

# Self myofascial release using a foam roller

Muscle and fascia can become tight and painful following injury, stress due to overuse, muscle imbalance and poor posture. Trigger points are areas of muscle or fascia which have become thick, tough and knotted and can feel painful to the touch. The use of a foam roller can help allow for self release of these tender areas.



## **Calf self mobilisation**

Balance on hands with the foam roller underneath the calves, roll forwards and backwards from knee to ankle. For emphasis on one side cross one leg over the other. If tight spots are found pause with foam roller on this area for 15-30 secs or until pain decreases.



## **Quadriceps self mobilisation**

Balance on elbows face down with quads on foam roller. Work up and down thighs. Cross one leg over the other to emphasise one side. Concentrate on tight spots for 15-30 secs until pain decreases.



## **Hamstring self mobilisation**

Balance on hands with foam roller under top of legs. Work up and down hamstrings. Cross one leg over other to emphasise each side. Concentrate on tight spots for 15-30 secs until pain decreases.



## **Illiotalibial band self mobilisation**

Position yourself on side lying on foam roller. Bottom leg raised slightly off the floor. Maintain head in alignment and neutral spine. Roll from just below hip to knee, being careful as this may be painful at first. Concentrate on tight spots for 15-30 secs until pain decreases.



## **Adductor self mobilisation**

Extend the thigh and place foam roller in the groin region with body prone (face down) on the floor. Be cautious when rolling near the adductor origins at the pelvis. Concentrate on tight spots for 15-30 secs until pain decreases.



## **Upper back self mobilisation**

Place hands behind head or wrap arms around chest to open out shoulder blades, lying on foam roller. Raise hips until unsupported. Stabilize the head in a neutral position. Roll mid-back area on the foam roll.