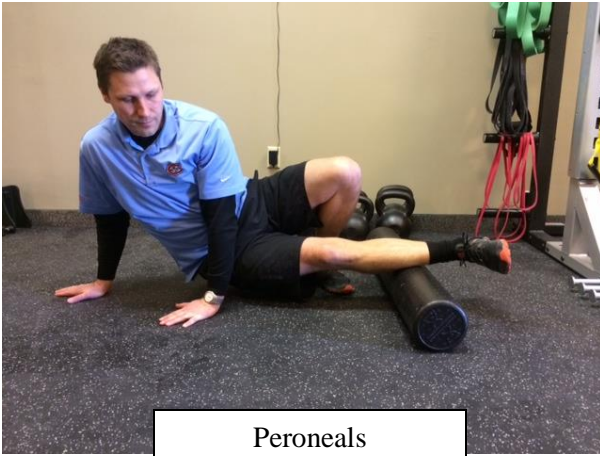




T-Spine Mobility

7. Place the foam roller in between the shoulder blades. Rock T-spine into extension as pictured. Then curl up like you're doing an abdominal crunch. Work on extension in multiple areas in the thoracic spine. Be careful with your head/ neck position. Especially, if you have neck issues. You can perform this into the thorocolumbar region as a mobility exercise.



Peroneals

8. Start rolling in the middle of the tibia, and then move down to above the ankle. Work your way back to just below the knee. You can go onto your elbows for more support. To increase pressure, do a side plank and stack the legs. Special Note: do the entire right leg up to the TFL muscle/ Ant. Hip (#10). Then switch to the left leg and start here again.



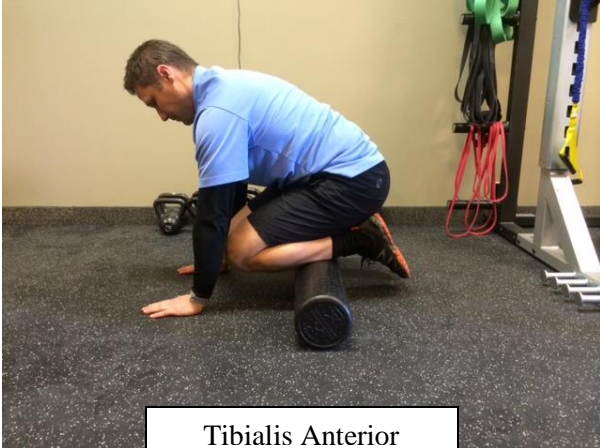
Iliotibial Band

9. Start in the side lying position and roll the middle of the IT band. Move down to the distal portion just above the knee and roll. Then work your way up the side to the upper hip and roll. Stack the legs to increase pressure. Typically, this is the tenderest region of the body. You can use your planted foot (left) to take pressure off the IT band due to the tenderness.



TFL Muscle/ Ant. Hip

10. Place the foam roller on the Tensor Fasciae Latae muscle belly in the antero-lateral hip. This is basically where your front pocket is located. That's only if you are not a gangster. You can rotate your body towards the roller to find any "hot spots". This is a short muscle, but can be extremely tender at times. The TFL is one of the muscles that ties into the IT Band.



Tibialis Anterior

11. Kneeling on the roller, balance your body with your hands on the floor. Start in the middle of the tibialis muscle and roll. Move down to the top of the ankle and roll. Then, work your way up to the upper portion of the tibialis anterior muscle just under the knee. You can increase pressure by leaning more to one side. Avoid direct pressure to the shin bone.



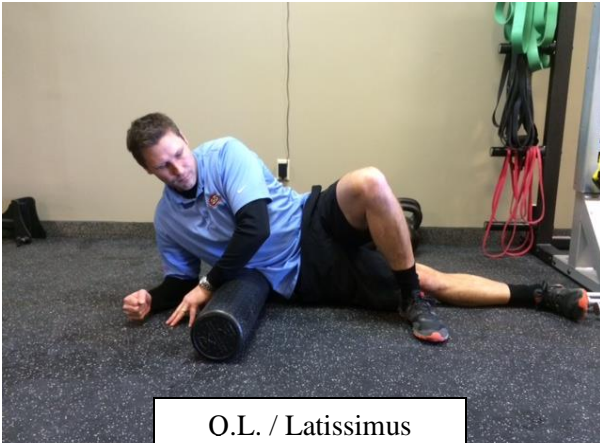
Rectus Femoris

12. Get into a plank position with your elbows on the floor. Place the foam roller in the middle quadratus muscle and roll. Move down to just above the knee and roll. Turn your feet out just above the knee to find a notorious "hot spot". Work your way back up to the upper portion of the quadratus and anterior hip region and roll. You can cross your legs to increase pressure.



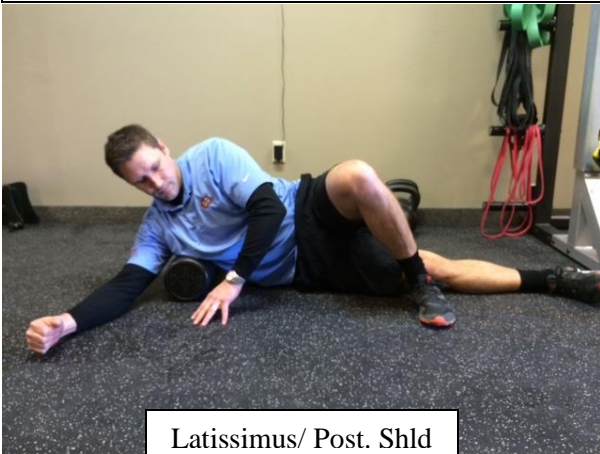
Adductors

13. Balance on your forearms with one of your adductors perpendicular to the foam roller. Start in the middle thigh region and roll. Move down to just above the knee and roll. Work your way back up to the inner groin region by the hip and roll. Turning your toes down/ or up can help to find more “hot spots”. Repeat the same procedure with the opposite leg.



O.L. / Latissimus

14. Lay on your side over the foam roller with it positioned obliquely in the lower back. This area can be extremely tender. So, you can use your planted foot to take pressure off the foam roller. Roll up and down. If you are suffering from low back pain presently, use extremely light pressure or skip this exercise.



Latissimus/ Post. Shld

15. Lie on your side with the foam roller just below the shoulder blade in an oblique fashion as pictured. Work your way up to the armpit region near the shoulder (Shld). This area can be extremely tender to start. So, use your planted foot and hand to take pressure off the foam roller. Repeat Q.L/ Latissimus and Latissimus/ Posterior shoulder on the opposite side.

Highlights

If you have pain/ discomfort which does not resolve or worsens with exercise and foam rolling, consult your physician immediately.

This full body foam rolling protocol should take approximately 10 minutes to complete. You may do a body region if your major pain complaint is isolated to a certain area. Dr. Maristuen can help to customize your foam rolling protocol to assist you in your recovery.

It is recommended to foam roll a minimum of 2-times per week to a maximum of 5.

Foam rollers come in many shapes and sizes. Dr. Maristuen recommends one 6 inch diameter x 36 inches long. The most important aspect is the density. At *Spine & Sports Chiropractic*, we do have available the **high density** foam rollers for \$30.00.

Please don't hesitate to ask Dr. Maristuen for additional hands-on instruction with foam rolling at our clinic... *Spine & Sports Chiropractic*. There is no charge for this; we are here to help you.

For more information about our Sports Clinic, go to www.spineandsportschiro.com. Call 651-639-1066 to schedule an appointment.



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