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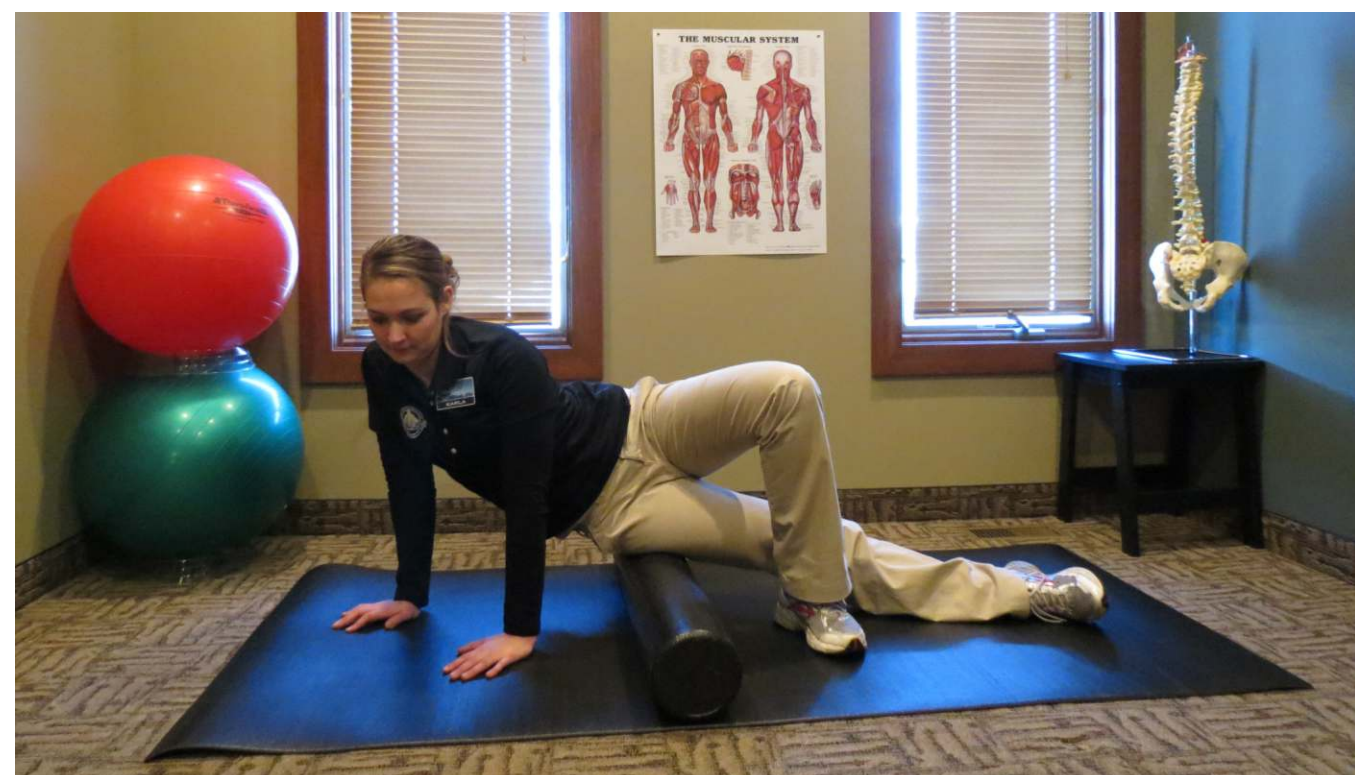
**326 N. FERRY ST., SUITE A  
GRAND HAVEN, MI 616-846-5000**

