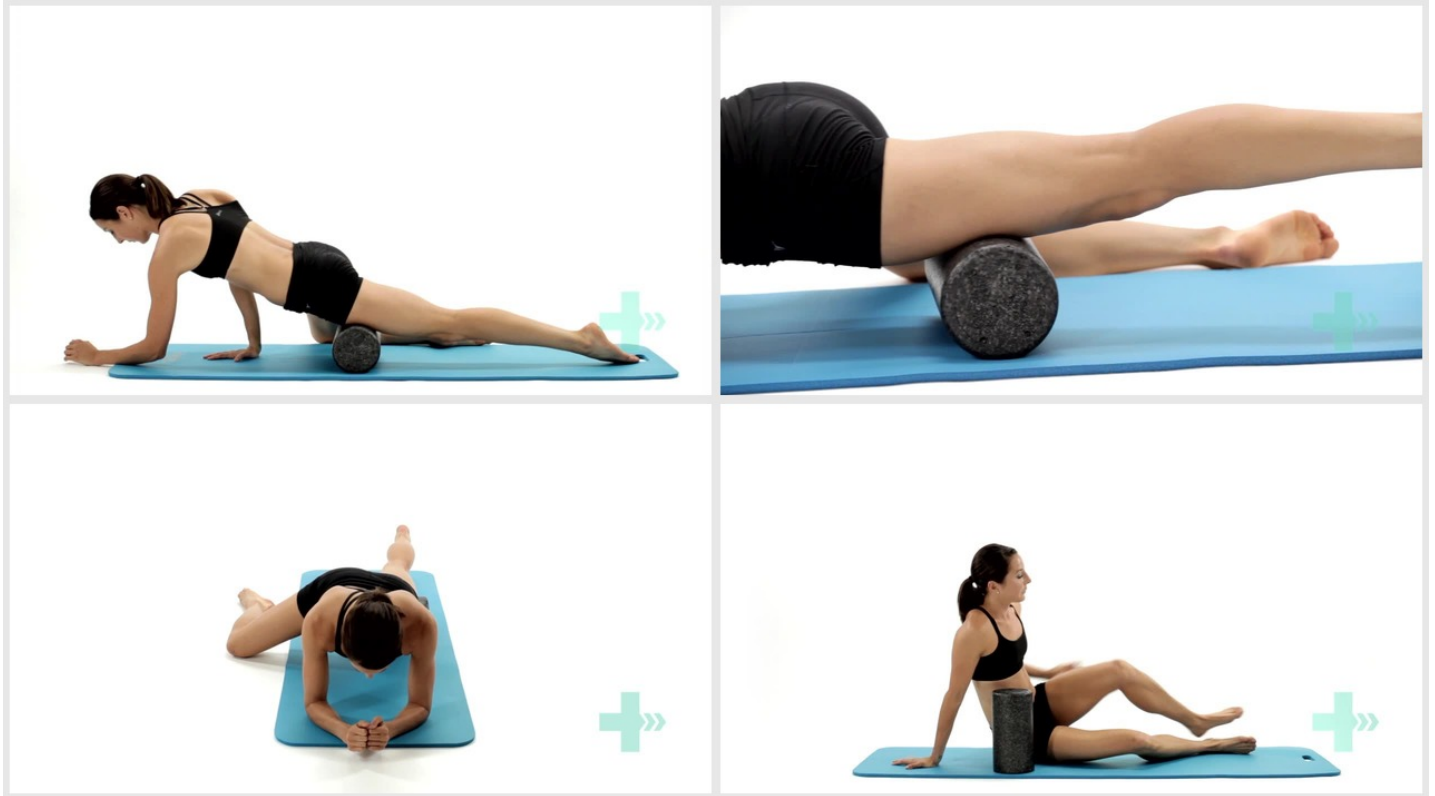


BC

## 1. Quadriceps foam roll

1 Set / 1 Rep / 1 min duration



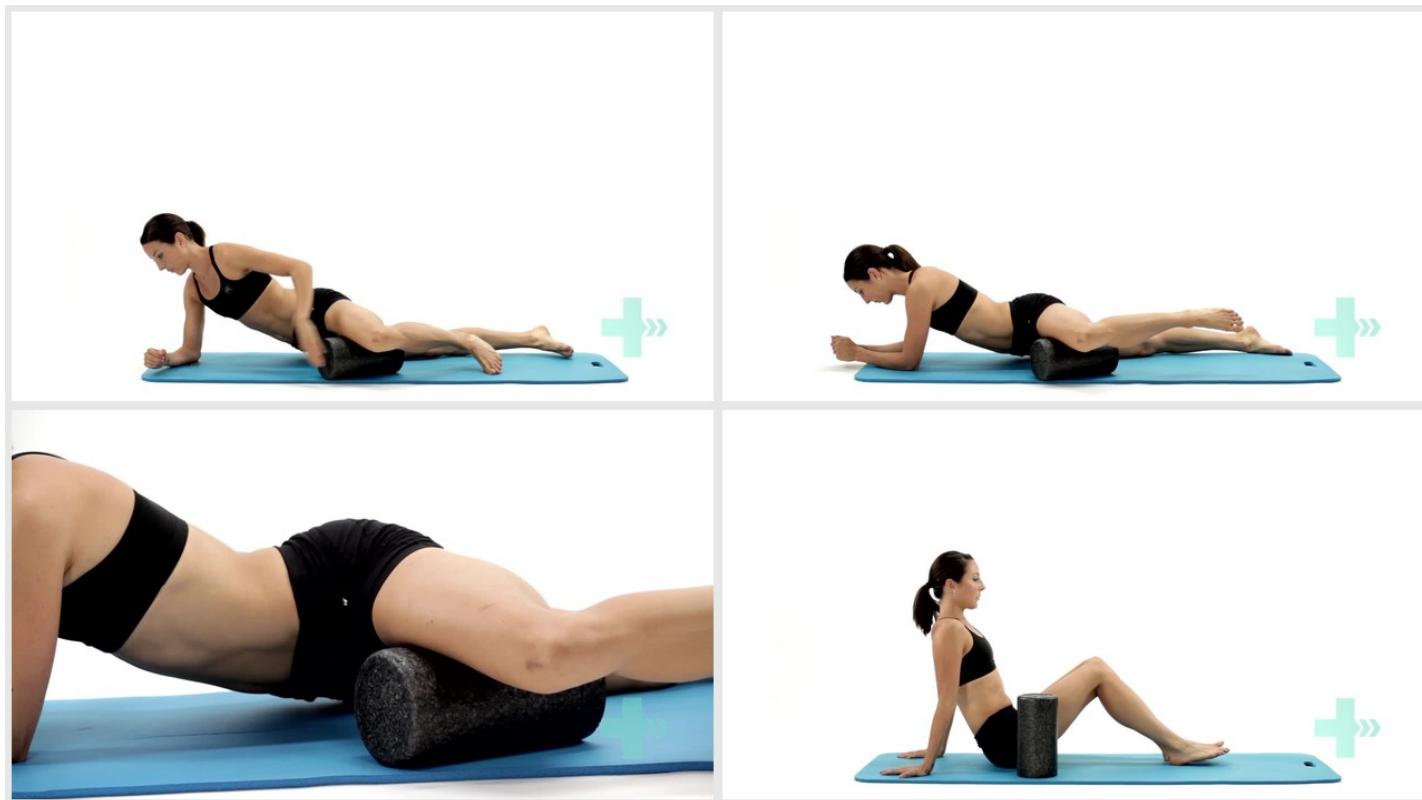
Lie on your front and place the foam roller underneath your leg.

Bend the opposite leg and bring it out to the side to help you move back and forth.

Roll the entire length of the thigh muscle, staying off the knee joint.

