

Foam Rolling Techniques for Lower Body

A foam roller is a tool used for releasing restricted soft tissue. Place the roller over the muscle or muscle group you are trying to target. Roll over the area at a rate of about 1 inch per second. You will notice areas of increased sensitivity, or “hot spots.” The roller should be held on those spots for 30-60 seconds. This may be uncomfortable but try to relax your muscles. If you cannot tolerate this, decrease the amount of body weight you are applying to the roller. Avoid rolling on any bony areas or directly on a specific joint.

Quadriceps



Start face down with one thigh positioned on the foam roller and the other leg bent out to the side on the floor. Your body should be supported by your forearms/elbows. Use your elbows to roll the front of your thigh up and down on the foam roller. For advanced soft tissue release, slowly straighten/bend your knee.

Piriformis/Glutes



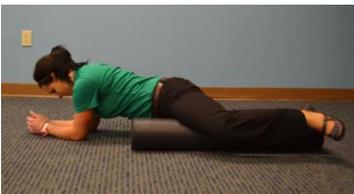
Sit on the foam roller with one foot resting on the opposite knee. Lean towards the top leg so the glutes and outer aspect of the hip are positioned on the foam roller. Your body should be supported by your same side hand and opposite foot. Use your hands/foot to roll your glutes up and down on the foam roller. For advanced soft tissue release, pull your knee towards your opposite shoulder.

IT-Band



Lie on your side and place the roller on the outer portion of your thigh down by your knee. Body should be supported by hands and other leg which should be bent in front of you with foot flat on the floor. Use other foot/hands to roll the outer thigh from the bottom of your hip bone to the top of your knee. For advanced soft tissue release, slowly bend and straighten your knee.

Adductors (Inner Thigh)



Start face down with the inner aspect of one thigh positioned on the foam roller with the other knee on the floor. Your body should be supported by your forearms/elbows and the other knee. Use your elbows/knee to roll the inner aspect of your thigh up and down on the foam roller from the top of your knee to the top of your inner thigh.

Gastrocnemius (Calf)



Start seated with the foam roll under your calf. Roll slowly from the back of your ankle up to just before the back of your knee. You may roll your leg inwards or outwards to target other muscles. For advanced soft tissue release, pump your ankle up and down.

Hamstrings



Sit on the floor with the foam roll underneath one thigh. Use your arms and the other leg on the floor to support yourself. Roll from the start of the back of your knee to the start of your glutes. You can turn your leg inwards or outwards slightly to hit different hamstring muscles.

