

Foam Rolling (SMFR) – Total Body

Cover each area of the body with about 8 rolls. If there are spots or areas that are more tender and painful those are the areas you should focus on. If you want to put extra attention on a given area, you may hold on a spot for up to 30 seconds to try to get it to relax. If it does not relax after 30 seconds, move on to the next area. Rolling should be used before your workout and after your workout. It may also be used around sporting events to help warm-up and recover.

Upper Back: Hands behind the head. Roll from middle back up to top of shoulders. DO NOT roll low back or neck.



Lats: Hands behind head. Roll forward and back, keeping pressure just below arm.



Glutes #1: Start by sitting on the roll. Pressure should be on side of one hip. Roll up and down side of hip.



Glutes #2: Cross the down foot (side on foam roll) up on to other knee. Roll up and down side of hip.



Hamstrings: Start on back of upper legs. Roll from butt to just above the knees. Cross one leg over if you want to put more pressure on leg.



IT Band: Start on side of upper leg. Roll up and down keeping pressure toward the front of the leg as you get closer to the knee. Keep foot crossed over (as shown) to take pressure off of leg; or you can stack legs to put more pressure on.



Quads: Lay face down with foam roll on front of upper legs. Roll from front of hips to tops of knees (not over knees!). You can change the affect by turning legs to the side or putting more pressure on one leg at a time.



Calves: Start on the back of the lower legs. Roll from just below the knee to back of ankle. To apply more pressure, use your arms to lift your butt off of the ground and/or cross one foot over the other (as shown below).



Peroneals: Start on side of lower leg. Make sure top leg is crossed over and supporting body on floor (as shown below). Roll up and down the side of the lower leg from just below knee to just above the ankle. To add pressure stack top leg on lower leg.



Shins: Start face down on foam roll with the front of the lower legs on the roll (as shown below). Roll up and down from just below the knees to just above the ankle. To add more pressure, cross one foot onto the other foot and put the pressure on one leg at a time.



Adductors #1: Start face down on the floor with the foam roll vertical (parallel to the body). Raise one knee up to hip height and place on foam roll just inside of the knee. Use your arms to pick your body up and put the pressure on the inside of the up leg. Roll side to side keeping the pressure on the inside of the thigh.



Adductors #2: Start on the bench with the foam roll perpendicular to the leg. Keeping the pressure on the inside of the upper thigh, you are going to roll your leg over and back (not up and down) keeping the pressure high up on the leg. Make sure to hold on spots that are tender.

