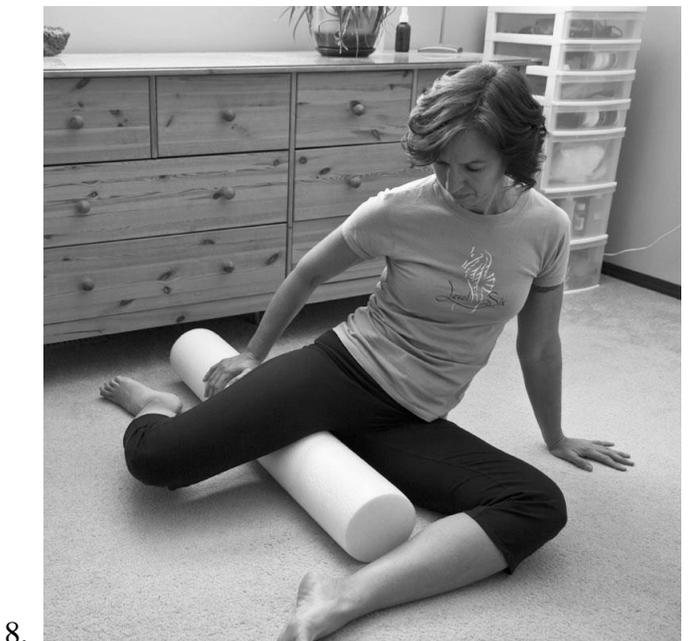


# Foam Roller Exercises





9.



10.



11.



12.

1. **Thoracic Spine** – Start with the foam roller just below your neck and roll slowly back and forth towards your pelvis.
2. **Rotator Cuff (Infraspinatus/Teres Major)** – Lay on your side with the foam roller positioned in your armpit and your arm draped over the roller. You can roll or just allow body weight to press into the roller. You can also rotate your body backwards so that you are pressing the roller into your shoulder blade.
3. **Chest/Pecs Opener** – Lay with the foam roller in line with your spine and allow your arms to fall out to the side. Make sure that your head is resting on the roller.
4. **Hip Flexors** – Position the roller across your pelvis, just below your hip bones. Slowly roll up and down. You can also roll onto your side slightly to access the outside of your leg.
5. **Quadriceps** – While balancing on your elbows, position the roller across the top of your thighs and slowly roll back and forth towards your knees.
6. **Iliotibial Band** – While balancing on one elbow on your side, place the roller just below your pelvis and roll slowly back and forth towards your knee.
7. **Glutes/Piriformis** – Sit on the roller with your leg in a Figure 4 position. Roll back and forth or wiggle your bum on the roller in order to release the tissue.
8. **Adductors** – Sit on the floor with your hips/knees bent to 90°. Place the foam roller parallel with your thigh and bring your top leg over the roller in a straddle position. Start close to your pelvis and roll slowly on your inner thigh towards your knee.
9. **Hamstrings** – Sit on the foam roller while balancing on your hands. Start to roll your hamstrings slowly back and forth until you get to the knee.
10. **Calves** – Place the foam roller just below the knee on your calves. While balancing on your hands, roll back and forth from your ankle to your knee.
11. **Lower abdominals/Psoas** – Position the foam roller so it lies across your pelvis and lay back on to it. Allow your head to rest comfortably on the floor. This can be a little bit intense so go easy. No rolling is necessary. The placement of the roller is allowing a stretch into your abdominals and deep hip flexors, like the iliopsoas.
12. **Shins** – Sit on the foam roller just below your knees. Shift your weight to one side and then the other to gain access to the muscles that run on the front and lateral side of your shin. You can move the roller so that you access the entire lower leg.