

Foam rolling basics

Using a foam roller, also known as self-myofascial release, is a good way to loosen up before a workout and reduce muscle soreness afterwards. Try these foam rolling techniques to restore your sore muscles. Go very slowly and hold each position for 30 seconds or more. Remember to never roll over a joint or bone.

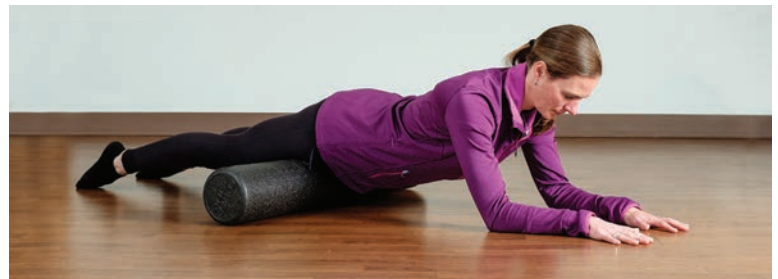
Hamstring (back thigh)

1. Sit on the floor and place a foam roller underneath your legs, just above your knees.
2. Relax your feet and legs.
3. Use your hands to lift yourself up and roll back and forth from above the knees and to the beginning of your glutes.
4. Keep your torso straight and your spine in a neutral position.
5. When you find a sore spot, stop and hold the position for at least 30 seconds until you can feel the muscle relax.



Quadriceps (front thigh)

1. Lie on your front and place a foam roller underneath your thighs, just above the knee. Rest your upper body on your elbows.
2. Using your arms, gently push yourself back and forth to roll from above the knee and to the top of the thigh.
3. Keep your spine and head aligned in a neutral position.
4. When you find a sore spot, stop and hold the position for at least 30 seconds until you can feel the muscle relax.



Gluteus maximus

1. Sit on top of the foam roller and cross one ankle over the opposite knee. Use your hand to steady yourself.
2. Relax your leg and tilt toward the bent leg
3. Slowly roll from the top to the bottom of the glute muscle.
4. When you find a sore spot, stop and hold the position for at least 30 seconds until you can feel the muscle relax.
5. Switch sides.



Calves

1. Sit on the floor and place a foam roller underneath your legs, just above your ankles.
2. Relax your feet and legs.
3. Use your hands to lift yourself up and roll back and forth from above the ankle to below the knee.
4. When you find a sore spot, stop and hold the position for at least 30 seconds until you can feel the muscle relax.



Iliotibial band

1. Lie on your side and place a foam roller underneath your leg, just below your hip.
2. Cross the opposite leg in front and steady yourself with your arm bent at 90 degrees.
3. Relax your leg.
4. Using your other arm, push to slowly roll back and forth from just below your hip to just above your knee.
5. When you find a sore spot, stop and hold the position for at least 30 seconds until you can feel the muscle relax.
6. Switch sides.



Upper back

1. Lie on your back and place a foam roller underneath your mid-back.
2. Lift your hips off the floor and place your hands behind your ears to open your chest.
3. Slowly push through your heels to move yourself back and forth from your mid-back to the top of your shoulder blades.
4. Keep your spine and head aligned in a neutral position.
5. When you find a sore spot, stop and hold the position for at least 30 seconds until you can feel the muscle relax.

