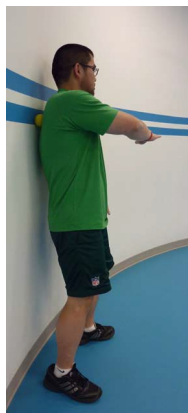


Self Myofascial Release

Caution: Do not roll over bony structures or joints

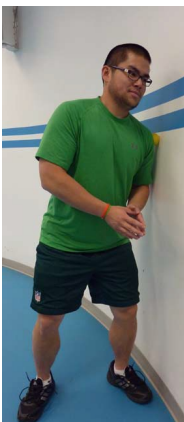


Upper back

- Place the ball between the wall and your upper back.
- Applying gentle pressure, roll the ball around the shoulder blade area and avoid the spine.

Shoulder (photo right)

- Facing sideways, place the ball between your shoulder and the wall.
- Gently roll the ball around the shoulder area.



Glute

- Sit on top of the foam roller with one leg crossed over the other knee and lean to that side.
- Using your hands and legs to support your own body weight, gently roll up and down on that glute



Calf

- Place calf on top of the foam roller or increase the intensity by resting one leg over the other.
- Support yourself with both hands on the ground and roll along the calf.
- Rotate the leg internally or externally for additional release.



Quad (thigh)

- Place the quad on top and balance on the same elbow with the other hand in front and leg



- Gently roll from the hip to knee and never cross over the knee.
- Rotate the quad either internally or externally for additional release.

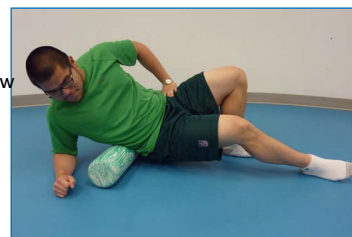
IT Band

- Lie sideways with the foam roller positioned just below the hip joint.
- Gently roll from the hip down to the knee without crossing over the knee.
- Repeat 3-5 times depending on how tight the IT band is and switch sides.



Lower Back

- Begin with one side of the low back placed on the foam roller and the elbow on the ground, knees bent Using feet for support.
- Roll along the low back area avoiding the spine.
- Repeat on other side.



Hamstring

- Begin by placing upper thigh on the foam roller, both hands on the ground for support.
- Gently roll from the buttocks to the knee, never crossing the knee.
- Increase the intensity by placing the other leg over top.



Bottom of the foot

- Place a firm ball (e.g. tennis ball) underneath your foot.
- Start rolling the ball around the bottom of your foot and switch sides.
- To relieve swelling or pain, use a golf ball that has been placed in a freezer for several hours

