

Using a Foam Roller

MOVE OF THE MONTH AUGUST ISSUE 2012

The foam roller is a great tool for soothing sore muscles and for stretching your muscles before exercising. By using your own body weight and a cylindrical foam roller you can perform a self-massage, break up trigger points, and soothe tight muscles while increasing blood flow and circulation. Perform the following moves before and after exercising.

1. Quad Massage



Start with both of your thighs on the roller at the same time. Roll back and forth from your knees to hips. To increase the pressure, lift one thigh off the roller and lean into the roller with the leg on the roller. Roll for 60 seconds

2. Hamstring Massage



Start with both of your hamstrings on the roller at the same time. Put your hands behind you on the floor for support. Roll back and forth from your knees to hips. To increase the pressure, lift one thigh off the roller and lean into the roller with the leg on the roller. Roll for 60 seconds.

3. IT Band Massage



Lie sideways with the foam roller under the side of your thigh. Roll between your knee and your hip bone. Spend extra time on the more tender areas you encounter. Roll for 60 seconds. Repeat with your other leg.

4. Gluteal Muscle/Piriformis Massage



Sit with your buttocks on top of a foam roll. Bend your knees, and then cross the right leg so that the right ankle is over the left knee. Shift your weight to your right side, rolling over the buttocks until you feel the tension in your glute. Then repeat on the other side.

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