## 2. "Adductor Rollout " Rolling along inner thigh in prone with knee flexed to side 01

1 Set / 1 Rep / 10 sec duration

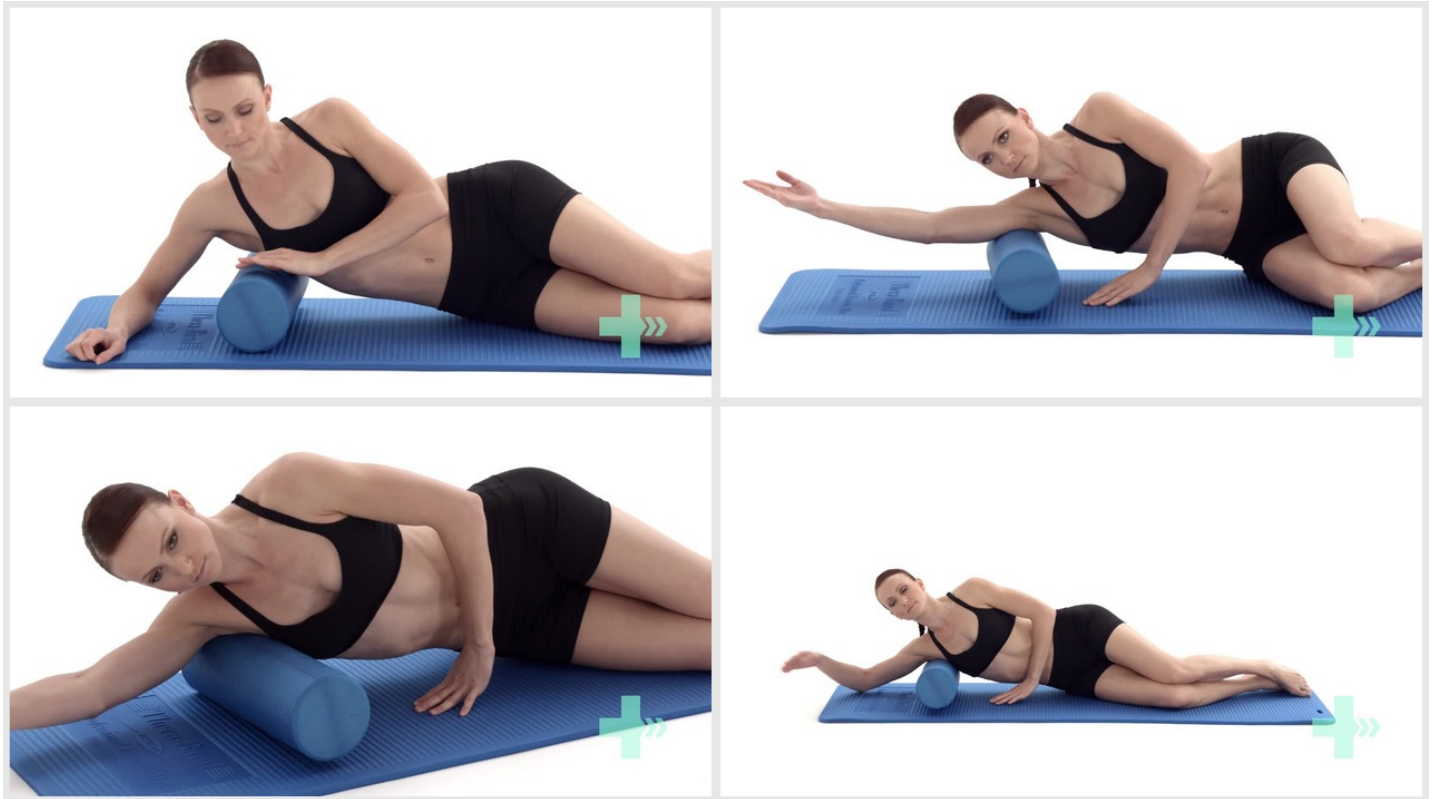


Lay face down and place the foam roller "sideways" underneath the medial thigh.

Pull your hip towards you, and push it away from you creating a rolling motion.

