

# FOAM ROLLER

- Use a soft foam roller, a rolled-up yoga mat or towel, or pillows to create pivot points to engage your fascial system.
- Holds should be at least 2 minutes working up to 10 minutes.
- We recommend a soft foam roller like the OPTP soft. Please visit our Amazon store for links.
- Ensure your body is relaxed throughout these holds, using as many pillows as needed to create an appropriate stretch without pinching or straining any joints. If you find you feel any joint discomfort post stretching, perhaps the position was too extreme for that area at this time or you may have held too long. Adjust accordingly and work into longer and deeper holds, only when it is appropriate for you.

## ***Myofascial Release With Foam Roller***



*Glutes*



*Hamstrings*



*Inner Thigh*



*Hip*



*Outer Thigh*



*Calves*



*Thigh*



*Abs*



*Upper Arm*



*Peroneal*



*Shoulder and Lat*



*Neck*



*Upper Back*



*Lower Back*



*Back Pain*

*This pose should look more relaxed (top leg on pillow and upper arms relaxed).*



*You can also use a stretch strap (or belt/towel) or balls to assist with creating manual releases. Always use softer balls in the neck.*

