

# USING A FOAM ROLLER FOR MYOFASCIAL RELEASE

Always consult with your physician or other qualified health care provider before initiating a new treatment, diet or fitness program.

Foam rollers can be used to increase muscular flexibility by creating a response called myofascial release. Foam rollers elicit a muscular release by causing the golgi tendon organ in the muscle tendons to respond to the prolonged pressure of body weight. While the golgi tendon organ senses these changes in muscle tension, muscle spindles begin to relax, thus increasing flexibility.

## FOAM ROLLER MYOFASCIAL RELEASE TECHNIQUE

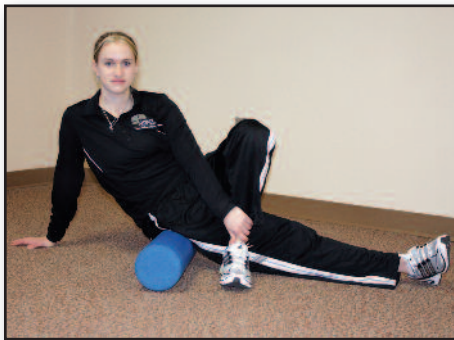
1. **Locate a tender spot in the muscle and keep the foam roller on this area. This may feel uncomfortable at first but allow pain to diminish by at least 50%.**
2. **When pain has decreased, roll over other areas of the muscle to find another tender spot and repeat step one.**
3. **When you have reduced the number of tender spots, roll the entire length of the muscle to increase overall flexibility.**
4. **Utilize the foam roller for an active warm up and for a cool down after your workout.**

### THORACIC SPINE



- Lie with mid back on roller and place your hands behind your head.
- Slowly roll over your mid to upper back between your shoulder blades.
- Increase the effect on one side by applying more pressure to your right or left side.

### PIRIFORMIS



- Apply pressure to glute area while positioning your opposite ankle across your knee.
- While balancing on your hand maintain pressure on tender area until pain diminishes.
- Roll the entire length of the glute.

### ILIOTIBIAL BAND



- Start with roller just below hip bone on your side while maintaining balance on your hand.
- Slowly roll the length of the outside of your thigh to find tender spot.

### TERES MINOR / LATISSIMUS DORSI



- Lie on your side with your shoulder perpendicular to the foam roller.
- With your arm bent, apply pressure to the back of the shoulder.
- With your arm straight, roll the entire length of your lat.

### UPPER HAMSTRINGS



- Balance on the roll with your feet flat on the floor and your hands behind your back.
- Apply pressure to your upper hamstrings.

### HAMSTRINGS



- While balancing on your hands, elevate your feet.
- Roll the entire length of your hamstrings from glute to knees.

### GASTROCNEMIUS / SOLEUS



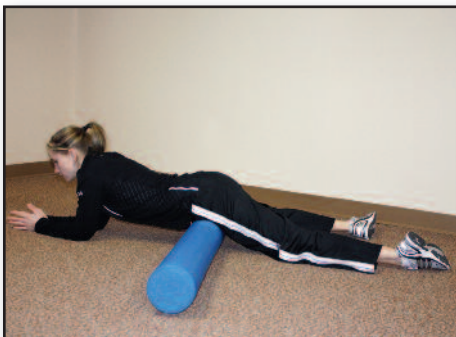
- While balancing on your hands, roll from knee to ankle.
- By crossing your legs, you can emphasize one side.

### QUADRICEPS



- While balancing on your elbows, lie face down and apply pressure to your quads with foam roller.
- Roll the entire length of your quadriceps from hip to knee.
- Emphasize one quadriceps by shifting weight to one side.

### HIP FLEXORS



- Apply pressure on the far end of the roller on one side of your hip flexors.
- Roll up and down the front of your hip.
- Adjust position to emphasize outside areas of hip flexor complex.

### ANTERIOR TIBIALIS



- While balancing on your hands, place roller just under knees, on front of shins.
- Roll entire length of your shins.

**Injury Hotline: 1.877.MOBL.MED  
(877.662.5633)**

**Hotline Email: 877moblmed@selectmedical.com**



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