

## Foam Roller Exercises

### ITB and Lateral Quads



To roll the ITB first lie on your side on the ground with the foam roller placed horizontally across the side of your leg. Beginning just below the knee roll up to the top of the pelvis (TFL muscle).

If you find a tender (good) spot then hold some pressure there for 30 seconds - 1 minute or until you feel the pain start to reduce. You can also bend the leg back and forth slowly to stretch the ITB and quads further.

### Quadriceps

This is the same as the ITB and Lateral Quads except that you lie facing down so as to roll the front of the leg. Roll up and down



### Thoracic Extension

To stretch out the front of your chest and extend your spine lie down on your back with the foam roller across your spine (not up and down it). Interlock your hands behind your head and gently stretch the head and chest back wards. Support the head at all times.

To mobilise the spine you can arch back and then flex forward (like a sit up) which is good to loosen up the thoracic spine which is often tight.

### Glutes/Piriformis

Rolling this area out can help alleviate lower back pain and hip pain. They can get tight and irritated by too much sitting, running or not stretching.

Lie with the roller under your butt (glutes). Then cross one leg across the other. The roller should be in the Glute of the leg that is crossed. Try to find the sorest spot and hold some pressure down on this for at least 30-60 seconds. You should feel the pain reduce.



**If you have any questions on how to use the foam roller please contact asap.**