

Total 7



FOAM ROLL - ILIOTIBIAL BAND - ITB

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



FOAM ROLL - QUADRICEPS

Start by lying face down so that a foam roll is under the top of your thighs.

Next, using your arms propped on your elbows, roll forward and back across this area.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



FOAM ROLL - HAMSTRING BILATERAL

Start by sitting on a foam roll under both your thighs.

Next, using your arms, roll forward and back across this area.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



FOAM ROLL - GLUTE - PIRIFORMIS

Start by sitting on a foam roll and cross your affected leg on top of your other knee as shown. Lean slightly towards your affected side.

Next, using your arms and unaffected leg, roll forward and back across your buttock area.

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



FOAM ROLL - CALVES BILATERAL

Start by sitting with the foam roll under your affected calf and cross your other leg on top.

Next, lift your body up with your arms and roll forward and back across your calf area.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



FOAM ROLL - TRUNK EXTENSION

Start by lying on your back with a foam roll under your back. Next place your hands behind your neck or across your chest.

Then slowly extend your spine over the roll.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



CHEST STRETCH FOAM ROLLER - 90/90

Lie down on a foam roll and allow your arms to drop towards the floor with your elbows bent and 90 degrees away from your side as shown.

Hold for a gentle stretch across your chest.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day