





Lower Extremity Foam Rolling Home Exercise Program






You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: VZHLY4MM

Each foam rolling position should be completed over the entirety of the muscle(s) being targeted. Foam rolling should be performed 2-3 times a day on both sides for 60-90 seconds on each body part. If you discover certain areas with more tension or knots, focus on these areas by rolling specifically back and forth over them until they release.

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| <p>Glutes</p>  | <ul style="list-style-type: none">• Begin sitting on a wrapped foam roll with one ankle resting on your opposite knee. Place one hand on the knee of your crossed leg and apply a gentle pressure.• Slowly roll your bottom back and forth over the roll.• You can adjust the pressure by changing how much of your body weight is resting on the roll. |
| <p>Hamstrings</p>  | <ul style="list-style-type: none">• Begin sitting on a wrapped foam roll with one ankle resting on your opposite knee. Place one hand on the knee of your crossed leg and apply a gentle pressure.• Slowly roll your bottom back and forth over the roll.• You can adjust the pressure by changing how much of your body weight is resting on the roll. |
| <p>IT Band</p>  | <ul style="list-style-type: none">• Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.• Slowly roll the side of your leg up and down the foam roll. Don't roll past your knee. |
| <p>Calf</p>  | <ul style="list-style-type: none">• Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your calf.• Push yourself off the ground with your arms and slowly roll your calf back and forth over the foam roller. |

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| <p>Hip Flexor</p>  | <ul style="list-style-type: none">• Begin lying face down on your elbows, with a foam roller resting under the front of your hip.• Roll your hip and upper thigh back and forth over the foam roller, using your arms for support. |
| <p>Quad</p>  | <ul style="list-style-type: none">• Begin by lying on your stomach with a foam roller under your upper thigh. Your elbows should be supporting your body, and your other leg can be resting on the ground.• Now very slowly roll your leg back and forth over the foam roller. |
| <p>Adductor</p>  | <ul style="list-style-type: none">• Begin lying face down on your elbows, with one leg straight and a foam roller resting under the inside of your other thigh.• Roll your inner thigh back and forth on the foam roller, using your arms for support. |