

PIRIFORMIS - SMR

Reps : 1 p/s

Duration : 30-60 secs

Tempo : 0

Sets : 0

Intensity : 0

Rest : 0

Preparation :

- Begin positioned as shown with foot crossed to opposite knee.

Movement :

- Roll on the posterior hip area.
- Increase the stretch by pulling the knee toward the opposite shoulder.
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.



PTontheNet.com

HAMSTRING - SMR

Reps : 1 p/s

Duration : 30-60 secs

Tempo : 0

Sets : 0

Intensity : 0

Rest : 0

Preparation :

- Place hamstrings on the roll with hips unsupported.

Movement :

- Feet are crossed to increase leverage.
- Roll from knee toward posterior hip.
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.



PTontheNet.com



PTontheNet.com

GASTRO/SOLEUS - SMR

Reps : 1 p/s

Duration : 30-60 secs

Tempo : 0

Sets : 0

Intensity : 0

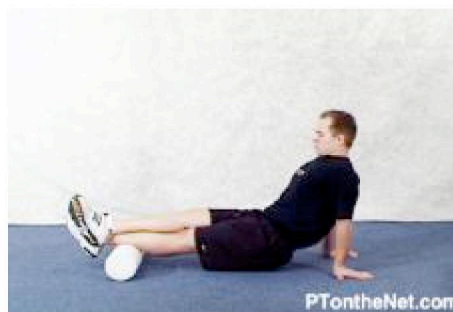
Rest : 0

Preparation :

- Place foam roll under mid belly of lower leg.
- Cross left leg over right leg to increase pressure (optional).

Movement :

- Slowly roll calf area to find the most tender area.
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.



PTontheNet.com

IT BAND - SMR

Reps : 1 p/s

Duration : 30-60 secs

Tempo : 0

Sets : 0

Intensity : 0

Rest : 0

Preparation :

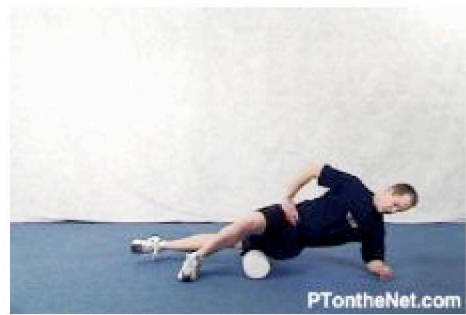
- Position yourself on your side lying on foam roll.
- Bottom leg is raised slightly off floor.
- Maintain head in "neutral" with ears aligned with shoulders.
- This will be EXTREMELY PAINFUL for many, and should be done in moderation.



PTontheNet.com

Movement :

- Roll just below hip joint down the lateral thigh to the knee.
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.



QUADRICEPS - SMR

Reps : 1 p/s
Sets : 0

Duration : 30-60 secs
Intensity : 0

Tempo : 0
Rest : 0

Preparation :

- 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



Movement :

- Roll from pelvic bone to knee, emphasizing the lateral thigh
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.



ADDUCTOR - SMR

Reps : 1 p/s
Sets : 0

Duration : 30-60 secs
Intensity : 0

Tempo : 0
Rest : 0

Preparation :

- Extend the thigh and place foam roll in the groin region with body prone on the floor.

Movement :

- Be cautious when rolling near the adductor complex origins at the pelvis.
- If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.



CALF - STRAIGHT KNEE

Reps : 2 p/s
Sets : 0

Duration : 20-30 secs
Intensity : 0

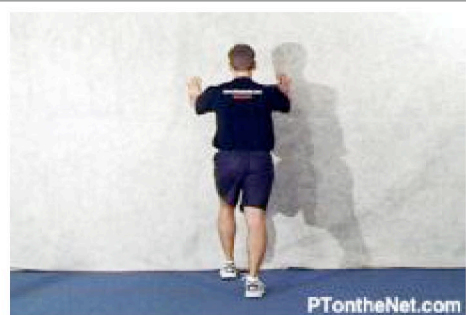
Tempo : 0
Rest : 0

Preparation :

- Stand near a wall or sturdy object.
- Bring one leg forward for support, use your upper body to lean against wall.
- Your outstretched leg should form one straight line.

Movement :

- Shift forward from the ankle joint until a stretch is felt in the calf.
- Hold for 20-30 seconds, repeat for 2-3 reps.



ADDUCTOR - STANDING

Reps : 2 p/s

Duration : 20-30 secs

Tempo : 0

Sets : 0

Intensity : 0

Rest : 0

Preparation :

- Begin with one leg straight and the opposite leg bent.
- Both feet are pointed straight ahead.

Movement :

- Draw your belly button inward.
- Next, slowly move in a sideways motion toward the bent leg until you feel a stretch in the straight leg groin area.
- Hold for 20-30 seconds, repeat for 2-3 reps.
- Switch sides and repeat directions.



HIP FLEXOR - LYING

Reps : 2 p/s

Duration : 20-30 secs

Tempo : 0

Sets : 0

Intensity : 0

Rest : 0

Preparation :

- Lie in your side.
- Grasp the ankle of top leg as depicted.

Movement :

- Draw your belly button inward (activating the deep abdominal stabilizing mechanism).
- Tighten glutes and perform a posterior pelvic tilt.
- Hold for 20-30 seconds, repeat for 2-3 reps.
- Explore different hip positions to find specific "tight spots".



ERECTOR SPINAE - CROSS LEG

Reps : 2 p/s

Duration : 20-30 secs

Tempo : 0

Sets : 0

Intensity : 0

Rest : 0

Preparation :

- Sit on ground with left straight out, and right leg bent and crossed over left.

Movement :

- Draw your belly button inward.
- Slowly use your left arm against your right crossed leg to apply pressure to the point of tension.
- Hold for 20-30 seconds, repeat for 2-3 reps.

