



## Foam Rolling Manual

Reach under your bed and grab that foam roller – it’s time to put it to use! Do you ever find yourself feeling tight, stiff, or in pain? You’ve probably visited a physio and ignored their advice or found yourself browsing the internet to self diagnose why that “trick hip” is acting-up again. Well, how about something easy you can do right at home! Below, we’ve put together our favourite foam rolling exercises to help you reduce pain, stiffness and get back to doing what you love.

Foam rolling is a great way to improve mobility and minimize joint dysfunction. It’s a form of self myofascial release (SMR) that helps to stimulate receptors thereby increasing blood flow to soft tissue, releasing trigger points (knots), and unlocking extended ranges of motion. It is not a cure-all. Rather, should be one modality used in a dynamic warm-up or recovery session to improve mobility.

### Rolling Exercises:

Perform rolling for 1-2 minutes per muscle group/side below. Choose 3-4 areas with the most “room for improvement” and include these before every workout. For example, immobile ankles, hips and shoulders – roll the calves, glutes, and lats. Enjoy!

#### 1) Calves

**Keys** – The calves, when tight, can immobilize the ankle joint and prevent proper range of motion of the lower leg in any lower-body exercise. This may result in knee dysfunction.

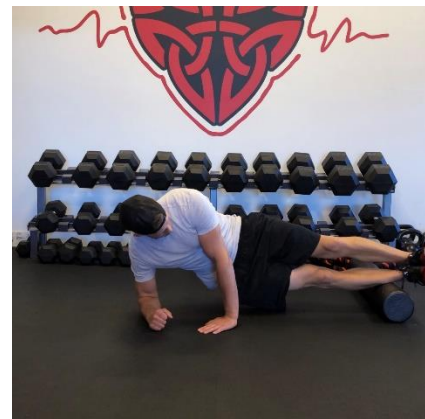
**Instruction** – Place the roller above the ankle of one leg and cross the other over-top. Smoothly roll up the calve and rock side-to-side when you find any trigger points (knots).



#### 2) Peroneals & Tibialis Anterior (Side/Front of Lower Leg)

**Keys** – An area often forgotten about, the peroneal muscles help with eversion and plantar flexion of the foot providing stability to the ankle. If these muscles get tight, they can cause foot and ankle pain. The tibialis anterior muscle is responsible for dorsi-flexion. Tightness/inflammation in these muscles can cause shin splints and knee dysfunction.

**Instruction** – On your side, place the roller above the ankle and stack your other leg on top. Then, smoothly roll up the side of the lower leg and rock side-to-side when you find any trigger points (knots).





### 3) Hamstrings

**Keys** – If you have a sedentary job, then chances are you've got tight hamstrings. Tightness in this area can cause knee and hip dysfunction in addition to a higher chance of muscle strains and injury.

**Instruction** – Face-up, place the roller above the knee and stack your other leg on top. Then, smoothly roll up the back of the thigh and rock side-to-side when you find any trigger points (knots). Rotate your leg inward or outward to target these muscles from a variety of angles for better results.



### 4) Gluteus Maximus

**Keys** – The gluteus maximus, better known as the butt, tushy or fanny, is the biggest muscle in the body. Tightness in this area can manifest as back pain or result in hip pain and dysfunction.

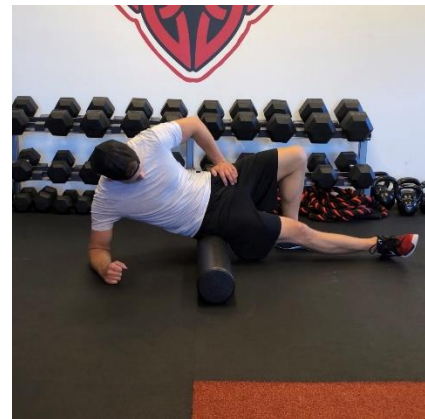
**Instruction** – Face-up, place the roller on your gluteal fold where your hamstring and butt meet. Then, smoothly roll up the glute, just below the lower back. Rock side-to-side when you find any trigger points (knots). Rotate your leg inward or outward to target this muscle from a variety of angles for better results.



### 5) Gluteus Medius/Minimus/Piriformis (side booty)

**Keys** – The gluteus medius/minimus/piriformis area is a typical trouble spot because it tightens up when sitting. Tightness in this area can manifest as back pain and result in hip and knee pain/dysfunction. A tight/inflamed piriformis muscle can result in symptoms of sciatica due to its position in relation to the sciatic nerve.

