

# FOAM ROLLER EXERCISES

## FOR SORE MUSCLES



Marshfield  
Clinic®

### General Instructions\*

- Roll each muscle or muscle group for 30 seconds. Work your way up to 1-2 minutes over a few weeks as muscles become less sensitive.
- Avoid rolling over joints and bony areas.
- Pause for 5-10 seconds on sore or tight areas.
- Perform the exercises 3-5 times per week.

\*Talk to your doctor or physical therapist before foam rolling if you have a recent injury or persistent back or leg pain.

## QUADRICEPS



1. Start in a plank position with the foam roller under your upper thighs. Support your body weight with your forearms or palms.
2. Roll slowly from the top of your upper thighs to just above your knees.

\*Helpful to reduce tightness in people that do a lot of physically demanding work or exercise.

## IT BAND



1. Lie on your side with your hip resting on the roller. Cross your top leg in front of you and place your foot on the ground. Place your hands on the ground next to you.
2. Slowly roll the side of your leg from your hip to just above your knee.

\*Helpful for relieving pain on the outside of the knee or thigh.

## HAMSTRINGS



1. Sit upright with your legs straight and the foam roller under your upper thighs. Put your hands on the ground behind you for support.
2. Roll slowly from the bottom of your buttocks to just above the back of your knees.

\*Helpful for relieving tightness from prolonged sitting at work.

## CALVES



1. Sit on the floor with the foam roller under both calves. Put your hands on the ground behind you for support.
2. Roll slowly over the length of your calves.

\*Helpful for relieving calf tightness that makes walking painful.

## GLUTEUS MEDIUS AND PIRIFORMIS



1. Sit on the foam roller with your knees slightly bent, feet on the ground in front of you and your hands on the ground behind you.
2. Roll slowly from the top of your buttocks to the top of your thigh.

\*Helpful for relieving pain in your low back and buttocks.

## MID-BACK AND UPPER BACK



1. Lie on your back with the foam roller under your mid back. Bend your knees slightly and place your feet flat on the floor. Place your hands behind your head to support your head and neck.
2. Lift your hips off the floor and slowly roll from your mid back to your shoulders.
3. Keep your core tight, and don't arch your back.

\*Helpful for improving posture, neck mobility and neck pain.

### TIP

The quadriceps, hamstrings, calves and gluteus medius/ piriformis exercises can be done with both legs or one leg at a time. For a more intense feeling, cross one leg over the other and foam roll one side at a time.

For more information and health tips, please visit [shine365.marshfieldclinic.org](http://shine365.marshfieldclinic.org)

