

MULTIPLE USES OF BIOFOAM ROLLERS

SELF MYOFASCIAL RELEASE TECHNIQUES

Round foam rollers can be used for stretching. This partner free hands free technique is known as myofascial release. These exercises can be done with either the 1' or 3' round rollers. Generally the bigger roller is more versatile. Use of the rollers can be for rehab, prevention and management of chronic problems. The Golgi Tendon Organ, which senses tension and rate of tension change in muscle, responds to high or prolonged tension by causing the Muscle Spindles to relax the agonist (muscle being worked on.) This response is caused by your body weight resting against the foam roller.

GENERAL TECHNIQUE

- 1) Find a tender spot in the area you are working and keep roller on this spot. Wait for the discomfort to diminish by 50-75%. This could take some time and be uncomfortable.
- 2) When this area is no longer sensitive then begin to see if there are other sensitive areas and repeat.
- 3) When the area is free of pain and can be rolled over, then continue rolling regularly to keep the area relaxed.
- 4) Use the roller as warm-up prior to activity and also for warm down after workout.
- 5) There is some freedom for experimentation and "feel" when using the rollers. See what works best for you and manipulate the roller to the correct position. You will be able to create your own variations of exercises to address particular needs.

BALANCE TRAINING USING BIOFOAM ROLLERS

All four foam roller variations can be used for balance training. The half round versions can be used with flat side down as a starting point. Progress to the round rollers when mastery of half round rollers is accomplished.

GENERAL GUIDELINES

- 1) If appropriate, train without shoes. There are many sensitive receptors in the feet. They can give tactile (touch) feedback to the nervous system about joint position.
- 2) Keep in mind general cues for training posture and balance:
 - When doing bending activities use as many joints as possible to decelerate the body.
 - Keep your core tight while doing these activities.
 - Always keep as many joints as possible lined up when performing all activities.
 - All exercise recommendations should be mastered on a stable surface before moving on to the foam rollers.
- 3) The exercise recommendations are grouped by theme/activity and have a basic/advanced version listed.
- 4) These recommendations are intended for healthy populations and should not be taken for injuries unless prescribed by a health professional.

- Begin w/roller around mid balance w/ back flat on ground, put hands behind head.
- Slowly roll to mid/upper shoulder blade area.
- Roll to right or left to emphasize one side.



Thoracic Spine Mobility

- Sit on side of glute area w/ ankle of opposite foot across quad.
- Balance on hand and one foot holding "hot spots" until pain diminishes
- Roll from top of glute to middle.



Piriformis/Gluteus Medias

- Begin w/ roller at hip bone on your side. Keep body perpendicular to ground. Balance on forearm.
- Slowly roll to find "hot spots"
- Change emphasis slightly by rolling side to side.



Iliotibia Tract

- Lie on one side w/ shoulder perpendicular to ground.
- With arm bent rollout teres minor (back shoulder)
- With arms straight roll lat from bottom to top



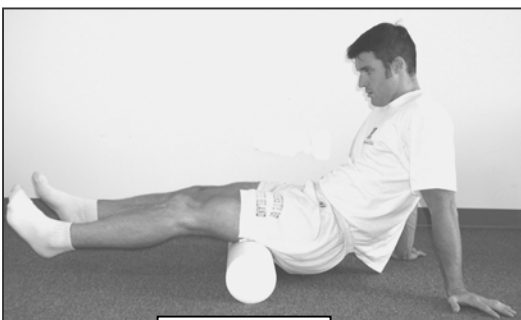
Teres Minor/Lat

- Balance on hands and feet rolling the upper hamstring area.



Upper Hamstring

- Balance on hands to work hamstrings from glute to knee.
- Cross one foot over the other to emphasize one side.

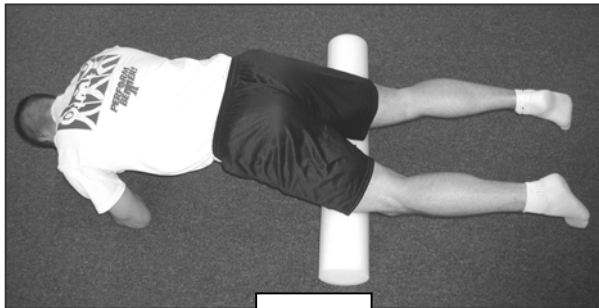


Hamstrings

- Balance on hands, roll from knee to ankle
- Emphasize one side by crossing your legs
- Do this with toes pointed out and up.



