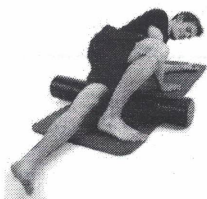


Foam Roller and Self Massage Program

Created by Daniel Anderson Aug 10th, 2017

View at "www.my-exercise-code.com" using code: VB8SCEW

1

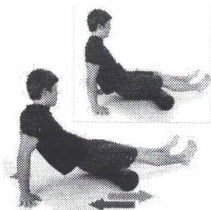


FOAM ROLL - ILIOTIBIAL BAND - ITB

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh.

2

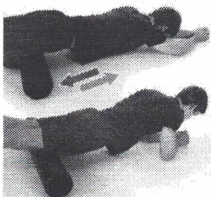


FOAM ROLL - HAMSTRING BILATERAL

Start by sitting on a foam roll under both your thighs.

Next, using your arms, roll forward and back across this area.

3



FOAM ROLL - QUADRICEPS

Start by lying face down so that a foam roll is under the top of your thighs.

Next, using your arms propped on your elbows, roll forward and back across this area.

4



FOAM ROLL - GLUTE - PIRIFORMIS

Start by sitting on a foam roll and cross your affected leg on top of your other knee as shown. Lean slightly towards your affected side.

Next, using your arms and unaffected leg, roll forward and back across your buttock area.

5

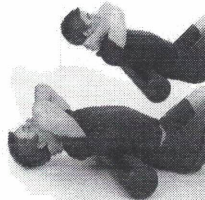


FOAM ROLL - CALVES BILATERAL

Start by sitting with the foam roll under your affected calf and cross your other leg on top.

Next, lift your body up with your arms and roll forward and back across your calf area.

6

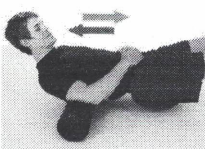


FOAM ROLL - TRUNK EXTENSION

Start by lying on your back with a foam roll under your back. Next place your hands behind your neck or across your chest.

Then slowly extend your spine over the roll.

7



FOAM ROLL - SPINE ROLL

Start by lying on your back with a foam roll under your back.

Place your hands on your stomach and then slowly roll forward and back across your back using your legs as shown.

8



Self STM: Parascapular/upper back

While standing, place a ball between the wall/door and the back of your shoulder blade/upper back. Perform self massage by moving the ball around in that area. Focus on spots that feel tight or tender.

*Place the hand on the opposite shoulder to move the shoulder blade and access more of the upper back.

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Self STM: lumbar paraspinals

Stand against a door/wall and place a ball between the door/wall and your low back muscles on either side of your spine. Use the ball to perform self massage to these muscles. Focus on areas that feel tight or tender.

Perform small squats massage over a specific area.