



Foam roll

Type: Exercise**Prescribed:** 21/11/2018

Description: Lay on your side with the foam roll under the outside of the thigh. Use your arms and other leg for support, then slowly and gently roll up and down – from hip to knee – on the foam roll.

Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Special Instructions:

- Maintain postural alignment and abdominal hollowing throughout self-MFR
- Do not tighten up when performing self MFR
- Use your arms and legs to alter the amount of pressure on the soft tissues
- Breathe normally throughout, focusing on relaxation

Instructions:

Hold For: 30 seconds

Sets: 3

Foam roll: Slowly and gently roll up and down – from hip to knee – on the foam roll. Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Self-MFR - Rectus Femoris

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Foam roll

Type: Exercise**Prescribed:** 21/11/2018

Description: Lay face down with the foam roll under the front of your thighs. Use your arms for support, then slowly and gently roll up and down – from pelvis to knee – on the foam roll.

Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Special Instructions:

- Maintain postural alignment and abdominal hollowing throughout self-MFR
- Do not tighten up when performing self MFR
- Use your arms and legs to alter the amount of pressure on the soft tissues
- Breathe normally throughout, focusing on relaxation

Instructions:

Hold For: 30 seconds

Sets: 3

Foam roll: Slowly and gently roll up and down – from pelvis to knee – on the foam roll. Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Self-MFR - Piriformis

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Foam roll

Type: Exercise**Prescribed:** 21/11/2018

Description: Sit on the foam roll with the affected hip flexed and foot positioned across the non-affected leg. Use your arms and other leg for support, then slowly and gently roll the gluteal soft tissues on the foam roll.

Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Special Instructions:

- Maintain postural alignment and abdominal hollowing throughout self-MFR
- Do not tighten up when performing self MFR
- Use your arms and legs to alter the amount of pressure on the soft tissues
- Breathe normally throughout, focusing on relaxation

Instructions:

Hold For: 30 seconds

Sets: 3

Foam roll: Slowly and gently roll the gluteal soft tissues on the foam roll. Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Self-MFR - Gastrocnemius-soleus

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Foam roll

Type: Exercise

Prescribed: 21/11/2018

Description: Sit on the ground with the foam roll under the back of the calves. Use your arms for support, then slowly and gently roll up and down – from knee to ankle – on the foam roll.

Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Special Instructions:

- Maintain postural alignment and abdominal hollowing throughout self-MFR
- Do not tighten up when performing self MFR
- Use your arms and legs to alter the amount of pressure on the soft tissues
- Breathe normally throughout, focusing on relaxation

Instructions:

Hold For: 30 seconds

Sets: 3

Foam roll: Slowly and gently roll up and down – from knee to ankle – on the foam roll. Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Self-MFR - Hamstrings

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Foam roll

Type: Exercise

Prescribed: 21/11/2018

Description: Sit on the ground with the foam roll under the back of the thighs. Use your arms for support, then slowly and gently roll up and down – from pelvis to knee – on the foam roll.

Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Special Instructions:

- Maintain postural alignment and abdominal hollowing throughout self-MFR
- Do not tighten up when performing self MFR
- Use your arms and legs to alter the amount of pressure on the soft tissues
- Breathe normally throughout, focusing on relaxation

Instructions:

Hold For: 30 seconds

Sets: 3

Foam roll: Slowly and gently roll up and down – from pelvis to knee – on the foam roll. Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Self-MFR - Adductors

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Foam roll

Type: Exercise

Prescribed: 21/11/2018

Description: Lay face down with the foam roll under the inside of one your thighs. Use your arms and other leg for support, then slowly and gently roll in and out – from groin region to knee – on the foam roll.

Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Special Instructions:

- Maintain postural alignment and abdominal hollowing throughout self-MFR
- Do not tighten up when performing self MFR
- Use your arms and legs to alter the amount of pressure on the soft tissues
- Breathe normally throughout, focusing on relaxation

Instructions:

Hold For: 30 seconds

Sets: 3

Foam roll: Slowly and gently roll in and out – from groin region to knee – on the foam roll. Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Self-MFR - TFL

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Foam roll

Type: Exercise

Prescribed: 21/11/2018

Description: Lay on your side with the foam roll under the outside of the pelvis / hip. Use your arms and other leg for support, then slowly and gently roll up and down on the foam roll.

Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Special Instructions:

- Maintain postural alignment and abdominal hollowing throughout self-MFR
- Do not tighten up when performing self MFR
- Use your arms and legs to alter the amount of pressure on the soft tissues
- Breathe normally throughout, focusing on relaxation

Instructions:

Hold For: 30 seconds

Sets: 3

Foam roll: Slowly and gently roll up and down on the foam roll. Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Self-MFR - Plantar Fascia

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Self-MFR

Type: Exercise

Prescribed: 21/11/2018

Description: Sit in a chair with a ball under the sole of the foot. Slowly and gently roll forward and backward – from heel to toes – on the ball.

Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)

Special Instructions:

- Maintain postural alignment and abdominal hollowing throughout self-MFR

- Do not tighten up when performing self MFR
- Use your arms and legs to alter the amount of pressure on the soft tissues
- Breathe normally throughout, focusing on relaxation

Instructions:

Hold For: 30 seconds

Sets: 3

Self-MFR: Slowly and gently roll forward and backward – from heel to toes – on the ball. Hold the pressure on painful / tender areas until a 'release' is felt or pain subsides and soft tissue restrictions diminish (approximately 30 to 90 seconds depending on the pressure intensity)