**Instruction** –Place the roller on your “back pocket area,” then smoothly roll up just below the lower back. Rock side-to-side when you find any trigger points (knots). Rotate your leg inward or outward to target this muscle from a variety of angles for better results.





## 6) Tensor Fascia Latae (TFL)

**Keys** – The TFL is another commonly tight area due to sedentary lifestyles. The muscle attaches to your IT band, so tightness in this muscle causes knee pain and dysfunction.

**Instruction** – Face down, position one edge of the roller directly below your hip and slightly outside. Keep this leg completely straight. Use your other leg to help you smoothly roll-out the area and rock side to side to find the trigger points.



## 7) Iliopsoas (Hip Flexors)

**Keys** – Another culprit of sedentary lifestyle tightness. The hip flexors when tight can result in hip, knee, and back pain as well as gluteal amnesia (not activating). Not only should you roll them, but you should statically stretch them multiple times throughout the day.

**Instruction** – Face down, position one edge of the roller directly below your hip. Keep this leg completely straight. Use your other leg to help you smoothly roll-out the area and rock side to side to find the trigger points.



## 8) Rectus Femoris & Vastus Lateralis (Quads)

**Keys** – Because the quads are responsible for basically any time you move your knee or hip, they can tighten up very quickly. Like the hip flexors, this can result in hip and knee dysfunction.

**Instruction** – Face down, position one edge of the roller directly below your hip. Keep this leg completely straight. Use your other leg to help you smoothly roll from below the hip to above the knee. Rock side to side to find the trigger points.





### 9) Adductors (Inner Thigh)

**Keys** – The adductor muscles, or inner thigh, are responsible for medial knee stabilization and squeezing the thighs together. Tightness can result in knee and groin pain/strains.

**Instruction** – Face down, position the roller beside you lengthwise. Then position your leg out across the roller with your knee bent at a right angle. Smoothly roll across the inner thigh, rocking side to side to find the trigger points.



### 10) Vastus Medialis (Inside of Quad)

**Keys** – The tear drop muscle! Hugging the medial side of the knee, the vastus medialis muscle makes up the rest of the quad and is responsible for medial stabilization. Like the adductors, tightness can result in knee and dysfunction.

**Instruction** – Face down, position the roller beside you lengthwise. Then position your leg out across the roller with your knee bent at a right angle, then tilt your foot up to the sky to internally rotate your thigh and hit the vastus medialis. Smoothly roll across this area, rocking side to side to find the trigger points.



### 11) Spinal Erectors & Thoracic (T) Spine

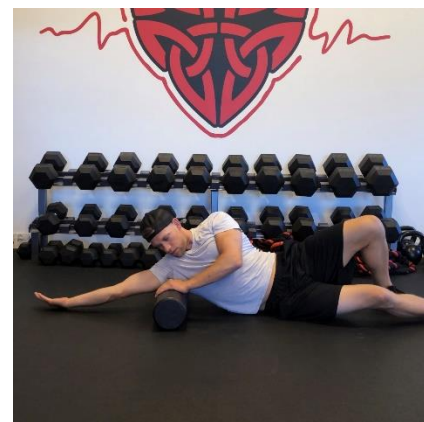
**Keys** – The back is a great area to foam roll because it's challenging to stretch but often tight and riddled with knots. We all know how terrible a tight/sore back feels, which can affect your entire system – physically and mentally.

**Instruction** – Face up, place the roller under your lowest rib. Extend your arms up above your head, then roll from the lowest rib up your back to just below your shoulders. Move your arms in various positions to move your shoulder blades and target the muscles differently. Make sure to breathe slowly and deeply as you perform this roll.



