

# Foam Roller Pro

## "Common Pain Points"



	TOOLS	AREAS	SUGGESTED STRETCHES
FEET / KNEES	<ul style="list-style-type: none"><li>• La crosse ball</li><li>• Foam Roller</li><li>• NANO</li></ul>	<ul style="list-style-type: none"><li>• Plantar Surface of foot</li><li>• Tibialis Anterior (shin)</li><li>• Gastrocnemius/Soleus</li></ul>	<ul style="list-style-type: none"><li>• Achilles Tendon</li><li>• Calf Stretch</li></ul>
LOWER BACK	<ul style="list-style-type: none"><li>• La crosse ball</li><li>• Foam Roller</li></ul>	<ul style="list-style-type: none"><li>• Lats</li><li>• Glutes</li><li>• IT Band</li><li>• Quads</li><li>• Inner Thigh</li></ul>	<ul style="list-style-type: none"><li>• Figure "4"</li><li>• Inner thigh/Side body</li><li>• Cross Body</li></ul>
TORSO / SHOULDERS	<ul style="list-style-type: none"><li>• La crosse ball</li><li>• Foam Roller</li></ul>	<ul style="list-style-type: none"><li>• Lats</li><li>• Vertical Spine</li><li>• Horizontal Spine</li><li>• Rhomboids</li></ul>	Spinal twists <ul style="list-style-type: none"><li>• w/ breath</li></ul> Inner thigh/ <ul style="list-style-type: none"><li>• side body</li><li>• Full body Stretch</li></ul>
ARMS	<ul style="list-style-type: none"><li>• NANO</li><li>• La crosse ball</li></ul>	<ul style="list-style-type: none"><li>• Flexors</li><li>• Extensors</li><li>• Triceps</li><li>• Pecs</li><li>• Rhomboids</li></ul>	<ul style="list-style-type: none"><li>• Palm Isolation</li><li>• Arm across body</li><li>• Tricep</li><li>• Pec Stretch</li></ul>

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## "Sport/Activity"



	TOOLS	AREAS	SUGGESTED STRETCHES
BIKE	<ul style="list-style-type: none"> <li>• La crosse ball</li> <li>• Foam Roller</li> <li>• NANO</li> </ul>	<ul style="list-style-type: none"> <li>• Plantar surface (foot)</li> <li>• Tibialis</li> <li>• Gastrocnemius/</li> <li>• Soleus</li> <li>• Quads</li> <li>• Inner thighs</li> </ul>	<ul style="list-style-type: none"> <li>• 20-Min Yoga for Bike riding</li> </ul>
RUN	<ul style="list-style-type: none"> <li>• La crosse ball</li> <li>• Foam Roller</li> <li>• NANO</li> </ul>	<ul style="list-style-type: none"> <li>• IT Bands</li> <li>• Glutes</li> <li>• Lats</li> <li>• Pecs</li> </ul>	<ul style="list-style-type: none"> <li>• 20-Min Yoga for Running Video</li> </ul>
WEIGHT TRAINING	<ul style="list-style-type: none"> <li>• La crosse ball</li> <li>• Foam Roller</li> </ul>	<ul style="list-style-type: none"> <li>• Full Body Foam Roll</li> </ul>	<ul style="list-style-type: none"> <li>• 30-Min of Yoga for Weight Training</li> </ul>
YOGA	<ul style="list-style-type: none"> <li>• Foam Roller</li> </ul>	<ul style="list-style-type: none"> <li>• Lats</li> <li>• Feet</li> <li>• Tibialis Anterior</li> <li>• Quads</li> <li>• Inner Thighs</li> <li>• IT Bands</li> <li>• Glutes</li> </ul>	Inner thigh/ <ul style="list-style-type: none"> <li>• Side Body</li> <li>• Full Body Stretch</li> </ul>
SUP	<ul style="list-style-type: none"> <li>• Foam Roller</li> <li>• NANO</li> </ul>	<ul style="list-style-type: none"> <li>• Lats</li> <li>• Triceps</li> <li>• Flexors</li> <li>• Extensors</li> <li>• Plantar surface of the feet</li> </ul>	<ul style="list-style-type: none"> <li>• 30-Min of Yin Yoga</li> </ul>
ROWING	<ul style="list-style-type: none"> <li>• La crosse ball</li> <li>• Foam Roller</li> <li>• NANO</li> </ul>	<ul style="list-style-type: none"> <li>• Lats</li> <li>• Rhomboids</li> <li>• Pecs</li> <li>• Glutes</li> <li>• Quads</li> <li>• Inner Thighs</li> <li>• IT Bands</li> <li>• Tibialis Anterior</li> <li>• Plantar Surface of the feet</li> </ul>	<ul style="list-style-type: none"> <li>• 30-Min of Stretching for Rowing</li> </ul>

