

FOAM ROLLING

1

ROLLING THE ANTERIOR SURFACE OF THE THIGH - THE QUADRICEPS MUSCLE



Starting position: lying face down to the floor, roller positioned on the front surface of the thigh.

Movement: rolling the quadriceps muscle below the groin and above the knee.

2

ROLLING THE BACK SURFACE OF THE THIGH - MUSCLES THAT BEND THE KNEE JOINT



Starting position: sitting supported by hands at the back, roller positioned on the back surface of the thigh.

Movement: rolling the biceps femoris muscle below the groin and above the knee.

3

ROLLING THE LATERAL SURFACE OF THE THIGH - ILIO-TIBIAL BAND



Starting position: lying sideways, roller positioned on the lateral surface of the thigh

Movement: rolling the muscle below the femoral trochanter and above the knee joint (initially this movement can be painful, in such case we recommend using a soft roller).

4

ROLLING THE MEDIAL SURFACE OF THE THIGH - ADDUCTOR MUSCLES



Starting position: lying face down to the floor, feet in the open position, roller positioned on the medial surface of the thigh.

Movement: rolling the muscle below the groin and above the knee.

5

ROLLING THE BUTTOCK - GLUTEUS MAXIMUS AND GLUTEUS MEDIUS



Starting position: one lower limb bent at hip and knee, buttock rests on a roller.

Movement: rolling the muscle at the most painful point.

6

ROLLING THE FRONT SURFACE OF THE SHIN - ANTERIOR TIBIAL MUSCLE



Starting position: lying face down to the floor, roller positioned on the front surface of the shin.

Movement: rolling the muscle around 1/3 of the upper shin.

7

ROLLING THE BACK SURFACE OF THE SHIN - GASTROCNEMIUS



Starting position: sitting supported by hands at the back, roller positioned on the back surface of the shin.

Movement: rolling the Gastrocnemius muscle below the knee joint at 1/2 of the upper calf.

8

ROLLING THE LATERAL SURFACE OF THE SHIN – PERONEAL MUSCLES



Starting position: lying sideways, roller positioned on the lateral surface of the shin.

Movement: rolling the muscle around 1/3 of the upper shin.

9

ROLLING THE SPINE IN THE THORACIC AND LUMBAR REGION – ROLLER POSITIONED TRANSVERSELY



Starting position: lying on the back, the roller positioned transversely to the axis of the spine.

Movement: rolling muscles in the thoracic and lumbar spine.

10

ROLLING THE SPINE IN THE THORACIC AND LUMBAR REGION – ROLLER POSITIONED LONGITUDINALLY



Starting position: lying on the back, the roller positioned longitudinally to the axis of the spine.

Movement: rolling paraspinal muscles.

11

ROLLING THE SOLE OF THE FOOT – PLANTAR APONEUROSIS



Starting position: foot or both feet set on a roller or tennis ball.

Movement: rolling the soles of the foot.

