

## Foam rolling exercises

| Exercise              | Image   | Instructions: <b>(Dosage: 30sec – 1min, x2-3 times)</b>  |
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| Iliotibial band (ITB) |    | <ol style="list-style-type: none"> <li>1. Lie sideways with a straight leg on the bottom, and the foam roller under the thigh.</li> <li>2. Support your body weight with your arms. Bring your opposite foot over the knee in front of you to support your body weight.</li> <li>3. Use your body weight to apply firm pressure against the length of the side of your thigh, and push with your arms/other foot to adjust positioning.</li> </ol> |
| Adductors             |   | <ol style="list-style-type: none"> <li>1. Assume a crawl position with 1 leg bent and 1 leg straight. Place foam roller perpendicularly against the inside of your thigh as shown.</li> <li>2. Apply firm pressure along the length of the inside of your thigh. Adjust positioning using your arms and other leg.</li> </ol>  |
| Hip flexors           |  | <ol style="list-style-type: none"> <li>1. Lie face down in a 'plank'-like position with a foam roller at your hip joint (around the crease). Support your weight with your forearms.</li> <li>2. Lean to 1 side so that your weight is on 1 hip and your forearms. Adjust positions up and down to apply stretch to hip flexor muscles.</li> </ol>   |
| Quadriceps            |  | <ol style="list-style-type: none"> <li>1. Lie face down in a 'plank'-like position with the foam roller underneath your thigh, legs out straight, and forearm supporting your weight.</li> <li>2. Adjust positions with your arm to apply stretch to quadriceps.</li> </ol>  |

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| Hamstrings         |    | <ol style="list-style-type: none"> <li>1. Assume a seated position on the floor, with 1 leg straight and the other leg crossed over the top. Position the foam roller underneath your thigh.</li> <li>2. Lift up/support your body weight with your arms so that you feel firm pressure against the back of your thigh. Use your arms/body to adjust positioning.</li> </ol>                   |
| Calves             |   | <ol style="list-style-type: none"> <li>1. Assume a seated position on the floor with 1 leg straight and the other leg cross over. Position the foam roller underneath your calf muscle.</li> <li>2. Suspend your body with your arms behind you so that your weight is on your arms and calf muscle. Adjust position back and forth to apply pressure over the length of your calf.</li> </ol> |
| Glutes             |  | <ol style="list-style-type: none"> <li>1. Sit on the foam roller and lean towards one side so that the pressure is on your gluteal muscles.</li> <li>2. Have 1 leg straight and 1 leg bent as shown in the photo, and support your body weight with your arms.</li> <li>3. Adjust position to apply pressure over the gluteal area.</li> </ol>   |
| Core stabilization |  | <ol style="list-style-type: none"> <li>1. Lie on your back with the foam roller aligning with your spine.</li> <li>2. Have your knees bent and arms out to the side to support your weight and help with balance. Aim to maintain balance and engage your core during this exercise.</li> </ol>  |

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| Lower back        |    | <ol style="list-style-type: none"> <li>1. Lie with a foam roller across your lower back and bent knees with your elbows supporting your weight.</li> <li>2. Apply pressure over the lumbar portion of your spine. Aim to keep your back neutral.</li> </ol>  |
| Upper back        |    | <ol style="list-style-type: none"> <li>1. Lie on your back with the foam roller across the upper portion of your back (just below shoulder blade). Support your weight with knees bent and feet shoulder width apart. You can rest your arms on your torso.</li> <li>2. Lift your buttock off the floor and push back and forth with your knees until roller reaches mid-lower back region, then returns. Aim to maintain a neutral lumbar spine.</li> </ol> |
| Posterior Capsule |  | <ol style="list-style-type: none"> <li>1. Lie on your side with your shoulder against the foam roller and your arm straight as shown.</li> <li>2. Hold your arm with your other hand and gently pull it toward the centre of your body.</li> </ol>   |
| Triceps           |  | <ol style="list-style-type: none"> <li>1. Lie on the floor with your elbows and shoulders bent and the foam roller underneath your triceps muscles as shown.</li> <li>2. Adjust positions with your feet to apply pressure over your triceps.</li> </ol>   |

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| <p>Pects, biceps and anterior deltoids</p> |    | <ol style="list-style-type: none"> <li>1. Lie face down with 1 hand outstretched to the side and the foam roller placed diagonally across your shoulder joint underneath that hand. Support yourself with 1 leg bent and your other forearm.</li> <li>2. Move yourself side to side over the roller to apply pressure to your pectoral muscles across the front of the chest/shoulder.</li> </ol>                  |
| <p>Pecs</p>                                |   | <ol style="list-style-type: none"> <li>1. Lie face down with your hands outstretched in front of you, palms facing down. Have the foam roller just underneath your armpit pressing against the upper portion of your pectoral muscles.</li> <li>2. Adjust position with your feet to apply massage over pectorals.</li> </ol>  |
| <p>Forearm flexors</p>                     |  | <ol style="list-style-type: none"> <li>1. Kneel and lean forward so that your forearm is placed over a foam roller as shown.</li> <li>2. Use your other hand and gently pull your hand back for a slight forearm stretch. Then, lean into the roller with your forearm to apply massage/stretch to your forearm flexors.</li> </ol>  |
| <p>Forearm extensors</p>                   |  | <ol style="list-style-type: none"> <li>1. Stand next to a wall with the foam roller press against it by the outside of your forearm. Your palm should be facing inward.</li> <li>2. Use your other hand to pull your hand so that you feel a slight stretch on the outside of your forearm. Then, press against the roller with your forearm to apply massage/stretch by moving up and down the muscle.</li> </ol> |