

# BORGESS

## Sports Medicine

## Foam Roller

### 1. Hamstrings

(2-3 sets, start with 15-20 seconds a set and work up to 30-45 seconds)

- Try to perform 1 leg at a time.
- Keep leg straight when rolling.
- Try to keep even pressure throughout the entire rolling motion.



### 2. Quadriceps

(2-3 sets, start with 15-20 seconds a set and work up to 30-45 seconds)

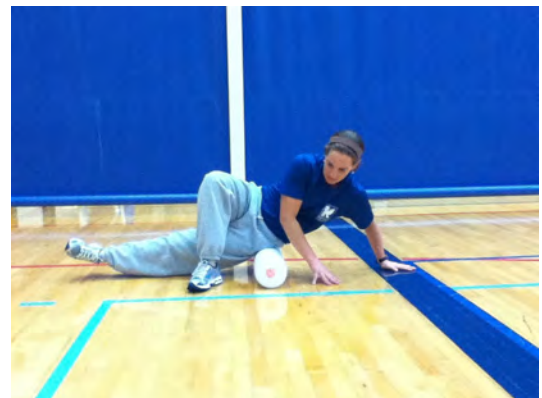
- Try to perform 1 leg at a time, if it is too painful roll both quads and one time. This will relieve some of the pressure.
- Try to keep even pressure throughout the entire rolling time.
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### 3. IT Band

(2-3 sets, start with 15-20 seconds a set and work up to 30-45 seconds)

- Note that the IT Band will probably be more sensitive to the foam roller. Make sure you start out on the lower time frame for rolling and gradually increase.
- Try to keep even pressure throughout the entire rolling time.
- Make sure to hit the upper and lower portion, move the roller through the full range.



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### **4. Adductor/Groin**

(2-3 sets, start with 15-20 seconds a set and work up to 30-45 seconds)

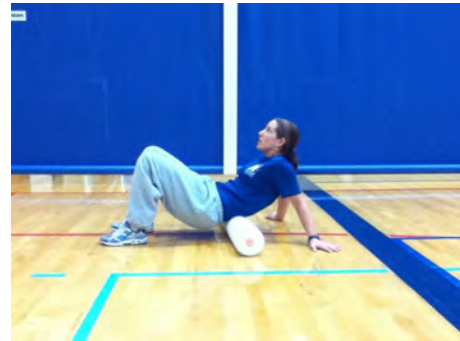
- Make sure you are balanced with your body weight before beginning.
- Try to keep even pressure throughout the entire rolling time.



### **5. Mid-Back**

(2-3 sets, start with 15-20 seconds a set and work up to 30-45 seconds)

- Make sure abdominals are activated before beginning to roll the mid back.
- Keep your head/neck in a neutral position.



### **6. Low-Back**

(2-3 sets, start with 15-20 seconds a set and work up to 30-45 seconds)

- Make sure abdominals are activated before beginning to roll the mid back.
- Keep your head/neck in a neutral position.



### **7. Calf**

(2-3 sets, start with 15-20 seconds a set and work up to 30-45 seconds)

- Perform one calf at a time; keep the leg straight that is being rolled.
- Use the other leg to help stabilize along with the hands.
- Try to roll the full length of the calf muscle even down into the Achilles.

