FOAM ROLLING

GUIDELINES AND TIPS:
1. Make 20-30 slow passes throughout the whole length of the muscle; avoid crossing over joint lines.
2. Scan areas for tender spots and hold on those spots until pain begins to diminish.
3. When the area is pain-free – or improved – make two additional slow passes along the whole muscle.
4. You should never feel any numbness or tingling while scanning over the muscle.

THORACIC SPINE (UPPER BACK)
- Lie on back on the ground; place roller at the bottom of shoulder blades.
- Place feet on the ground with knees bent and arms across the chest.
- Slowly roll to just above shoulder blades, scanning for tender areas.
- Rotate slightly to the right and left.
- Make 20-30 passes.
- Complete two sessions per day.

LUMBAR SPINE (LOW BACK)
- Lie on back on the ground; place roller in the arch of your lower back.
- Place feet on the ground with knees bent and arms across the chest.
- Slowly roll along the arch of the back, scanning for tender areas.
- Rotate to the right or left, supporting yourself with your forearm.
- Make 20-30 passes.
- Complete two sessions per day.

HIP FLEXORS
- Lie on stomach on the ground; place roller halfway between belly button and hip.
- Support upper body on elbows directly under shoulders at 90 degrees.
- Slowly roll from top of thigh to hip bone, scanning for tender areas.
- Make 20-30 passes.
- Complete two sessions per day.

ADDUCTORS (GROIN)
- Lie on stomach on the ground; place roller under the leg that is out to the side at 45 degrees.
- Balance on elbows and toes of the opposite leg.
- Slowly roll from the inside of the knee up into the groin, scanning for tender areas.
- Make 20-30 passes.
- Repeat on opposite side.
- Complete two sessions per day.
**FOAM ROLLING**

**HAMSTRINGS**
- Sit on the ground; place roller under legs just above the knee and balance on hands behind you.
- Slowly roll from just above the knee up to glutes, scanning for tender areas.
- Rotate feet in and out to isolate areas of the hamstring.
- Cross over leg to emphasize pressure on one leg.
- Make 20-30 passes.
- Complete two sessions per day.

**GASTROCNEUMIUS/SOLEUS (CALF)**
- Sit on the ground; place roller under legs just below the knee and balance on hands behind you.
- Slowly roll from below the back of the knee to the Achilles, scanning for tender areas.
- Rotate feet in and out to isolate areas of the calf.
- Cross over leg to emphasize pressure on one leg.
- Make 20-30 passes.
- Complete two sessions per day.

**QUADRICEPS**
- Lie on stomach on the ground; place roller just above kneecap.
- Balance on forearms under shoulders at a 90-degree angle. Keep core engaged.
- Slowly roll from just above the kneecap to the top of the thigh, scanning for tender areas.
- Rotate thigh – straight, in, and out – to isolate major regions of quadriceps.
- Make 20-30 passes.
- Complete two sessions per day.

**PIRIFORMIS/GLUTES**
- Sit on the ground; place roller under your left sit bone and place left ankle over the right knee.
- Tilt to left side, focusing on one glute at a time.
- Balance with hands behind you and right foot flat on the ground.
- Slowly roll from top to bottom of glutes, scanning for tender areas.
- Make 20-30 passes.
- Repeat on opposite side.
- Complete two sessions per day.

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