## FOAM ROLLING

### GENERAL GUIDELINES

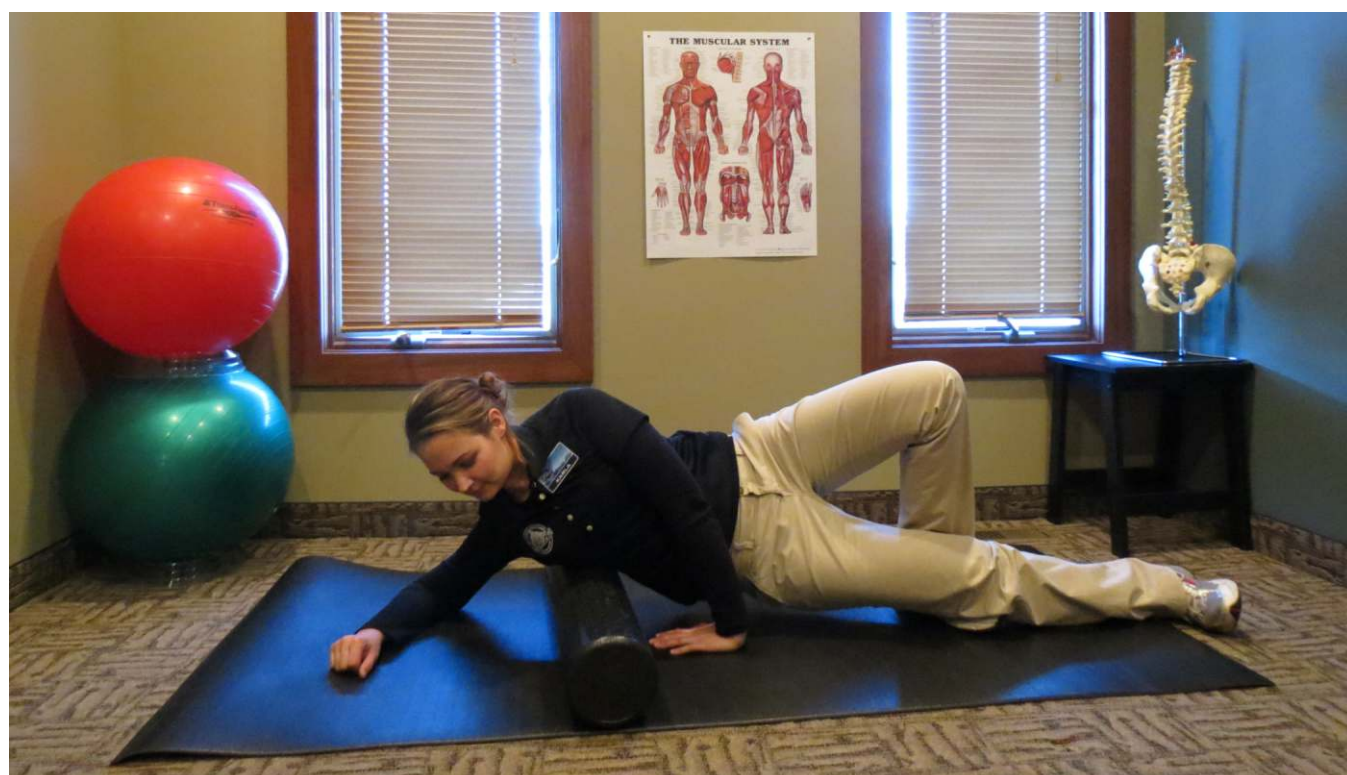
- Spend 1-2 minutes per self myofascial release technique and on each side (when applicable).
- When a trigger point is found (painful area) hold for 30-45 seconds.
- Keep the abdominal muscles tight which provides stability to the lumbo-pelvic-hip complex during rolling.
- Remember to breathe slowly as this will help to reduce any tense reflexes caused by discomfort.
- Complete the self myofascial release exercises 1-2 times daily.

#### TENSOR FASCIA LATAE/ILIOTIBIAL BAND



Position the roller as shown above, rolling all the way from the knee avoiding any bony areas. This can be very uncomfortable at first so apply weight to your tolerance.

#### LATISSIMUS DORSI



Position the roller as shown above, turning the palm so it is facing forward and the thumb is pointing up. Attempt to keep the elbow straight.

