

Self Myofascial Release

Adductor Stretch

Exercise Description:

Adductor Stretch

Classification:

Self Myofascial Release

Instructions:

1. Extend the thigh and place foam roll in the groin region with body prone on the floor.
2. Be cautious when rolling near the adductor complex origins at the pelvis.
3. If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.

Erector Spinae Stretch



Exercise Description:

Erector Spinae Stretch

Classification:

Self Myofascial Release

Instructions:

1. Position the client on the foam roller at the level of approx. T-2.
2. Instruct client to perform a drawing in and pelvic floor contraction to aid in spinal stabilization.
3. Once the client is positioned correctly, instruct them to roll slightly to one side (so that they are on the muscle that runs parallel to the spine and not the spine itself) and HOLD.
4. SLOWLY, the client should roll the foam roller down the side of the spine toward to pelvis, feeling for an area of increased tension.
5. Once found, the client should HOLD on this area for 30 sec - 1 min or until the muscle has relaxed about 50% (AVOID rolling over this trigger point area).
6. Once released, roll to another spot and HOLD

Gastroc Soleus Stretch



Exercise Description:

Gastroc Soleus Stretch

Classification:

Self Myofascial Release

Instructions:

1. Place foam roll under mid belly of lower leg.
2. Cross left leg over right leg to increase pressure (optional).
3. Slowly roll calve area to find the most tender area.
4. If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.

Hamstring SMR Stretch



Exercise Description:

Hamstring SMR Stretch

Classification:

Self Myofascial Release

Instructions:

1. Place hamstrings on the roll with hips unsupported.
2. Feet are crossed to increase leverage.
3. Roll from knee toward posterior hip.
4. If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.

IT Band SMR Stretch



Exercise Description:

IT Band SMR Stretch

Classification:

Self Myofascial Release

Instructions:

1. Position yourself on your side lying on foam roll.
2. Bottom leg is raised slightly off floor.
3. Maintain head in "neutral" with ears aligned with shoulders.
4. This will be EXTREMELY PAINFUL for many, and should be done in moderation.
5. Roll just below hip joint down the lateral thigh to the knee.
6. If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.

Lattissimus Dorsi SMR1 stretch



Exercise Description:

Lattissimus Dorsi SMR1 stretch

Classification:

Self Myofascial Release

Instructions:

1. Position yourself on your side with arm outstretched and foam roll placed in axillary area.
2. Thumb is pointed up to pre-stretch the latissimus dorsi muscle.
3. Movement during this technique is minimal
4. If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.

Lattissimus Dorsi SMR Stretch

**Exercise Description:**

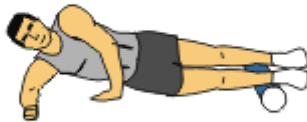
Lattissimus Dorsi SMR Stretch

Classification:

Self Myofascial Release

Instructions:

1. Start in a side lying position with arm outstretched and thumb facing upward.
2. Place the foam roll in the axillary area.
3. Slowly move back and forth to find the most tender area.
4. Once identified, hold tender spot until the discomfort is reduced by at least 75%.
5. Progress to the next tender spot.
6. Repeat directions on opposite side.

Peroneal SMR Stretch**Exercise Description:**

Peroneal SMR Stretch

Classification:

Self Myofascial Release

Instructions:

1. Position yourself on your side with elbow under the shoulder, opposing hand placed in front of the body and opposite leg bent forward to help stabilize.
2. Position the roller on the peroneals (lateral gastroc/soleus region).
3. Leave hip on the floor.
4. Activate the core/glutes by bracing and squeezing.
5. Raise the hips upwards increasing the pressure on the lower calf.
6. Roll in either direction until a "tender point" is found, hold on that point until you feel the tenderness release by approx 75%.
7. Muscles are 3 dimensional, so don't just roll in the same plane-up & down. You are allowed to move across the peroneal also.
8. Don't continually roll back and forth quickly, this will antagonize the muscle and have the opposite effect we are looking for.
9. Stop on the tender point until tenderness eases.

Quadricep SMR Stretch

**Exercise Description:**

Quadricep SMR Stretch

Classification:

Self Myofascial Release

Instructions:

1. Body is positioned prone with quadriceps on foam roll
2. It is very important to maintain proper Core control (abdominal Drawn-In position & tight gluteus) to prevent low back compensations
3. Roll from pelvic bone to knee, emphasizing the lateral thigh
4. If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.

Rhomboid SMR Stretch**Exercise Description:**

Rhomboid SMR Stretch

Classification:

Self Myofascial Release

Instructions:

1. This serves as a GREAT THORACIC MOBILITY TECHNIQUE AS WELL.
Preparation :
2. Cross arms to the opposite shoulder to clear the shoulder blades across the thoracic wall.
3. While maintaining abdominal Draw-In position, raise hips until unsupported.
4. Stabilize the head in “neutral”.
5. Roll mid-back area on the foam roll.
6. If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.

Sternocleidomastoid SMR Stretch



Exercise Description:

Sternocleidomastoid SMR Stretch

Classification:

Self Myofascial Release

Instructions:

1. Standing beside a wall place roller against the wall and gently position the side of your neck against it.
2. Tilt the roller on a slight angle with the front being lower than the back. navel and squeezing your glutes. Also keep the scapulae retracted.
3. Apply a small amount of pressure to the roller in the sternocleidomastoid area, gently move it around/up & down that area until a tender point is located.
4. Stop on the tender point, once it has eased by approx. 75% move on.

Tensor Fascia Latae SMR Stretch



Exercise Description:

Tensor Fascia Latae SMR Stretch

Classification:

Self Myofascial Release

Instructions:

1. Body is positioned prone with quadriceps on foam roll.
2. It is very important to maintain proper Core control (abdominal Drawn-In position & tight gluteus) to prevent low back compensations.
3. Foam roll is placed just lateral to the anterior pelvic bone (ASIS).
4. If a “tender point” is located, stop rolling, and rest on the tender point until pain decreases by 75%.