

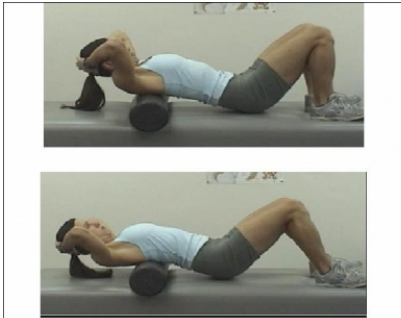
FOAM ROLLER

Created by Hung Wu Oct 27th, 2023

View at www.my-exercise-code.com using code: NDAC74W



6 Exercises



Thoracic Segmental Mobility Stretching Exercise

- Use a 18-24 inch foam roller for this exercise
- Lay on it crossways, placing it on a stiff spot on your spine
- Place your hands behind your head for support and slowly lift your hips to increase the stretch on your back

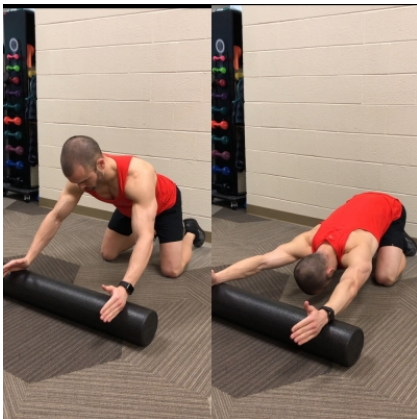
Perform the following option if directed by your therapist

- Gently rock back and forth over the foam roller

Repeat 20 Times

Complete 1 Set

Perform 1 Times a Day



Foam Roller for Overhead Shoulder Mobility

Combine child's pose with a foam roller for overhead shoulder mobility. Have thumbs pointing towards the sky. Sit back onto heels while allowing shoulders and foam roller to go forward.

Repeat 15 Times

Complete 2 Sets

Hold 5 Seconds

Perform 2 Times a Day



IT Band Fascial release MFR

Roll side of the thigh on medicine ball or foam roller until you find a painful or tender spot in the muscle. Stay on that spot for 1-2 minutes to release the muscle.

Repeat 1 Time

Complete 1 Set

Hold 1 Minute

Perform 1 Times a Day



Foam Roll - Latissimus Dorsi

Laying with your side on a foam roller, lift your arm up to expose your lat. Apply pressure & foam roll from your armpit down to the middle of your ribcage.

Repeat 20 Times

Complete 1 Set

Perform 1 Times a Day



Foam rolling Calves

Calves on foam roller, weight onto hands, Lifting up buttocks . Roll back and forth. Intensify release by crossing one leg over the other if tolerable.

Repeat other calf.

Repeat 20 Times

Complete 1 Set

Perform 1 Times a Day



Foam Rolling Hips (3 Planes)

Place rumble roller or foam roller on ground and perform self myofascial release three different ways (with emphasis placed on one or another if directed):

Hip flexors: place foam roller directly under front of one hip (image 3). Use forearms and other leg to roll back and forth over front of hip and thigh; keep abdominals engaged to protect back and squeeze glutes to drive roller into tissues further.

Glutes, hip external rotators: place foam roller directly on outside and back of hip (buttocks area; image 1) and position yourself slightly on your side. Use forearm and opposite leg to roll body back and forth on roller down glutes and outside of your hip.

Adductors/groin: place foam roller on the inside of your thigh (image 2). Gently roll roller back and forth down your thigh and as close to groin as comfortably possible.

Perform 1-2 mins for each

Repeat 1 Time

Complete 1 Set

Hold 2 Minutes

Perform 1 Times a Day