

## Foam Rolling Technique Instructions

With each exercise, remember to have calm, deep breathing with each movement.

- 1. Place as much of your body mass as possible on the foam roller (within pain limits).
- Begin at the proximal part of the muscle (the part closest to the body) and roll down the length of the muscle using short kneading like motions.
- Once you've covered the length of the muscle, quickly return to the start position moving the roller in one fluid motion.
- Roll the length of the muscle 3-4 times within each 1 minute session.
- 5. Stretch.



IT Band and TFL

**Quad and Hip Flexor** 



Hamstring



Groin



Calf



**Back** 

## NEED MORE INFO?

Call (614) 566-GAME (4263) or visit OhioHealth.com/SportsMedicine

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