

MUSCLE TENSION RELEASE:

Hold each position for at least 20 seconds

- **Calf complex (calf, soleus)**

- sit on ground w/ legs extended
- position arm next to hips for support
- place foam roller in perpendicular position beneath leg near ankle
- place left leg over right
- lift butt off floor & roll towards knee to find TS

*rotate leg in or out to search



- **outer thigh (IT band, TFL)**

- lay on side w/ upper body supported by elbow & arm
- place FR between elbow & hip w/ FR in perpendicular position to body
- top leg crosses over in front w/ foot flat on floor for support
- place hip on FR & roll towards knee to find TS

*rotate hips forward to search



- **inner thigh (adductors)**

- lay on stomach w/ FR parallel next to body
- cross leg over FR so in contact w/ inner thigh
- reposition FR perpendicular to leg
- roll between hip & knee to find TS

*rotate leg in or out to search



- **front thigh (quads)**

- lay on stomach w/ FR perpendicular to body at hip position
- place one hip on end of FR
- roll towards knee to find TS

*rotate leg in or out to search



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- **back thigh (hamstrings)**

- place one hamstring on end of FR
- lift butt & roll between knee & butt to find TS
- *rotate leg in or out to search



- **butt (glute max & med, piriformis)**

- sit on FR w/ FR in perpendicular position w/ legs extended
- arms behind on floor for support
- rest right ankle above left knee
- bend left knee as close to 90 degrees as possible
- roll around or lean to right to find TS
- *rotate more to outside to search



- **neck (cervical erectors)**

- lay on back w/ back of neck on FR
- lift butt up & rotate whole body to one side to find TS



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- **armpits (lats, teres)**

- place armpit on FR
- rotate back or move upwards to roll FR lower to find TS



- **mid back (rhomboids, mid traps)**

- place back on FR w/ FR perpendicular to body (across shoulders)
- cross arms to protract scapula
- lift butt up
- rotate to one side to find TS



- **upper back (upper traps, levators)**

- lay w/ back on FR w/ FR parallel to spine
- drop head to one side so FR is in contact w/ base of neck
- lift butt up to apply pressure on trap and find TS