#### POSTERIOR HIP (PIRIFORMIS)



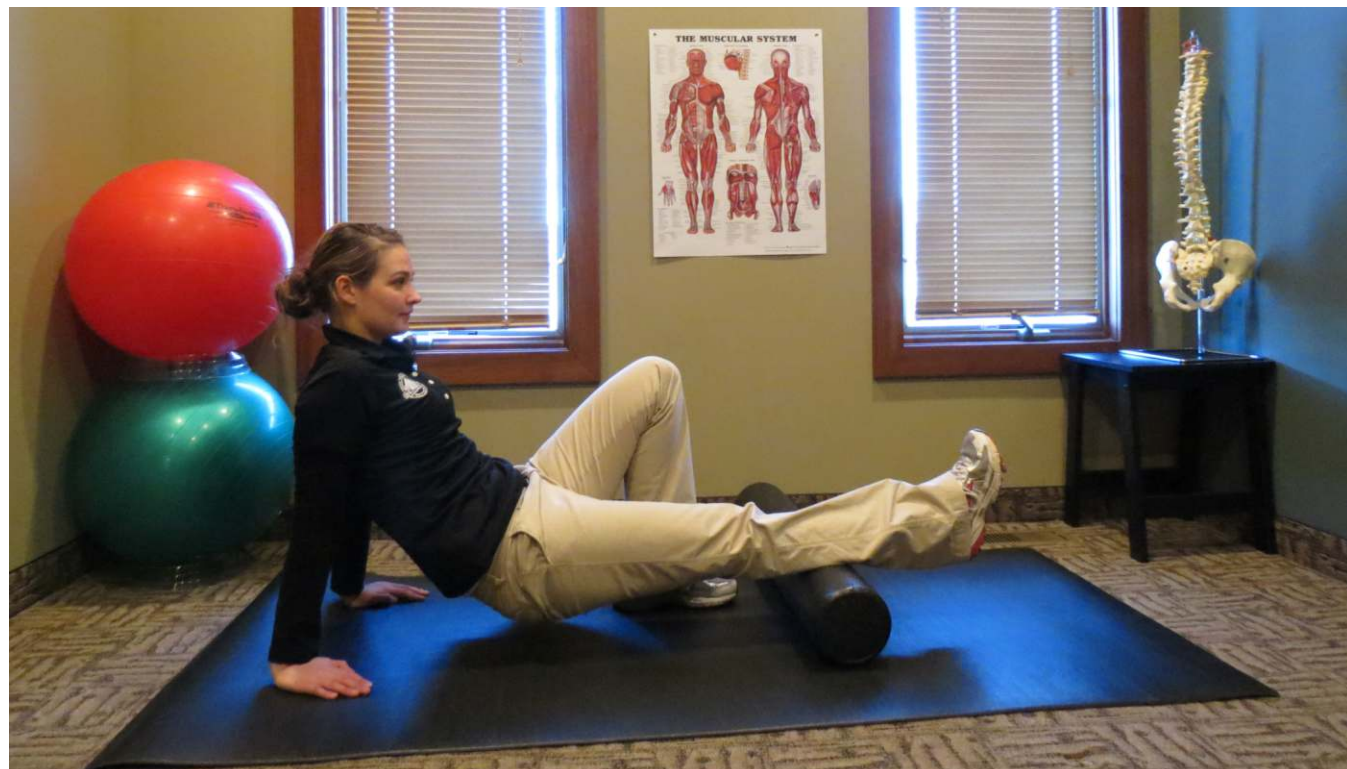
Foam roll the posterior hip as shown above. This can be very uncomfortable at first so apply weight to your tolerance avoiding any bony areas.

#### ADDUCTOR



Extend the thigh and place roller in the groin region with body prone on the floor. Be cautious when rolling near the adductor complex origins at the pelvis.

#### LATERAL GASTROCNEMIUS



Foam roll the outside part of the calf with the big toe turned in and pointed up towards your nose. Roll from the back of the knee all the way down to the achilles tendon.

