

Foam Roller Pro

"Common Pain Points"



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

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"Repetitive Tasks"



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

Self-Myofascial Release



"Areas NOT to Foam Roll"



CAUTION

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

