

# Foam Roller User Guide

You can rely on our Foam Rollers for all your therapeutic exercise, physical therapy, training and conditioning needs as well as for core training, stretching, myofascial release, self massage, postural alignment and balance exercises. As you can see the foam roller is nothing if not versatile!

*Disclaimer: You should not use the foam roller on joints, bony areas or tendons. Each exercise can be done numerous times depending on how hard you want to push yourself. Always remember, YOU MUST KEEP YOUR FORM, losing your form because you are tired can lead to injury and uncomfortable strain! All these exercises are recommendations only, and should only be performed once you are clear of the correct form.*



## Upper Back (Thoracic Spine)

Lying with your face to the ceiling and the foam roller underneath the upper part of your back, slowly relax your body over the roller so your vertebrae glide backward as you move the roller up and down. Do not go as far as the neck. Your hands should be clasped behind your head and your knees and hips need to be off the ground so you can maintain a flat body position. This is an excellent exercise to increase mobility in the thoracic spine.



## Hamstrings

With the roller placed just below your buttocks, as shown, slowly glide the roller back and forth all the way along the hamstrings towards the back of the knees. Increase the pressure as you become more comfortable with the exercise.



## Thigh/Quad Roll

Facing down in a plank position, put the roller under your quads (the front of your legs) as shown, and move the roller from the waist to the knee. It is important to maintain a straight back while doing this exercise.



## Hip (TFL)

Lying on your side place the roller just above the hip and bend your lower leg slightly. Move the roller very slightly back and forth. The movement should not be very big, as the tensor fasciae latae is only a small muscle.



## Glute

This is a simple roll to work the gluteal muscles. Sit on the roller with your right leg slightly in front, with your left leg keeping you in balance. Tilt your body slowly backwards and place pressure on your right gluteal muscle. Slowly roll over the muscles back and forth. Repeat on the other side.





### Chest Stretch

Lie along the roller with your head able to rest at the end. Your knees should be bent with your feet flat on the floor about shoulder width apart. When you are stable and comfortable hold your arms out to the side, keeping the arms bent - you should feel the stretch in your chest and shoulders. Hand weights can be used to help with this stretch.

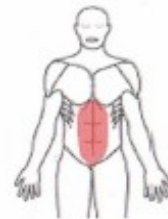


### Ab Exercise

Lie along the roller with your head able to rest at the end. Put your arms out to the sides and start the exercise by trying to use your ab muscles to pull your belly button to the back of your spine, then slowly lift one leg up until your thigh is at 90 degrees to your body. Return your leg slowly to the ground. For a more advanced exercise try both legs at the same time!



For an even further challenge, place your hands behind your head while doing this exercise.



### Long Back Stretch

Sit on the end of the roller and lie back so that your spine is in line with the roller. Making sure your head is supported by the roller, stretch your arms out behind your head and then bring them straight up pointing towards the sky. You should then lower them over your head allowing gravity to take over, extending your thoracic spine and stretching your latissimus dorsi muscles. Hand weights can be used to help with this stretch.



### IT Band Roll

For this exercise the roller should be just below the hip with your outer thigh touching it. Your upper leg should be bent and resting out in front. Then roll from just below the hip until just above the knee. The Ilio-Tibial Band is often very tight, but when your movement improves you can try with both legs extended.



### Outer Calf Muscle

Lying on your side as shown, place the roller just below the knee. Slowly move the roller down your calf to the ankle and back again.



### Calf

Place the roller under one leg, just below the back of the knee and have your hands behind your back to raise your body into position, as shown. Slowly move the roller down your calf to the ankle and back again.

