

thoracic spine



Body straight • Roll lower to upper ribs

thoracic extension



Hips on floor • Lean mid back over roller

hip flexors



Roller at front of hip • Roll front to outer hip

gluteals



Sit one gluteal on roller • Roll gluteals

smart tips...

- Place required area on roller
- Ensure lower and mid back is straight
- Hands/elbows under shoulders
- Keep breathing
- Place adequate pressure on area
- Roll slowly and gently

quads



Start at upper quad • Roll upper to lower quad

- Repeat 2-5 times weekly
- No pain should be felt
- Ongoing pain should always be assessed by a qualified therapist

hamstrings



Back straight • Roll upper to lower hamstrings

Duration

- Spend additional time on tight areas
- Poor tissue quality: 1-2 minutes
- Good tissue quality: 30 seconds
- Wait for discomfort to diminish, move to another area

adductors



Leg out to side • Roll upper to lower adductor

gastroc / soleus



Back straight • Roll upper to lower calf



In Pain? Get Help Now!

- Physiotherapy
- Chiropractic
- Remedial Massage
- Soft Tissue OT
- Clinical Pilates
- Corporate Health
- Ergonomic & Therapeutic Equipment

(08) 9481 8708

clinic: www.bodySMARTcentre.com.au
corporate: www.bodySMART.com.au

iliotibial band



Elbow under shoulder • Roll upper to lower ITB