

# 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

## GLUTEALS



Sit one gluteal on roller - Roll gluteals

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

- 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