

Hamstring Release on Foam Roller



Step 1

Begin seated on the floor with your upper legs resting across a foam roller.



Step 2

Slide up so the roller moves down your thighs towards your knees.



Step 3

Now slide down so the roller moves up your legs towards your hips. Feel where the tight spots are and focus more on those spots for a better release.



Step 4

If your leg is not too sensitive you can cross one leg over the other while you roll up and down. This will increase the the pressure on the hamstring muscle for a better release.



Step 5

Slowly move up and down over the roller for 1-2 minutes.

Quad Release On Foam Roller



Step 1

Begin face down on the floor with your body weight supported on your elbows and your thighs resting across a foam roller.



Step 2

Pull your body up so the roller moves down your thighs towards your knees.



Step 3

Now push your body down so the roller moves up your legs towards your hips. Feel where the tight spots are and focus more on those spots for better release.



Step 4

If your leg is not too sensitive you can roll one leg at a time by pulling one leg back and resting it over your other leg. This will increase the pressure on the quadriceps muscle for a better release.



Step 5

Slowly move up and down over the roller for 1-2 minutes.

Posterior Hip Release on Foam Roller



Step 1

Begin sitting on a foam roller. Rotate your body so the pressure of the roller is focused on one side towards the posterior-lateral aspect of your hip.



Step 2

Slide your body down so the roller moves up towards your pelvic bone.



Step 3

Now slide up so the roller moves back down towards your hip bone (do not roll over the hip bone). Feel where the tight spots are and focus more on those spots for better release



Step 4

For a deeper release cross your bottom leg (the leg resting on the roller) over your other leg as you roll up and down. (If your muscles are too sensitive for this position you may need to skip this step until your tissue tolerance improves.)



Step 5

Slowly move up and down over the roller for 1-2 minutes.

IT Band Release on Foam Roller



Step 1

Begin on the floor with outer thigh resting on a foam roller.



Step 2

Slide up so the roller moves down your outer thigh.



Step 3

Now slide down so the roller moves up towards your hip. Feel where the tight spots are and focus more on those spots for a better release.



Step 4

Slowly move up and down over the roller for 1-2 minutes.

Thoracic Release on Foam Roller



Step 1

Begin on the floor with your upper back resting across a foam roller. Place your hands behind your head for support - but do not pull your neck forward.



Step 2

Use your legs to push your body up so you roll back over the roller. As you do this keep your upper body relaxed and imagine your upper back bending over the roller.



Step 3

Now pull your body back down over the roller. Feel where the tight spots are and focus more on those spots for a better release.



Step 4

Slowly move up and down over the roller for 1-2 minutes.