Gastroc/Soleus



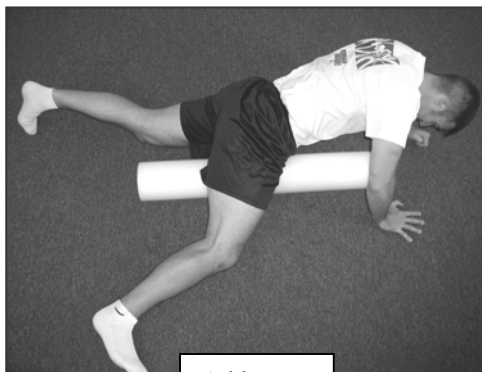
Quads

- Balance on elbows, face down with quads on foam roller.
- Work you're way up or down roller
- To place great emphasis on one leg, cross over the back or shift body weight to one side.

- Lie on far end of roller on one side hip complex.
- Slowly roll up and down
- Change position on roller to emphasize lateral (outside) areas.



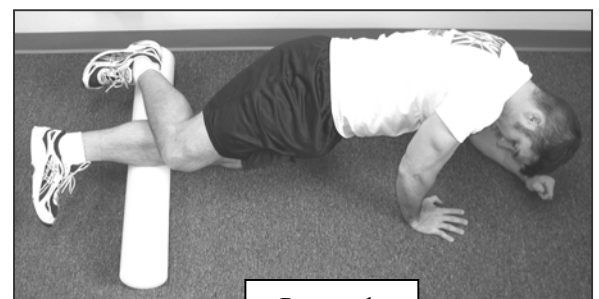
Hip Flexors



Adductors

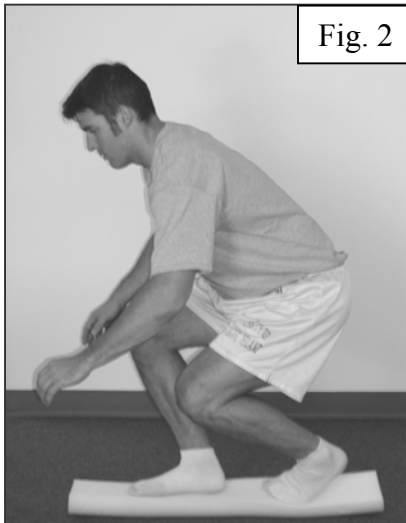
- Balance on elbow and hand with one leg (roller side) at about 130 degrees.
- Slowly roll from knee to hip complex changing leg position slightly for emphasis
- Shift weight toward roller for more pressure.

- Get on all fours with either far end or entire roller on one shin.
- Shift body to apply pressure to anterior tibialis (muscle on front of shin) roll from knee to ankle
- Rolling to outside to get emphasis on peroneus.



Peroneals

- Get down on “all fours” using 2, 3ft. ½ round rollers with flat side down
- Raise 1 arm or leg and maintain balance
- As you progress try raising 1 arm and the opposite side leg at the same time
- For additional difficulty use full round rollers.**
(see fig. 10)



- Using a 3ft. ½ round roller, stand with one foot in front of the other and perform a squat or a reach
- First try it with the flat side down, and then progress to flat side up.

- Standing on a 3ft. ½ round roller, throw a medicine ball overhead into a brick or concrete wall trying to maintain balance.
- Stand close enough to the wall (1-2 feet) that the ball returns back overhead
- Rebound and immediately throw ball again, continuing to throw and catch overhead



- Stand with each foot on a 1ft. ½ foam roller and stabilize
- A squat or reach can also be performed (* see fig. 5)
- Start with flat side down, then progress to flat side up.

-See **fig. 4** for detailed description.

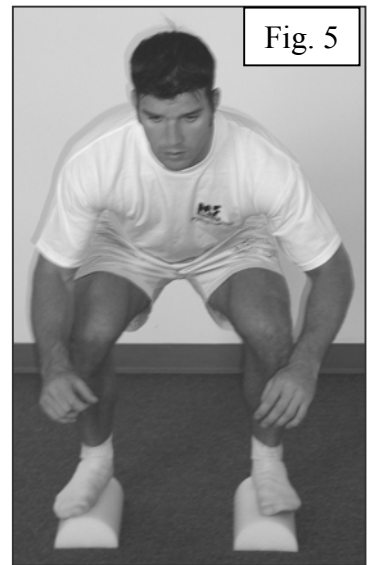


Fig. 5



Fig. 6

- Stand on a 1ft. $\frac{1}{2}$ round roller and stabilize with 1 foot.
- Start with flat side down and progress to flat side up.

- Lay on 3ft. full round roller with both feet on ground and stabilize.



