



CHADSTONE R E G I O N O S T E O P A T H Y

Foam Roller Techniques

General Guidelines

Hold or roll in each position for 1-2 minutes each side. If pain is reported, stop rolling and **REST** on the painful areas for 30-45 seconds until pain decreases.



Iliotibial Band (ITB)

Position yourself side lying on foam roll. Bottom leg is raised slightly off the floor, top leg over and in front. Roll from just below the hip joint, down the lateral thigh all the way to the knee.



Piriformis

Begin positioned as shown with foot crossed to opposite knee. Roll on the posterior hip area. Increase the stretch by pulling the knee toward the opposite shoulder.



Hamstring

Place hamstrings on the roll with hips unsupported. Feet are crossed to increase leverage. Roll from knee toward posterior hip while keeping quadriceps tightened.



Quadriceps

Body is positioned prone with quadriceps on foam roll. It is very important to maintain proper Core control (abdominal Drawn-In position & tight gluteals) to prevent low back compensations. Roll from pelvic bone to knee, emphasizing the lateral thigh.



Adductor

Extend the thigh and place foam roll in the groin. Roll slowly out to the side and back in.



Latissimus Dorsi

Position yourself side lying with arm outstretched and foam roll placed in armpit area. Thumb is pointed up to stretch the latissimus dorsi muscle. Movement during this technique is minimal.



Rhomboids

Cross arms to the opposite shoulder to clear the shoulder blades from the spine. Engage core, raise hips and roll slowly up and down mid thoracics. Stabilize the head in "neutral."



Calves

Place foam roller under the mid-calf. Cross the opposite leg over the top of the other to increase pressure. Slowly roll calf area to find the most tender spot. Hold that spot for 30-90 seconds until the discomfort is reduced. Switch legs and repeat.



Thoracic Extension

Cup hands behind the neck for support. Lay across the foam roller, rolling up and down slowly along the spine and ribs.



Longitudinal Roll

This exercise will open the chest and relax the spine. Lay with your head at one end and tailbone at the other end of the roller. Open your arms wide and let your knuckles rest on the floor. Lie this way for up to 2 minutes.