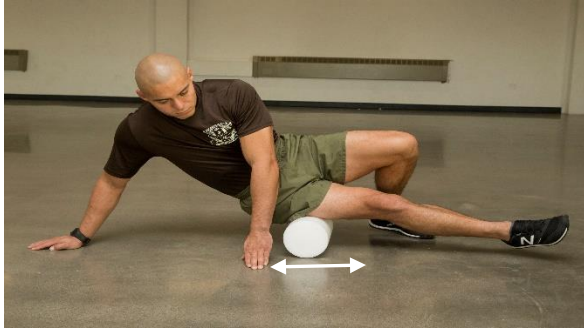


# Foam Roller

## Outer Thigh (Iliotibial band/ITB)



Start point: On hip and roll up/down

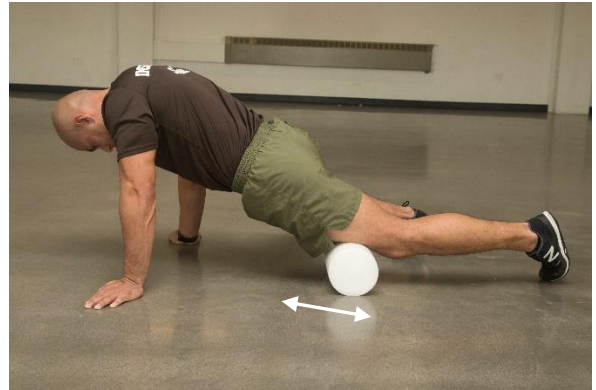


End point: Stop 2-3 inches above the knee joint

## 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)

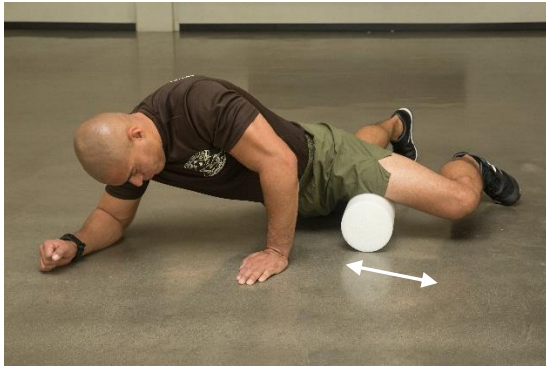


Start point: On front of thigh

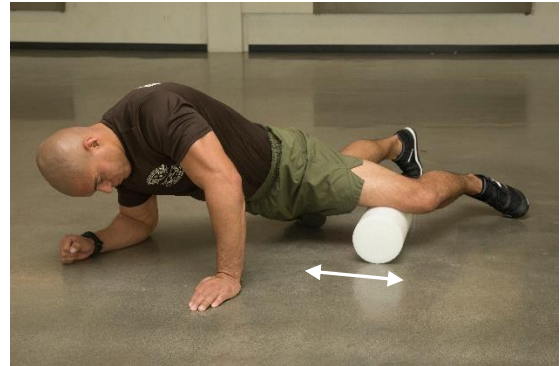


End point: Just above mid-thigh

### Inner Thigh (Adductor Muscles)

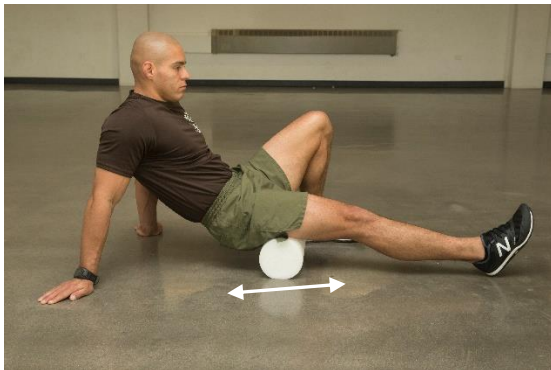


Start point: High on inner thigh



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)