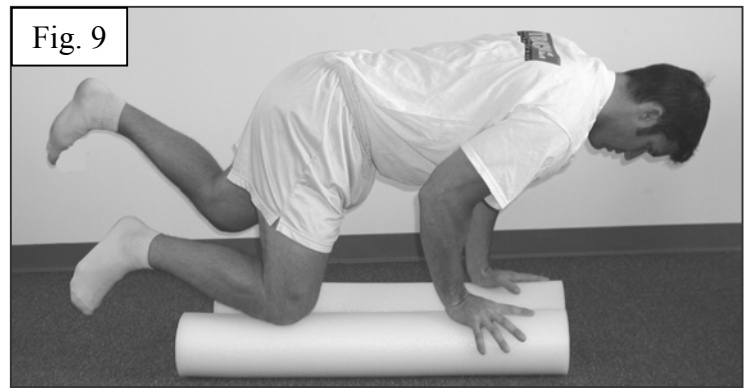
Fig. 7



Fig. 8

- Follow **fig. 7** then raise 1 leg, while continuing to maintain balance.
- The same exercises can be done using 2 3ft. full round rollers for greater stability (**see fig. 11**)

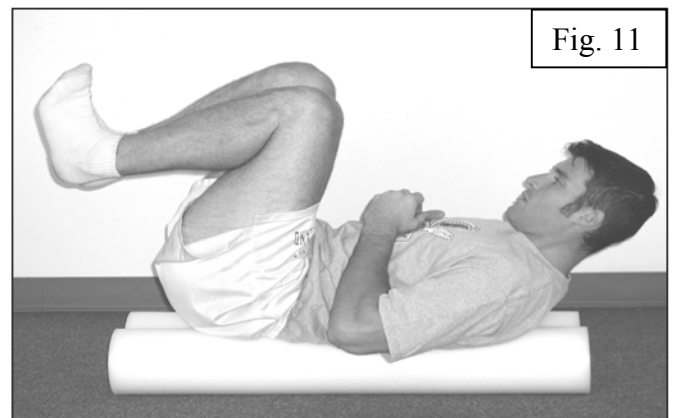
-See **fig. 1** for a detailed description.



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-Lay on two 3ft. round rollers with both feet on the ground see **fig. 7**
-Lift both legs off the ground and stabilize



-From **fig. 11** position rotate arms and legs in opposite directions trying to stabilize.



-While kneeling on a 3ft. ½ round roller, perform a push up with hands on a 1ft. full round roller



Fig. 13



Fig. 14

*-While kneeling on 3ft. ½ round roller, “roll out” using two 1ft. round rollers or a 3ft. round roller.
-Extend out as far as you can control, stabilize, and return.*

*-Stand on a 3ft full round roller with both feet and stabilize
-If mastered, try performing a squat as shown in fig. 16*



Fig. 15

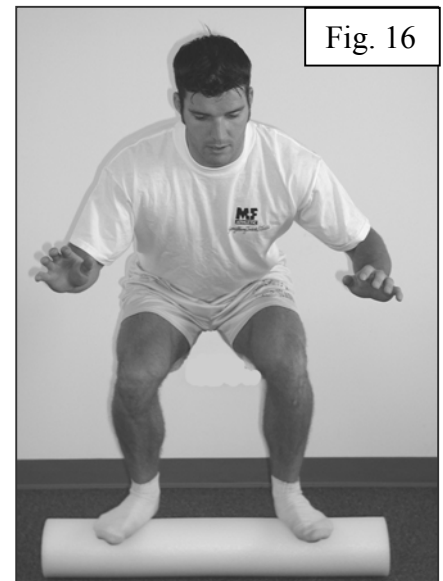


Fig. 16



Fig. 17

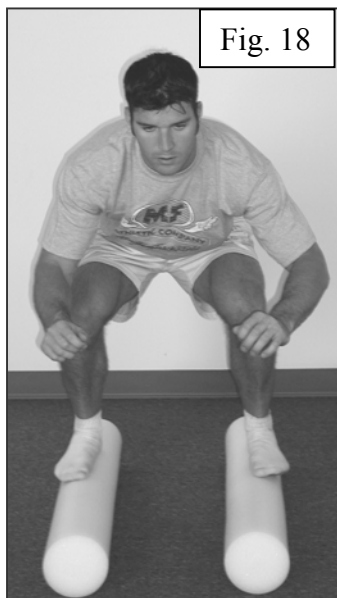


Fig. 18

-As shown in fig. 17 and 18 the previous exercise can be done using two 3ft. full round rollers underneath each foot.

*** Use caution while trying this exercise**

-Stand on a full round roller with one foot and maintain balance



Fig. 19



Fig. 20



Fig. 21



Fig. 22



Fig. 23

*-Begin by standing on a 3ft. full round roller while placing both hands on a wall or holding on to a chair.
-When that becomes easy, remove one hand from the wall or chair
-Then remove both hands and maintain balance*

*-While standing on a full round roller, perform an alternating dumbbell press
-Press with one arm as you lower the opposite*



Fig. 24



Fig. 25