**Foam Roller**

**Outer Thigh (Iliotibial band/ITB)**

Start point: On hip and roll up/down  
End point: Stop 2-3 inches above the knee joint

**Front Thigh (Quadriceps Muscles)**

Start point: High on the front of the thigh  
End point: 2-3 inches above the knee cap

**Groin (Iliopsoas/Hip Flexor Muscles)**

Start point: On front of thigh  
End point: Just above mid-thigh
Inner Thigh (Adductor Muscles)

Start point: High on inner thigh
End point: Just above the knee

Posterior Thigh (Hamstring Muscles)

Start: High on the back of the thigh near buttocks
End point: Just above the back of the knee

Buttocks (Gluteal Muscles)

Sit with RIGHT buttock on foam roller. Place RIGHT ankle on LEFT knee. Shift weight onto RIGHT buttock and roll forward/backward. Repeat on opposite side
**Calves (Gastrocnemius/Soleus Muscles)**

Start point: Under the knee above the calf

End point: Just above the heel tendon

**Outer Lower Leg (Peroneal Muscles)**

Start point: below the knee joint

End point: Above the outside ankle bone

**Front Shin (Anterior Tibialis Muscle)**

Start point: Below front of the knee

End point: Above the ankle
Back

Start point: Just below shoulder blades
End point: Above the buttocks

Side Torso (Latissimus Dorsi Muscles)

Start point: By the under arm pit
End point: About 6 inches down along side torso

Back of the Arm (Triceps Muscles)

Start point: Back of upper arm
End point: Just above the elbow
Chest (Pectoralis Muscles)

Start Point: By the front of the shoulder

End point: Towards the middle of the chest

Chest Stretch

Foam roller on the middle of the spine and let the chest stretch
Lacrosse Ball Rolling

Outer Thigh (Iliotibial Band/ITB)

Start point: Below the outer hip bone

End point: 3 inches above the knee joint
Back of Thigh (Hamstring Muscles)

Start point: Below the buttocks

End point: 4 in above the back of knee joint
Front Thigh (Quadriceps Muscles)

Start point: Below the groin or hip flexors

End point: 2 inches above the knee cap
Calves (Gastrocnemius/Soleus Muscles)

Start point: Below the knee joint

End point: 6 in above the heel bone
**Bottom of Foot (Plantar Fascia)**

Start point: Just before the toes or ball of the foot

End point: Just in front of the heel bone

*May perform in standing*
Back Muscles

Start point: Any sore muscle spot on the back
*May perform laying down

End point: Roll up/down to comfort
Band Stretches

Calves Stretch (Gastrocnemius/Soleus Muscles)

Place the band on the ball of foot and pull towards you until stretch is felt on the calf muscles.

Outside Shin (Inversion) Stretch

Place band on the ball of foot and pull inward (arrow shown), stretch is felt on the outside lower leg.
Inner Shin (Eversion) Stretch

Place band on the ball of foot and pull outward (arrow shown), stretch is felt on the inside lower leg.

Back of Thigh (Hamstring/Calves) Stretch

Laying down, place band on the forefoot and pull leg towards you until stretch is felt on the Hamstring and/or calf muscles.
Inner Thigh (Adductor Muscles) Stretch

Laying down, place band on the forefoot and pull outward until stretch is felt on the inner thigh

Outer Thigh (Abductor Muscles) Stretch

Laying down, place band on the forefoot and pull inward/across until stretch is felt on the outer thigh
Buttocks (Piriformis/Gluteal Muscles) Stretch

Step 1: Laying down, cross the leg on the opposite side

Step 2: Bring opposite leg towards you

Step 3: Grab opposite leg under the thigh and pull towards you

*Stretch is felt on the opposite buttock area
Alternate Buttock Stretch (Piriformis/Gluteal Muscle)

Laying down, Grab knee with opposite arm

Pull towards opposite shoulder, stretch is felt on buttocks area
Pull Up Assist with Band

Pull up position with band on one foot

Pull up until chin is above pull up bar, keep knee straight

*Ensure band doesn’t slip off the foot