#### LATERAL HAMSTRING



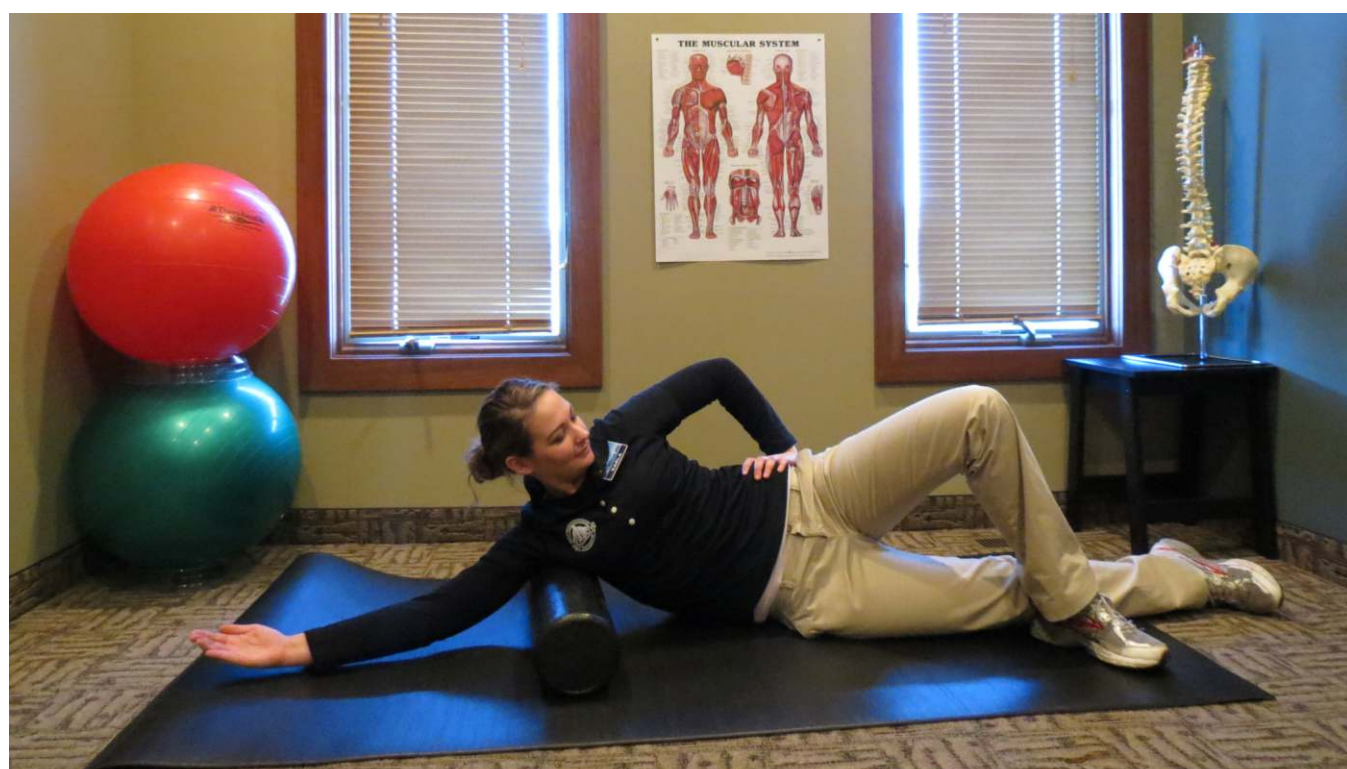
Foam roll the outside part of the leg/hamstring with the big toe turned in and pointed up towards your nose. Roll from the back of the knee to the buttocks avoiding any bony areas.

#### GLUTES AND HAMSTRINGS



Position the roller at buttocks and slowly roll down leg toward knee and work the hamstrings in the same way. Change position from side to side to work the entire muscle. Slowly roll from the buttock down to the knee pausing on any tight or sore spots. Increase or decrease pressure by using one or both legs at a time. Roll with your feet turned in and out to cover the entire muscle group.

