

Notes :

1 Posture stretch on roller



Reps: 10-12

Lie on a foam roller with your knees bent and feet flat on the ground. Your palms are facing up and your arms are abducted about 45 degrees with your body. As your flexibility progress, abduct your arms up to 90 degrees. Hold the position for the prescribed duration.

2 Thoracic extension mobility



Place your foam roller on the floor and lie on your back with your knees bent and the foam roller at the level of your shoulder blades. With your arms behind your head, lower your head as close as you can to the floor until you feel a stretch behind your back. Maintain your abs tight and proper low back posture during the exercise.

3 Lats and teres major rolling



Lie on your side with a foam roller placed slightly lower than your armpit. Roll on the foam roller from the armpit to the lower ribs using slow movement, stopping as recommended on the tight spots that are more uncomfortable. You want to be on the teres major and latissimus dorsi muscles, don't roll directly on your ribs.

4 Thoracic extension rolling



Lie on the floor over a foam roll with the roll perpendicular to the body, knees bent, and interlaced hands supporting under the back of the head. Keep the lower core activated and the low back curled, and the chin tucked throughout the exercise. Lift your seat up off the ground, and push with your legs to roll your back along the roller and then back. Be sure not to arch the low back or neck. The back should roll up or down several levels to loosen the entire stiff area.

5 Lower back release with foam roller



Lay down on the side supported on one hip and elbow with a foam roller placed on the side of your lower-back region. Slowly and gently massage the region by moving yourself up and down over the roller, staying between your ribs and pelvis. The exercise should not be painful. Take as much weight as needed off the roller by using your legs and supporting your arm to lift yourself.

6 Foam rolling IT band



Place your foam roller on the floor. Take a side position with the outside of the thigh over the foam roller and your other leg in front for support. Roll the entire outside of your leg from your pelvis to your knee in an up and down motion. Maintain your abs tight and proper low back posture during the exercise.

7 Foam rolling quads



Place the foam roller on the floor and lie on your stomach with the front of your thighs over the foam roller. Roll the entire front of the thighs from the top of the hips to the top of the knee caps in an up and down motion. You should pull yourself with your elbows and forearms. Pause at any spots that feel especially tender. Keep your quadriceps relaxed. Maintain abs tight and proper low back posture during the exercise.

8 Standing hip flexor release at the wall



Stand with the feet hip width apart and place a foam roller against the wall at hip height. Position a lacrosse ball between the foam roller and you. Drive your hips forward into the lacrosse ball to apply pressure to the hip flexor.

9 Foam rolling adductors



Place your foam roller on the floor and lie on your stomach with the inside of one thigh over the foam roller and your other leg straight on the floor for support. Roll the entire inside of your thigh from your groin to your knee in a side to side motion. Maintain your abs tight and proper low back posture during the exercise.

10 Foam rolling tibialis



Place a foam roller on the floor and take a four point kneeling position with the front of one leg over the foam roller. Roll the entire front of your leg (outside of the tibia) from your knee to your ankle in an up and down motion. Maintain your abs tight and proper low back posture during the exercise.

11 Foam rolling calf



Place the foam roller between the Achilles tendon and calf muscle. Cross the other leg over the leg being treated to increase the pressure. Roll the entire calf in an up and down motion. Pause at any spots that feel especially tender. Keep your calf relaxed.

12 Foam roll plantar fascia



Sit on a chair with a foam roll under the arch of your foot. Roll your foot forward and backwards, stopping before the toes and before the heel. To progress, perform in standing.

13 Thread the needle with roller



Start in a four point position with the hands directly under the shoulders and the knees under the hips. Keep your chin tucked in, back straight and shoulders back. With one arm, reach under the other onto the roller, palm up, and roll the arm and shoulder through. Return to the center and raise the arm up and back to open your chest. Repeat with the other arm if indicated.