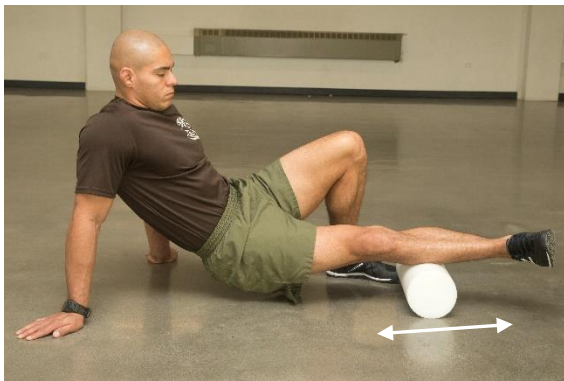


Start point: Under the knee above the calf



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

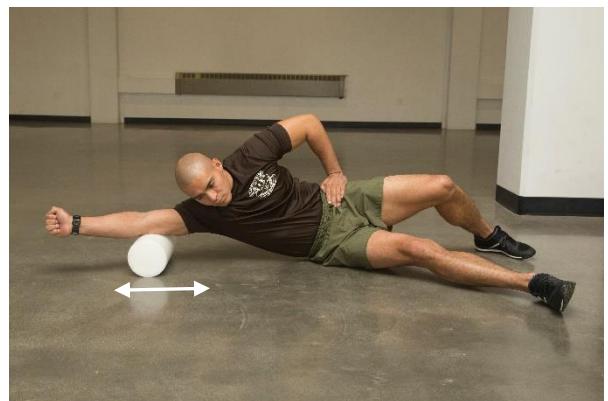


End point: About 6 inches down along side torso

## 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)



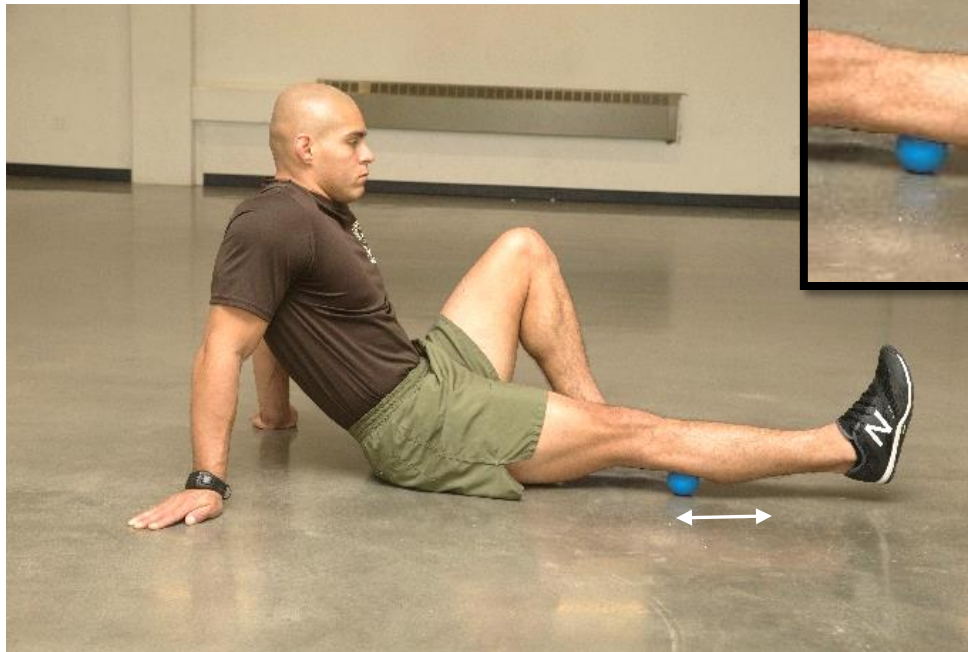
Start point: Below the groin or hip flexors



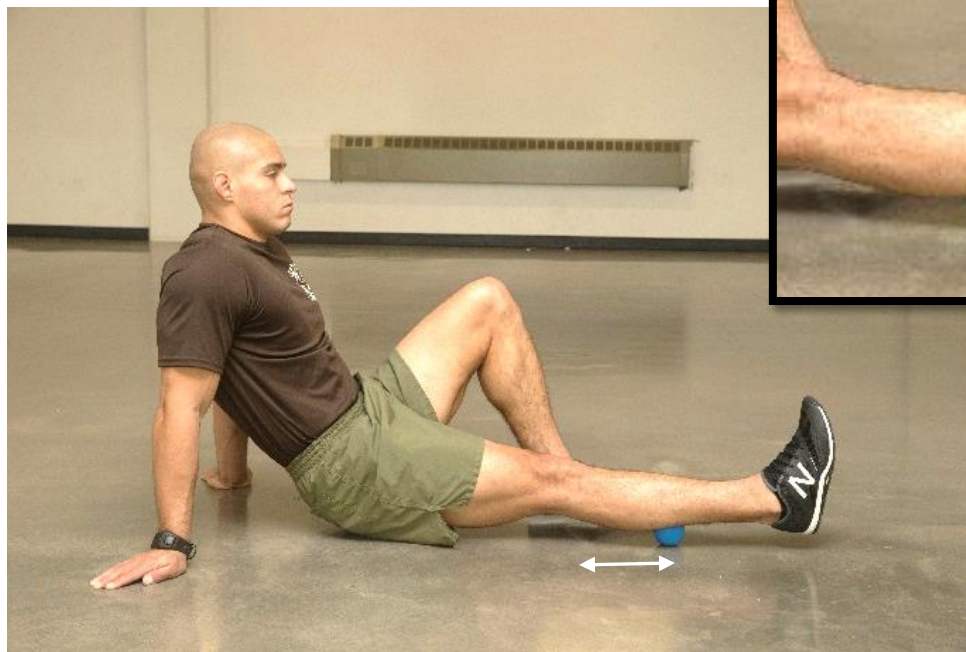
End point: 2 inches above the knee cap



## 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



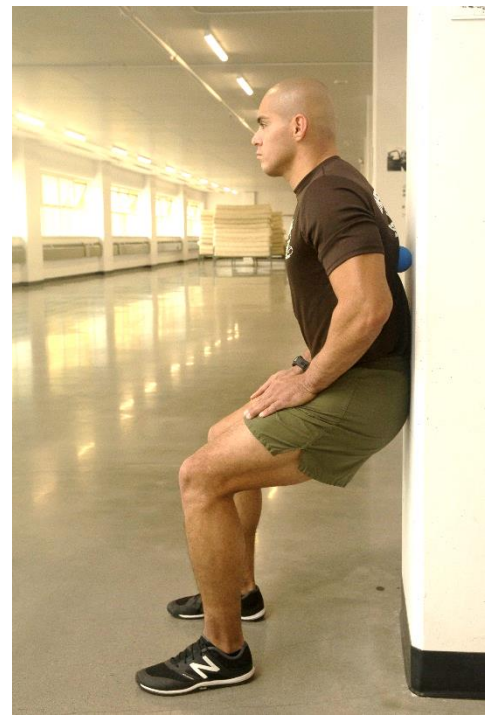
End point: Just in front of the heel bone

\*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