### 12) Latissimus Dorsi (Lats)

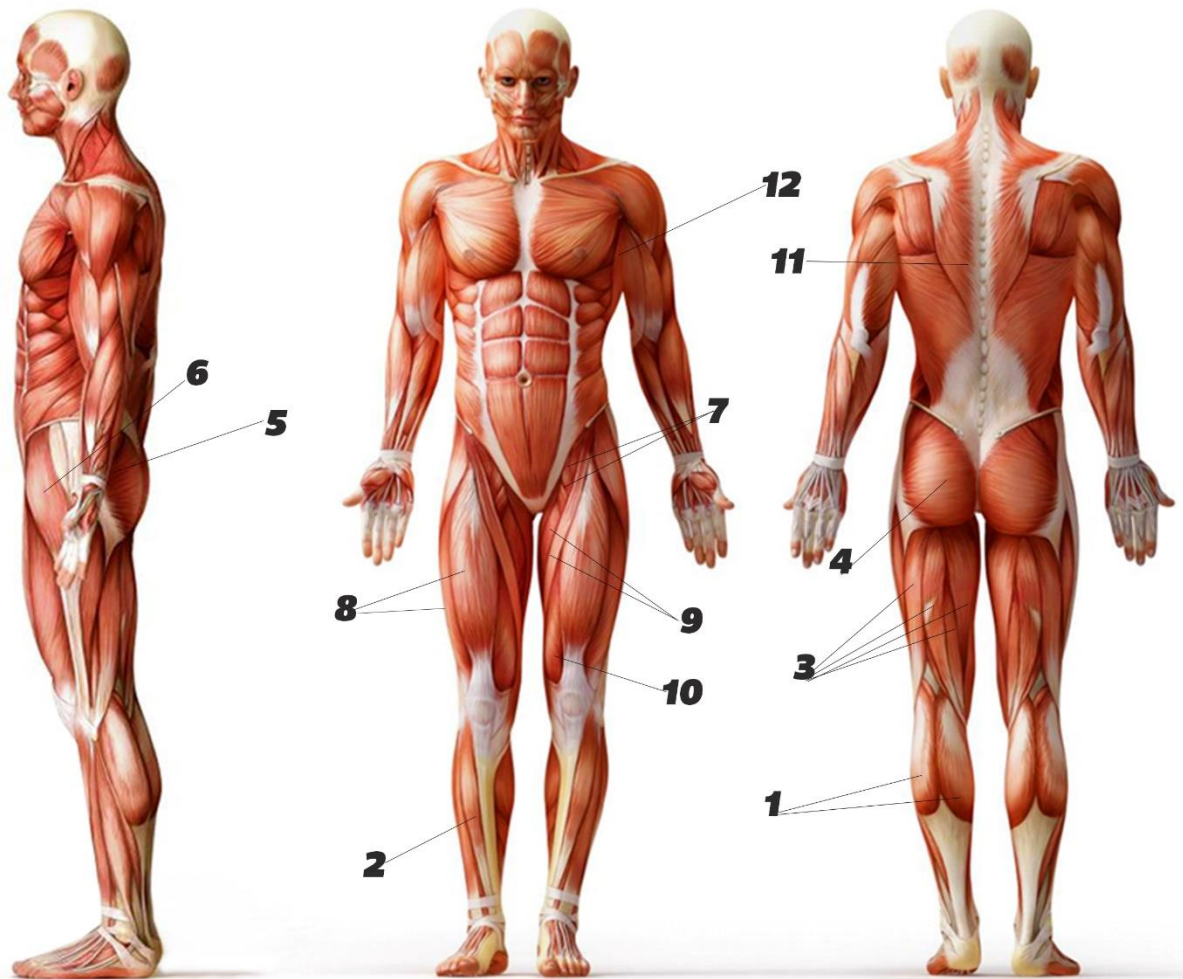
**Keys** – Painful, but worth it! The lats are a large triangular-shaped, wing-like muscle that cover much of your back and tightens easily. When tight, they can prevent you from fully lifting your arms overhead, prevent proper posture and cause shoulder dysfunction.







**Instruction** – Perpendicular to the ground, place the roller under your mid-rib. Extend your arm out with your palm up, then roll from the mid-rib up your side through the armpit, shoulders. Make sure to breath slowly and deeply as you perform this roll, tacking down trigger point areas and rocking side to side.



- 1. Calves
- 2. Peroneals & Tibialis Anterior
- 3. Hamstrings
- 4. Gluteus Maximus
- 5. Gluteus Medius & Piriformis
- 6. Tensor Fascia Latae (TFL)

- 7. Hip Flexors (Iliopsoas)
- 8. Rectus Femoris & Vastus Lat
- 9. Adductors
- 10. Vastus Medialis
- 11. Erectors & Thoracic (T) Spine
- 12. Latissimus Dorsi