

Exercise plan:  
**Foam Roller**



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### Foam Roller Glute and Piriformis Stretch Sitting

Lay a 4 inch (10cm) diameter foam roller on the floor. Sit on the roller so the roller is situated under your buttocks. Use your hands to support you. Bend your knees. Simply sit there and move the roller backward and forward to create a stretch to the buttocks (gluteal) muscles. Progress to a 6 inch (15cm) diameter roller.

**Hold for 20-30 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: <https://youtu.be/dYU-9envBco>



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### Foam Roller Glute and Piriformis Stretch Lying

Lay a 4 inch (10cm) diameter foam roller on the floor. Lie on the roller so the roller is situated under your buttocks. Bend your knees. Simply lie there and move the roller backward and forward to create a stretch to the buttock (gluteal) muscle. Its normal for your back to arch slightly. Progress to a 6 inch (15cm) diameter roller.

**Hold for 20-30 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: [https://youtu.be/q3VG\\_Hk8LaU](https://youtu.be/q3VG_Hk8LaU)



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### Foam Roller ITB Stretch Gentle

Lay a 4 inch (10cm) diameter foam roller on the floor. Lie on the floor with the roller under the side of your leg. Support yourself using your arms, and roll the roller up and down the side of your leg from your knee to your hip bone. You can lift your body using your arms to take pressure off the roller and make the exercise more gentle. This exercise loosens up a tendinous band along the outside of your thigh.

**Hold for 30 secs - 1 min | Repeat 1 times | Perform 1 times daily | Perform both sides**

Video: <https://youtu.be/6gAxDZttamA>

## Foam Roller ITB Stretch Hard



Lay a 6 inch (15cm) diameter foam roller on the floor. Lie on the floor with the roller under the side of your leg. Support yourself using your arms, and roll the roller up and down the side of your leg from your knee to your hip bone. You can lift your body using your arms to take pressure off the roller and make the exercise more gentle. This exercise loosens up a tendinous band along the outside of your thigh.

**Hold for 20-30 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: <https://youtu.be/rXcYdqjXTU>

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## Foam Roller Hamstring Stretch



Sit down placing a foam roller under your Hamstrings (back of the legs). Your feet should be off the ground, and you can balance using your arms. Roll the roller up and down your Hamstrings to create a stretch. You can cross your legs to emphasise the stretch on one side.

**Hold for 30 - 45 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: [https://youtu.be/\\_noLvIMRNSE](https://youtu.be/_noLvIMRNSE)

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## Foam Roller Hamstrings (Upper)



Sit down placing a foam roller under the lower part of your buttock muscles. Brace your arms behind you, and bend your knees with your feet flat on the ground. Roll the roller up and down your upper Hamstrings (the back of the upper leg), to create a stretch to this part of the hamstring.

**Hold for 20-30 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: [https://youtu.be/\\_syQkYet1ao](https://youtu.be/_syQkYet1ao)

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## Foam Roller Gastrocnemius Soleus



Sit down placing a foam roller under your calf muscles (back of the lower legs). Your feet should be off the ground, and you can balance using your arms. Roll the roller up and down your calves to create a stretch. You can cross your legs to emphasise the stretch on one side. Progress by pointing your toes backwards towards your knee.

**Hold for 30 - 45 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: <https://youtu.be/7HUSLmnd2cA>

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## Foam Roller Gastrocnemius Soleus Single Leg

Sit down placing a foam roller under your calf muscle (back of the lower leg). Your foot should be off the ground, and you can balance using your arms. Roll the roller up and down your calf to create a stretch. Progress by pointing your toes backwards towards your knee.

**Hold for 20 - 30 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: <https://youtu.be/OnUeQuOr4YY>



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## Foam Roller Quadriceps

Lie face down on the floor, resting your elbows on the floor, with the roller under your quadriceps muscles (front of the thighs). Roll the roller up and down your thighs. You can focus the stretch on one side by shifting your body weight or crossing your legs.

**Hold for 30 - 45 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: <https://youtu.be/FxDCoeb79aE>



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## Foam Roller TFL Lateral Quadriceps Prone

Lie on your side, resting your elbows on the floor, with the roller under your upper thighs. Twist your body to focus the roller over the lateral (outside) part of your thigh to create a stretch to the lateral thigh muscles.

**Hold for 20 - 30 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: <https://youtu.be/rlzcDEAOwKg>



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## Foam Roller Adductor Stretch

Lie face down resting on your hands, with your legs spread. Place a 4 inch (10cm) diameter foam roller under your inner thigh. Roll the roller along the length of your inner thigh from your knee to the hip. This creates a stretch to the adductor (inner thigh) muscle.

**Hold for 30 - 45 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: <https://youtu.be/Ffl3MNOYqSo>



## Foam Roller Tibialis Anterior Peroneus

Go on to all fours, and place your shin on top of the roller. Lift the opposite leg to make the stretch stronger. Roll the roller up and down your shin muscles, moving laterally to stretch the peroneal muscles.

**Hold for 20 - 30 secs | Repeat 2 times | Perform 1 times daily | Perform both sides**

Video: [https://youtu.be/036P\\_G1NDoU](https://youtu.be/036P_G1NDoU)

Please stop any exercise that causes pain. If you have any questions about an exercise, just email us at [info@therapystation.co.uk](mailto:info@therapystation.co.uk). Good luck and keep with it!





