

Foam roller guide

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

hamstrings

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



- · No pain should be felt
- Ongoing pain should always be

assessed by a qualified therapist

- · 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

quads



Start at upper quad • Roll upper to lower quad

Duration

adductors



Leg out to side • Roll upper to lower adductor

Back straight • Roll upper to lower hamstrings



Back straight • Roll upper to lower calf

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iliotibial band



Elbow under shoulder • Roll upper to lower ITB

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