### 3. Lat dorsi foam roll

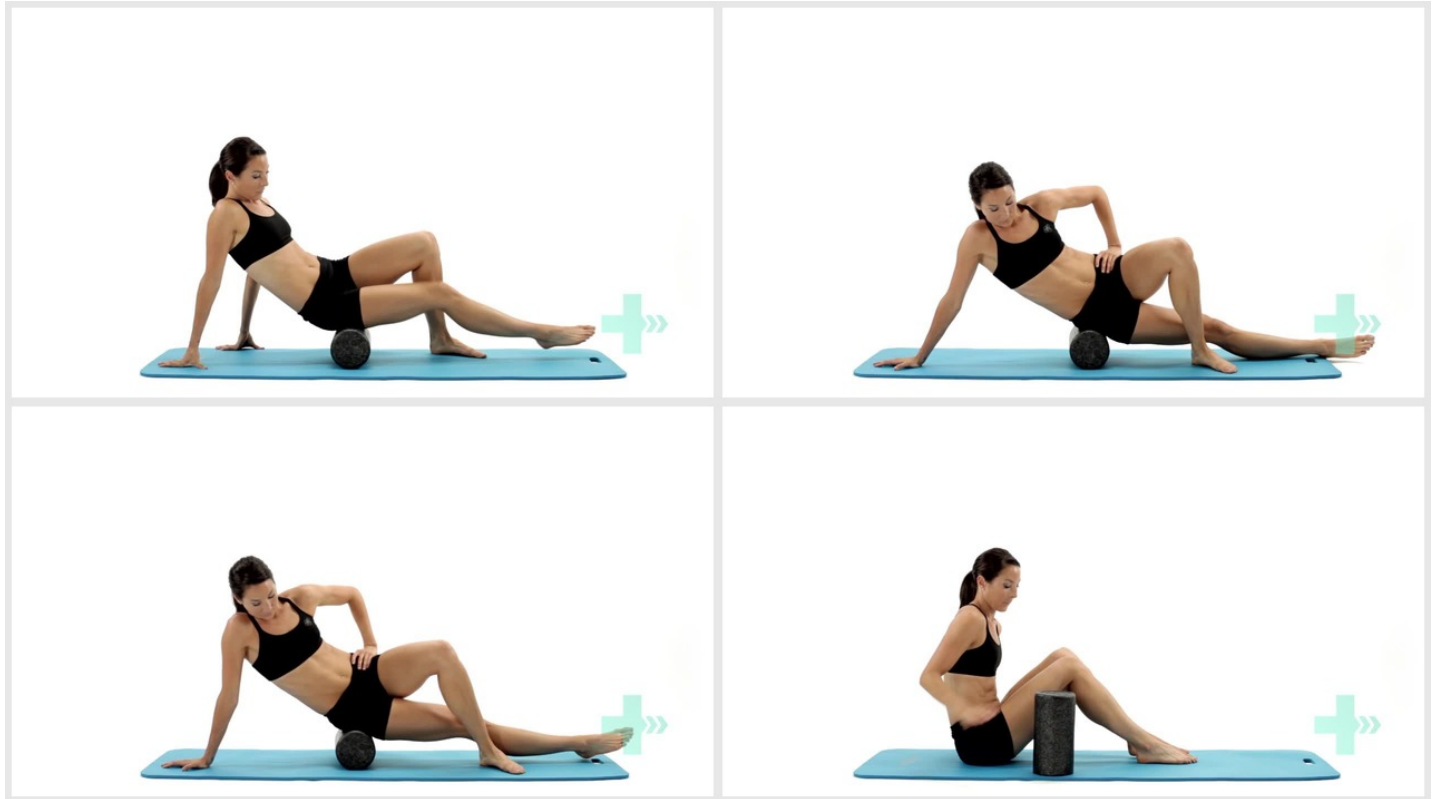
1 Set / 1 Rep / 10 sec duration



Lie on your affected side on a mat with your knees bent.  
Place a foam roller under your arm, just below the arm pit.  
Stretch your arm out on top, turning the palm upwards.  
Keeping your hips on the floor, use the strength through your legs to move the foam roller from just below your arm pit, in to your upper arm.  
If you feel any tender spots, hold the position there.

## 4. Lateral hip foam roll

1 Set / 1 Rep / 10 sec duration



Place the foam roller underneath the right hip.

Cross your left leg over the right leg and use that cross-over leg to help move you back and forth.

## 5. Thoracic spine mobility on foam roller - arm opener

1 Set / 1 Rep / 120 s hold



Place a foam roller on the floor length ways and lie on top of the roller with it running down the centre of your spine.

Bend your knees and find the neutral position on the roller.

Holding this position, raise your arms up towards the ceiling.

Your palms should face in towards one another and fingers should point to the ceiling.

Drop your arms out to the side, feeling the stretch across the front of your chest.

Bring them back up to the vertical position, pointing to the ceiling.

Repeat, dropping your arms out to the sides again.

Ensure your upper and lower back do not move from the neutral position.

It helps to tighten your abdominal muscles to control this.

