



- 1. The Iliotibial band (IT Band):** Begin with roller at hip bone on your side. Keep body perpendicular to ground. Balance on your forearm. Slowly roll to find "hot spots" Wait at the edge of the pain or restriction for the tissue to soften.



- 2. Hip Flexor:** Place the foam roll in the abdomen above the hip bones. Roll to find any tender areas and wait for releases.



- 3. Hamstrings:** Sit up tall through the spine and pelvis. Place the foam roll on the back of the thigh starting right past the sit bone. Roll down towards your knee to find areas to release.



- 4. Chest Opening:** Lie with foam roll under the spine. Let your head and tailbone be supported. Allow your chest to open over the roll. You may also place 1-3 pillows under your knees for support.

Foam roll stretch: The foam roll can be used for tight fascia throughout the body. It is extremely effective for addressing tight IT Bands, Hamstrings, and Quadriceps.

FYI: Be patient with the foam roll. Instead of rolling aggressively through your muscles, come to the edge of the pain/restriction and wait for it to soften before progressing down the muscle