

+ A GUIDE TO FOAM ROLLING

1. ILIOTIBIAL (IT) BAND



POSITION: Lie on your left side with the foam roller just above knee level. Cross your right leg over your left as shown to anchor and support you.

ROLL: Roll towards the hip. Lift weight off and repeat. Continue rolling then switch positions to work your right leg.

2. HAMSTRINGS



POSITION: Sit with your legs extended in front of you with the roller positioned directly under your thigh. Place your hands flat on the floor behind you for support.

ROLL: Start behind the knee and roll towards the buttock. Lift weight off and repeat.

3. CALVES



POSITION: Sit on the floor with the roller underneath your calves and place your hands on the floor behind you. Raise your hips off the floor.

ROLL: Starting near the Achilles tendon (ankle), roll toward the knee. Lift weight off and return to starting position to repeat. Increase compression force by “stacking” one leg on the other.

4. HIP FLEXORS



POSITION: Lying in prone position resting on your hands and feet, place the roller underneath your quads.

ROLL: Roll towards the hip, lift weight off and repeat.

TIP: Make sure you do not roll directly onto your knees – this can cause discomfort and exacerbate injuries



+ A GUIDE TO FOAM ROLLING

5. QUADRICEPS



POSITION: Lie face down and place the foam roller just above your knee.

ROLL: Engage your core muscles and keep them drawn in. Roll towards the hip, lift weight off and repeat

TIPS:

Use your foam roller prior to warm up to increase blood flow to targeted muscle groups and alleviate muscle tightness, which can hinder optimal training.

Roll towards the trunk. This will facilitate interstitial fluid returning to the circulatory system rather than pooling in the calves and forelegs, which can result in "heavy legs".

6. THORACIC SPINE



POSITION: Place the foam roller underneath your shoulder blades. Bend your legs so your feet are flat on the floor. Place your hands behind your head to optimise the stretch.

ROLL: Either remain still and allow your body weight to sustain a stretch, or engage your core muscles and raise your hips off the floor so you can roll up and back over your shoulder blades.

BENEFITS:

A great tool for undertaking myofascial release techniques for reducing inter and intramuscular adhesions and scar tissue binding skin, muscle, tendon and bone.

Self-massage/recovery techniques can assist peripheral blood flow and alleviate lactic post exercise muscle soreness.

Versatile and cost effective.

As a tool to undertaking body weight resistance exercise, core strengthening and proprioceptive work.

