

Foam Rolling Manual

Foam Rolling Video Tutorial

Generic Guidelines For Foam Rolling

Spend 20s on each muscle

If you find a particularly tender spot, please then hold it for up to 10s until the pain subsides slightly

Now roll again for 20s and repeat up to 3 times.

Calves



- Place the foam roller underneath the bottom of the calve muscle
- Then take the roller up into the belly of the muscle – then roll back to the bottom again.
- If you want to increase the load, place one leg on top of the other.

Hamstrings



- Place the roller just above the knee on the back of the thigh.
- Shift your bodyweight forwards and back allowing the roller to go up to the bottom of the glute and then back again.
- If you want to increase the load, place one leg on top of the other.

Gluteals



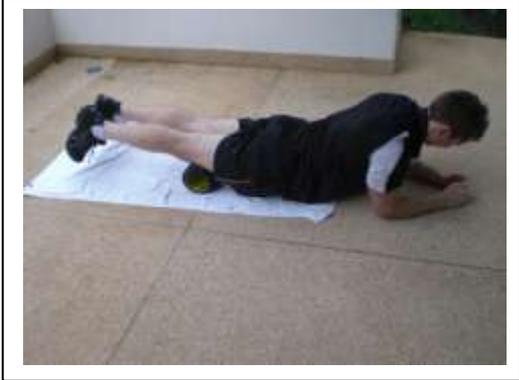
- Sit on the roller
- Place one foot on top of the opposite knee
- Now lean to the side, the side that the foot is off the ground.
- Roll forwards and back over the glute.

Adductors



- Place the roller on the inside of the upper leg, just above the knee.
- Now push the bent knee away from you so the roller goes up to the inner thigh.
- Return to the start position

Quadriceps



- Start with the roller just above the knee on the front of the upper leg
- Use the forearms to pull you back and forth, taking the roller up to just below the hip each time.
- If you want to increase the load, place one leg on top of the other.

Ilio Tibial Band



- Place the foam roller on the outside of the upper leg just above the knee.
- You need to take the roller from the start position to just below the ball and socket part of the hip. Stay off the hip joint.
- This exercise can be painful to start with, so use the hand on the floor to stabilise you.
- If you want to increase the load, place one leg on top of the other.

Pectoralis Minor



- Lying on your front put the roller on the front of the shoulder.
- Now roll it across the front of the shoulder down the arm.
- Keep the thumbs pointing towards the ground.
- Return to the start position
- You can dictate how much weight you put through the roller.

Upper Back



- Place the roller between the shoulders
- Put the hands on the ears and bring the elbows together
- Now take the roller up and down the back, to just below the shoulder blades
- Now roll back to the start position
- Be careful to keep the hips up and stay off the neck

Erector Spinae



- Place the roller to one side of the spine
- Spread your feet wide to give yourself a good base of support
- Transfer your roller from one side of the spine to the other