



FOAM ROLLING EXERCISES

WHAT IS FOAM ROLLING AND WHAT'S THE BENEFIT?

Foam rolling works by using the body weight pressure against a high density foam roller to decrease trigger points and break up scar tissue in the myofascial system. Foam rolling improves your recovery post exercise, helps increase your mobility and reduces pain by relieving myofascial tension and trigger points.

Below, are the top foam rolling exercises that are used with our Physiotherapists and Exercise Physiologists at Active Movement Studio.

THORACIC EXTENSION



1. Support your neck with both arms
2. Try and keep your pelvis low to the ground
3. Extend through the upper back, avoid going below the ribs into the lower back

1. Extend both arms to the side
2. Rotate your body forwards and backwards
3. Remember to breathe deeply to expand the ribs

LATS RELEASE



HAMSTRING RELEASE



1. Support your body with both arms
2. Try and relax your leg onto the roller
3. Roll the entire length of the hamstring and feel for trigger points, then hold the pressure on the trigger point until you feel it release.

1. Support body by resting onto elbows
2. Relax your legs into the roller
3. Roll the entire length of the quadriceps and feel for trigger points, then hold the pressure on the trigger point until you feel it release.

QUADS RELEASE



GLUTES RELEASE



1. Support your body with both arms
2. Place one foot on top of your knee and lean towards one side
3. Remember to breathe to release the pressure in the glutes

ITB RELEASE

1. Support your body in a side lying position on your elbow and top leg
2. Focus on relaxing your hips down into the roller
3. Remember to breathe through the pain!



ABDUCTOR RELEASE



1. Support your body with both arms
2. Focus the pressure on the inner thigh
3. Adjust the pressure along the full length of the inner thigh, but avoid rolling onto the knee

1. Place one foot on top of another
2. Maintain the pressure on the lower leg
3. Move ankle up and down, & remember to breathe!

CALF RELEASE



The time spent on each exercise will depend on the time taken for the muscles to release, aim to spend 2-3 minutes per exercise .