your hands and knees with a foam roller to the side you. Sit your butt back towards your heels as far as you can that you feel comfortable with. With your arm that is further away from the foam roller, reach through and under your other arm and place your hand and wrist on the roller with your thumb facing up towards the sky. Take a breath in followed by breathing out as you roll the foam roller away from you. You can rotate your head and follow your hand with your eyes, or for a sport like golf you can keep your head and eyes facing the ground. Slowly return and repeat.

FEEL: You should feel motion occurring in your mid back and around your shoulder blades. Towards the end of the motion, you may feel a stretch in this area.

COMPENSATION: Try to limit motion to your mid back and shoulder blades. Do not move excessively from your hips, pelvis, or low back. This is why sitting your butt back towards your heels is beneficial.

STEP 1

STEP 2

ARMPIT SOFT TISSUE MOBILIZATION
REPS: 10



HOW: In a sidelying position place a foam roller just underneath your armpit region. You have the option of rolling up and down, from side to side, or performing a pin and stretch. Work around this area and see what feels good for you. Focus on your breathe as you perform these mobilizations.

FEEL: It is common for the soft tissue in this area to be sensitive. There are many nerves that run around this region, do NOT continue if you feel numbness and tingling. Take a quick break until that sensation diminishes.

COMPENSATION: Don't roll the ball too fast or too slow, find the right speed that fits your best needs.

STEP 1

STEP 2

THORACIC SPINE FOAM ROLLING

REPS: 10



HOW: Get set-up with your butt supported on the ground with a foam roller supporting your mid back. The goal is to make a 'fulcrum' that we can use to mobilize your mid back. Position the foam roller in your mid back and drive the upper half of your back "over" the foam roller while exhaling. Move the object to different areas of your mid back to mobilize multiple segments. **FEEL:** You should feel moderate amounts of pressure in your mid back. If you feel a "pop", that is totally normal and okay.

COMPENSATION: Do not put the foam roller on your lower back, just your upper back. Keep our core engaged and do not overly arch in your lower back.