

SPECIFIC SELF-MYOFASCIAL RELEASE TECHNIQUES

ILIOTIBIAL TRACT (IT Band)

Position yourself on your side lying on foam roll. Bottom leg is raised slightly off floor. Maintain head in "neutral" with ears aligned with shoulders. Roll just below hip joint down the lateral thigh to the knee.



PIRIFORMIS

Begin positioned as shown with foot crossed to opposite knee. Roll on the posterior hip area. Increase the stretch by pulling the knee toward the opposite shoulder.



HAMSTRING

Place hamstrings on the roll with hips unsupported. Feet are crossed to increase leverage. Roll from knee toward posterior hip while keeping quadriceps tightened.



QUADRICEPS

Body is positioned prone with quadriceps on foam roll. It is very important to maintain proper Core control (abdominal Drawn-In position & tight gluteus) to prevent low back compensations. Roll from pelvic bone to knee, emphasizing the lateral thigh



TENSOR FASCIA LATAE (TFL)

Position the body as described above. Foam roll is placed just lateral to the anterior pelvic bone (ASIS).



ADDUCTOR

Extend the thigh and place foam roll in the groin region with body prone on the floor. Be cautious when rolling near the adductor complex origins at the pelvis.



LATISSIMUS

Position yourself on your side with arm outstretched and foam roll placed in axillary area. Thumb is pointed up to pre-stretch the latissimus dorsi muscle. Movement during this technique is minimal.



RHOMBOIDS

Cross arms to the opposite shoulder to clear the shoulder blades across the thoracic wall. While maintaining abdominal Draw-In position, raise hips until unsupported. Also stabilize the head in "neutral." Roll mid-back area on the foam. Photos courtesy of PTontheNet