## 6. Hip foam rolling (TFL)

1 Set / 1 Rep / 10 sec duration

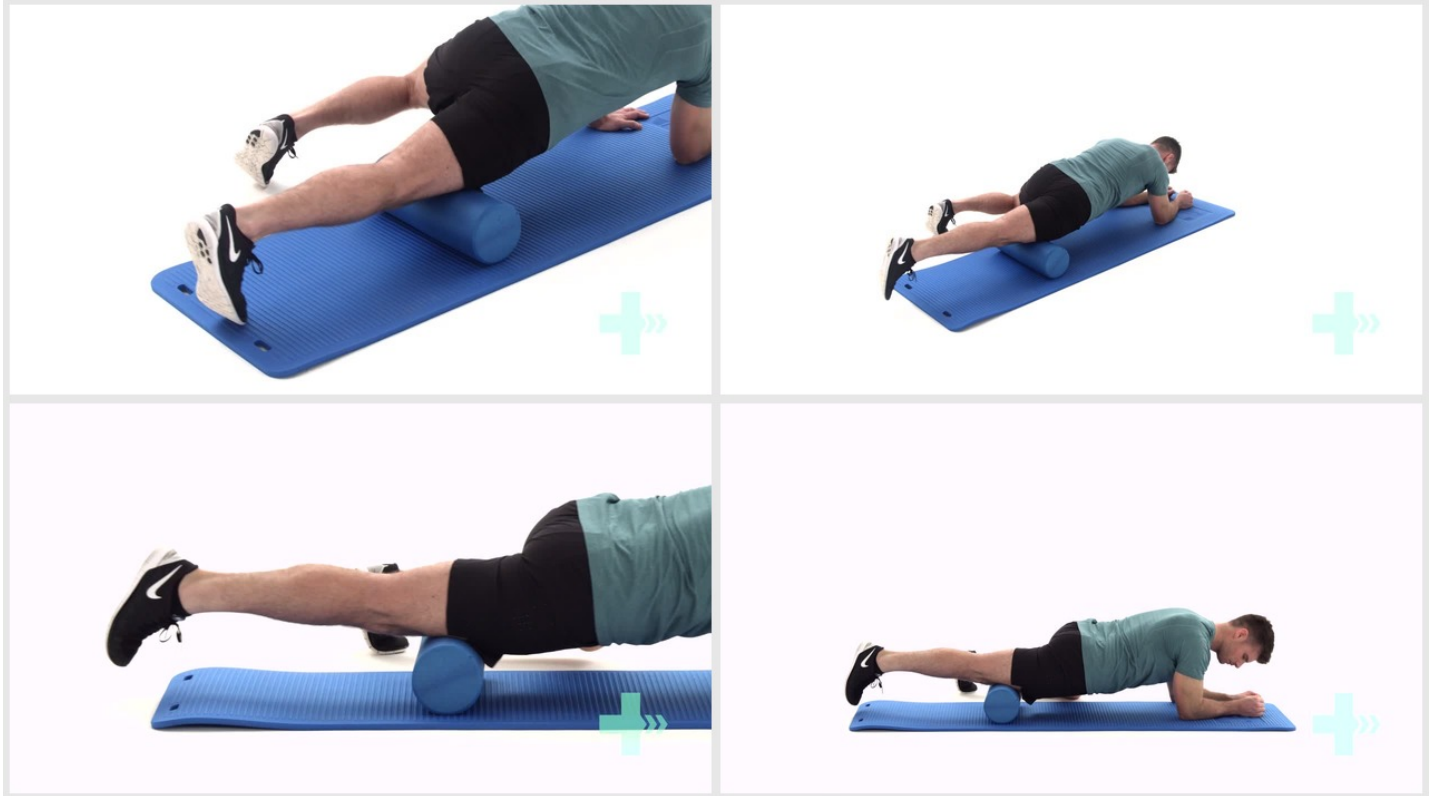


Lie on your side and place the foam roller underneath your affected hip. Cross your top leg over the bottom leg and use that cross-over leg to help move you back and forth.



## 7. Quadriceps foam rolling

1 Set / 1 Rep / 10 sec duration



Lie on your front and place the foam roller underneath your leg.

Bend the opposite leg and bring it out to the side to help you move back and forth.

Roll the entire length of the thigh muscle, staying off the knee joint.

## 8. Calf foam rolling

1 Set / 1 Rep / 10 sec duration



Place the foam roller underneath your calf.

Take the other leg and cross it over so it is resting on your shin in order to apply extra pressure.

Balance yourself with your hands as you lift your legs and feet off the floor. Roll back and forth along the calf muscle.



## 9. Hamstring foam rolling

1 Set / 1 Rep / 10 sec duration



Take the foam roller and place it underneath the back of your affected thigh. Cross the other leg over the top in order to apply more pressure to the movement.

Lift yourself up onto your hands and roll forward and backwards along the hamstring muscle on the back of the leg.

Do not roll onto the back of the knee with the foam roller.

## 10. ITB foam rolling

1 Set / 1 Rep / 10 sec duration



Lie on your affected side and place the foam roller underneath the IT band. Cross the top leg over the front of the lower leg to help you move back and forth.

Roll from just below the boney bit of your hip, to just above the knee joint. Do not roll over bone on a foam roller, stay on the soft tissue.