

Foam Rolling Work Sheet

Roll the following muscles with a foam roller or tennis ball for 30-60 seconds on each side prior to a run or workout, or by itself on any day. You can pause on sore spots or trigger points and breathe deep focusing on relaxing that area and that will help too. If it hurts too much don't put so much pressure on the muscle. Don't do too much too soon.

WARNING: Do not roll on recently injured areas, bony prominences or joints, or if you have circulatory problems such as fibromyalgia.



hip flexors



quads



ITB



hamstrings



adductors



calves



peroneals



tibialis anterior

