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BASIC FOAM ROLLING TECHNIQUES TO ADDRESS TRIGGER POINTS (KNOTS), MUSCLE TIGHTNESS, & OVERALL SOFT TISSUE QUALITY

The rolling techniques depicted below are a few of the ones most commonly performed to excessive tightness in the larger muscles of the lower body. We generally suggest 10-15 passes over each area, pausing over particular localized spots of tightness. There are additional, more advanced techniques that can be used on these and many other areas, but this guide offers a basic introduction to foam rolling and self myofascial release in general.



Target: Gluteal Group & Piriformis

Remember to sit on the glute of the crossed over leg. For more precise pressure, this same position can be assumed over a lacrosse ball or softball.

Target: Iliotibial Band



This is a thick band of connective tissue that runs from the crest of your hip down the lateral side of the thigh to the knee. When this band, its primary muscle (the tensor fascia lata, at the hip), or the outer portion of your quadriceps display trigger points or general tightness, pain can result around the hip, lateral thigh, or at the knee. A complete pass begins just above the knee and ends just below the hip. Note that in this version, the free leg is used to control how much of your bodyweight is placed on the target area. Below is a version that places additional pressure to the target area and can be used once tolerance is built for the lower pressure.



Target: Quadriceps

The basic version of the quadriceps roll also employs the free leg to control the pressure applied to the target area. Start just above the knee joint and finish up where the quadriceps femoris (long one down the middle) inserts on the crest of your hip.



Target: Hamstrings



Crossing one leg over the other should provide adequate pressure for most beginners. Start just above the knee joint and finish right before reaching the gluteal area or buttocks. If and when increased pressure is desired, one can obtain a harder surfaced roller such as 6 inch PVC pipe or wood.

** Helpful Hint: Always try to relax and yield to the pressure for optimal results. Your tolerance should increase with consistent (3-5 times per week) exposure.*