

MYOFASCIAL MASSAGE EXERCISES: LOWER BODY



FOAM ROLL IT BANDS: Lie on your side and roll each IT band slowly from the lateral epicondyle of the hip to the lateral side of the distal femur.



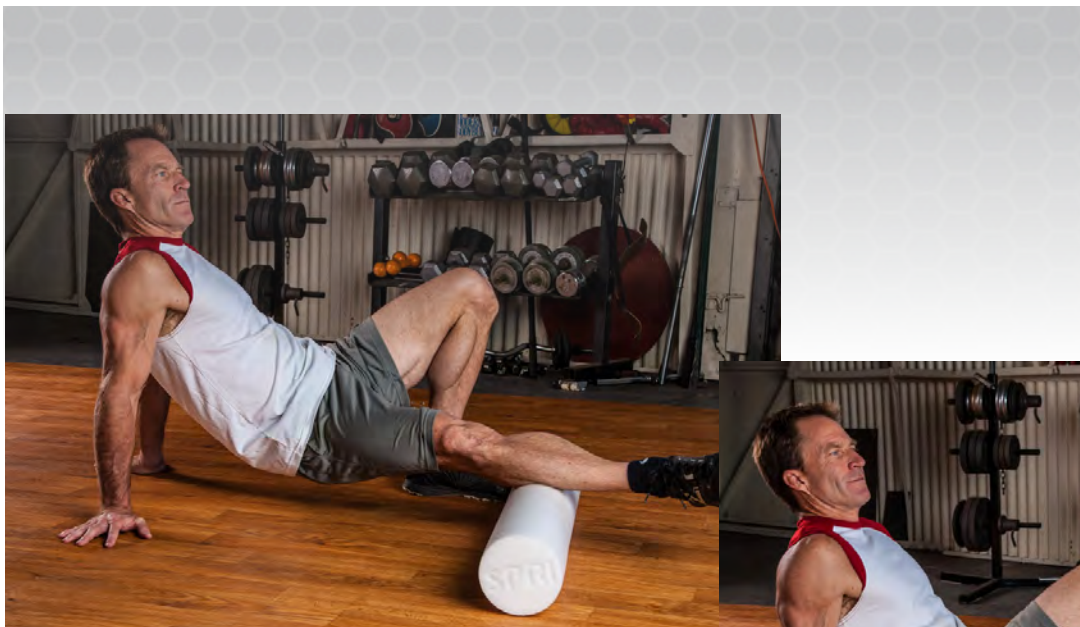
PIRIFORMIS MYOFASCIAL RELEASE: Sit on the ground with the right leg crossed over the left. Bend the left leg while placing a foam roller or a tennis ball underneath the right glute. Roll in a circular motion on the gluteal muscle.



FOAM ROLL ADDUCTORS: Angle the foam roller on the inner thigh just below the pubis and roll down and over the adductor muscles to just above medial aspect of the knee.



ROLLING BOTTOM FOOT: Sit or stand with foot on roller. Roll up and down the bottom foot using mild/moderate pressure.



MYOFASCIAL RELEASE LOWER LEG: Place a foam roller under the calf and perform rolls over the lateral, posterior and anterior aspects of the lower leg.



Guidelines

- 1) Mild discomfort is common. Stop if too much pain.
- 2) Roll for 1-2 minutes per muscle group
- 3) Daily rolling is OK.
- 4) A moderate density roller is a good starting point. Higher density roller may cause more discomfort.
- 5) In the presence of an injury, seek the advice of a qualified medical professional.



MYOFASCIAL RELEASE THIGH: Place a foam roller under front thigh with opposite leg bent and rolls over front of thigh.

Medical Disclaimer: The rolling techniques presented are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition and use of a myofascial roller.