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## "Repetitive Tasks"



	TOOLS	AREAS	SUGGESTED STRETCHES
<b>DRIVING</b>	<ul style="list-style-type: none"> <li>• La crosse ball</li> <li>• Foam Roller</li> </ul>	<ul style="list-style-type: none"> <li>• Feet</li> <li>• Tibialis Anterior</li> <li>• Gastrocnemius/ Soleus</li> <li>• Quads</li> <li>• Inner Thighs</li> <li>• IT Bands</li> <li>• Glutes</li> <li>• Lats</li> <li>• Vertical/ Horizontal Spine</li> </ul>	<ul style="list-style-type: none"> <li>• Inner thigh/Side body stretch</li> <li>• Spinal Twists</li> <li>• Pec Stretch</li> </ul>
<b>SITTING AT YOUR DESK</b>	<ul style="list-style-type: none"> <li>• La crosse ball</li> <li>• Foam Roller</li> <li>• NANO</li> </ul>	<ul style="list-style-type: none"> <li>• Feet</li> <li>• IT Band</li> <li>• Inner Thighs</li> <li>• Glutes</li> <li>• Lats</li> </ul>	<ul style="list-style-type: none"> <li>• Figure 4</li> <li>• Forward fold</li> <li>• Inner thigh/Side body</li> <li>• Quad/Flexor</li> <li>• Spinal Twists</li> <li>• Pec Stretch</li> <li>• Gentle neck rolls</li> </ul>
<b>HOLDING PURSE / CHILD ON SHOULDER /ARM</b>	<ul style="list-style-type: none"> <li>• Foam Roller</li> </ul>	<ul style="list-style-type: none"> <li>• Feet</li> <li>• IT Band</li> <li>• Inner Thighs</li> <li>• Glutes</li> <li>• Lats</li> </ul>	<ul style="list-style-type: none"> <li>• Figure 4</li> <li>• Inner thigh/Side body stretch</li> <li>• Gentle spinal twists</li> <li>• Gentle neck rolls</li> <li>• Palm Stretch</li> </ul>
<b>SITTING ON THE COUCH</b>	<ul style="list-style-type: none"> <li>• La crosse ball</li> <li>• Foam Roller</li> <li>• NANO</li> </ul>	<ul style="list-style-type: none"> <li>• Feet</li> <li>• Gastrocnemius/Soleus</li> <li>• Quads</li> <li>• Inner thighs</li> <li>• Glutes</li> <li>• Lats</li> </ul>	<ul style="list-style-type: none"> <li>• Calf Stretct</li> <li>• Figure 4</li> <li>• Inner thigh/Side body stretch</li> <li>• Quad/Flexor</li> <li>• Pec Stretch</li> <li>• Pals Stretch</li> </ul>
<b>STANDING AT A DESK</b>	<ul style="list-style-type: none"> <li>• Foam Roller</li> <li>• NANO</li> </ul>	<ul style="list-style-type: none"> <li>• Feet</li> <li>• Gastrocnemius/ Soleus</li> <li>• Inner Thigh</li> <li>• Quads</li> <li>• IT Bands</li> <li>• Glutes</li> <li>• Lats</li> </ul>	<ul style="list-style-type: none"> <li>• Calf Stretch</li> <li>• Figure 4</li> <li>• Quad/Flexor</li> <li>• Spinal twists</li> <li>• Pec Stretch</li> <li>• Gentle neck rolls</li> </ul>

# *Self-Myofascial Release*



## "Areas NOT to Foam Roll"



### **CAUTION**

- Head
- Neck
- ANY Bony Landmark
- Lower Back
- Knees
- Ankles

