

FOAM ROLLER TIPS

MID BACK RELEASE



Body straight - Roll upper to lower ribs

MID BACK EXTENSION



Hips on floor - Lean mid back over roller

HIP FLEXOR



Roller at front of hip - Roll front to outer hip

ITB



Elbow under shoulder - Roll upper to lower ITB

SMART ROLLER TIPS....

- Place required area on roller
- Ensure lower and mid back is straight
- Hands / elbows under shoulders
- Keep breathing
- Place adequate pressure on area
- Roll slowly and gently

ADDUCTOR



Leg out to side - Roll upper to lower adductor

- Repeat 2-5 times
- No pain should be felt
- Ongoing pain should always be assessed by a Physiotherapist

GLUTEALS



Sit one gluteal on roller - Roll gluteals

- Spend additional time on tight / sensitive areas
- Roll for 30-90 seconds per muscle
- Wait for discomfort to reduce then move to other areas

HAMSTRING



Back straight - Roll upper to lower hamstring

CALF



Back straight - Roll upper to lower calf



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QUADS



Start at upper quad - roll upper to lower quad

TRIGGER BALL TIPS

QUADRATUS LUMBORUM



Bend knees - Trigger ball under lower back

UPPER TRAPEZIUS



Trigger ball on Upper Trap - Press into wall

RHOMBOID



Trigger ball on Rhomboid - Press into wall

TFL



Lay on side - Trigger ball under TFL

SMART TRIGGER BALL TIPS....

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RHOMBOID PROGRESSION



Arm across body - Trigger ball on Rhomboid

GLUTEALS



Sit one gluteal on Trigger ball - Roll gluteals

INFRASPINATIS



Support arm - Ball on outside edge of scapula

CALF



Hands under shoulders - Roll calf



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PECTORALS



Trigger ball on Pec - Press into surface.