

**Foam roller-groin**

Lie on stomach with one hip flexed to 90 degrees toward your knee on the foam roll. Stay up on your elbows and toe as you roll from the knee to the pelvis

Repeat on other side.

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day

**Foam Roller Quads**

Lie on the foam roller as shown. Keep the core engaged for control of the upper body. Roll the body over the roller from the pelvis to the top of the knee. Hold over the sore spots for about 30 seconds.

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day

**Foam Roller TFL**

Place the foam roll on the side of the pelvis as shown. Maintain core control while rolling the hip over the roll with pressure on the muscles on the front of the hip near the pelvic attachment. Hold over the sore spots for 30 seconds.

Repeat on opposite side

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day



### Foam Roller Piriformis

Position the body on the foam roller as shown with one leg crossed over the opposite knee. Tilt the body over onto the hip the is crossed over. Roll the hip on the roller holding the sore spots for 30 seconds.

Repeat on opposite side

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day



### Subscap/Lat with Foam Roller

Sidelying with the foam roller placed at bottom part your armpit.

Roll up and down from armpit to mid-shoulder blade level.  
Repeat on opposite side

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day



### Foam Roller for Trap/Rhomboids

Position foam roller on thoracic spine.

Cross your arms, rolling slightly to the right or left.

Roll sup and down to release tension along shoulder blades.

Repeat on opposite side

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day



### Foam Roller - Lft ITB

Lie on your Left side and place the foam roller beneath the outside of the Left thigh just above the knee. Bring your Right leg across the body and plant the foot on the ground. Using your upper body and Rt leg, roll the outside of the Left thigh back and forth, holding over tender spots for up to 10 seconds until the soreness subsides. Repeat the exercise on the Rt side.

Repeat 15 Times

Complete 2 Sets

Perform 1 Times a Day



### SELF MASSAGE BALL - PIRIFORMIS - WALL

Stand to the side of a wall and place a ball between the wall and your buttocks.

You can use a tennis ball, lacrosse ball (as shown) or racquetball.

Lean into the ball to apply gentle pressure to the tight areas. Do not roll over bony areas.

You can hold pressure on one area or move your body to allow the ball to roll up/down or side-to-side.

Duration 30 Seconds

Perform 1 Times a Day



### SELF MOBILIZATION - THORACIC SPINE - PEANUT BALL - DOUBLE BALL (or using 2 tennis balls in a sock)

Lie on your back.

Place a double lacrosse ball or 2 tennis/racquetballs taped up together at the mid back.

Not over any bony areas.

Cross your arms and then create small movements over the peanut ball. You can lift up and down over the ball or perform small side-to-side movements.

Duration 10 Seconds

Perform 1 Times a Day



## SELF MASSAGE DOUBLE BALL (PEANUT) - SUBOCCIPITALS

Lie on your back.



Place a rolled up towel under the curve of your neck. Then place a double lacrosse ball or 2 tennis/racquetballs taped up together at the base of your skull.

Next, move your head in small movements. You can nod up and down, rotate side-to-side or perform small circles.

Duration 30 Seconds

Perform 1 Times a Day



## Theracane Upper Trap

Position the theracane on your upper trap, as shown, finding a tender spot. Adjust pressure with the opposite hand pulling down. You can oscillate pressure, or alternate tilting you head away from the cane and back to neutral.

Repeat 2 Times

Hold 30 Seconds

Perform 3 Times a Week