#### GLENOHUMERAL POSTERIOR CAPSULE



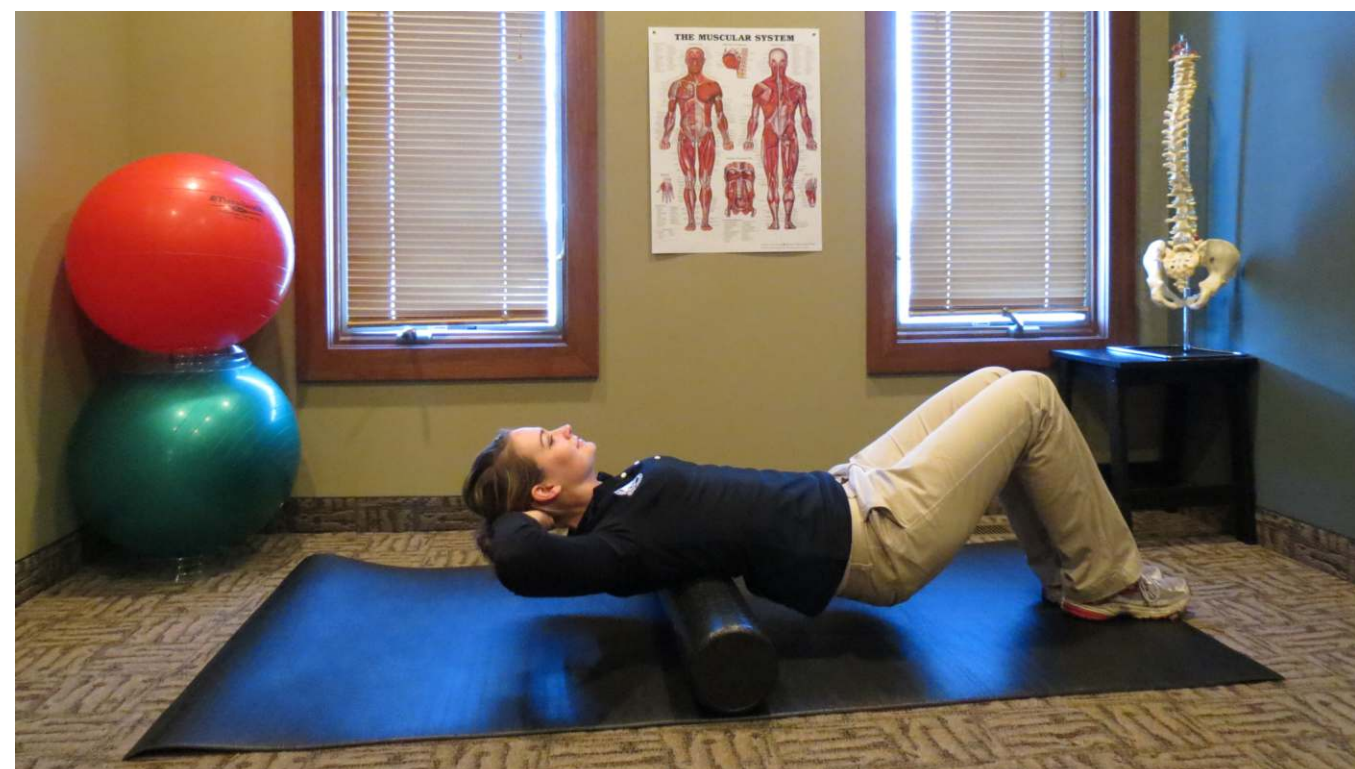
Foam roll the posterior shoulder as shown above with the hand turned in and thumb pointed towards your back. Roll in a limited area on the shoulder, not moving around more than a few inches. Focus on keeping the shoulder blade down and back with the elbow straight. This can be very uncomfortable so apply weight to your tolerance avoiding any bony areas.

#### CALVES



Position the roller under the calves. Using your hands for support, slowly roll from the knee down to the ankle pausing on any tight or sore spots. Roll with feet turned in and out. Keep toes flexed and pointed to work the entire muscle group. Increase or decrease pressure by using one or both legs at a time, or placing one leg on the other for even more pressure.

#### UPPER BACK



Position the roller beneath your shoulder blades. Support your head with your hands and keep your knees bent and feet flat on the floor. Use your feet to control your motion and pressure and start rolling toward your head, pausing at any sore spots. Roll back down to the mid-back and repeat.

#### QUADRICEPS



Position body prone with quadriceps on roller. It is very important to maintain proper Core control (abdominal drawn-in position and tight gluteals) to prevent low back compensations. Roll from the pelvic bone to the knee, emphasizing the lateral thigh.

If you do not experience relief from foam rolling, contact our office for a full skeletal evaluation with  
**Dr. Kirk Semlow at  
616-846-5000.**