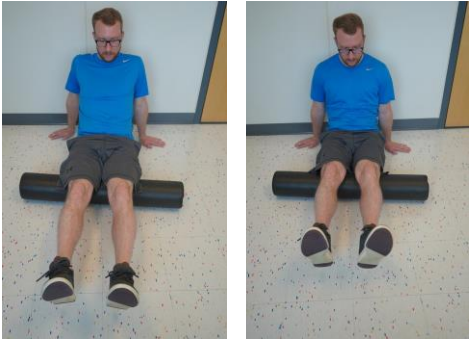


## Lower Extremity Foam Rolling Home Exercise Program

Each foam rolling position should be completed over the entirety of the muscle(s) being targeted. Foam rolling should be performed 2-3 times a day on both sides for 60-90 seconds on each body part. If you discover certain areas with more tension or knots, focus on these areas by rolling specifically back and forth over them until they release.

### Hamstrings (Both Legs)

Sit with the back of your thighs on the foam roller. Place both hands on the ground and use them to rock yourself forwards and backwards, from the back of your knees to the top of your buttocks.



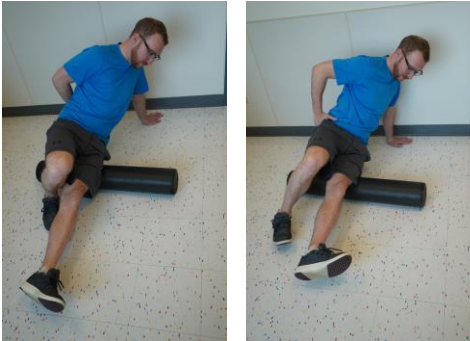
### Hamstrings (Single Leg)

Sit with the back of one of your thighs on the foam roller, cross your other leg over the one on the foam roller. Place both hands on the ground and use them to rock yourself forwards and backwards, from the back of your knee to the top of your buttocks.



### Iliotibial Band (ITB)

Sit with the outside portion of your leg on the foam roller. Place both hands on the ground and use them to rock yourself forwards and backwards, from the outside aspect of the knee to the outside of your hip. \*\*Note that the ITB is a more sensitive area to foam roll, you may place your other foot on the ground to alleviate additional pressure if needed.



### Quadriceps (Both Legs)

Lay facing the ground with the foam roller under the front of your thighs. Place both hands on the ground and use them to rock yourself forwards and backwards, from the top of your knees to the front of your hips.



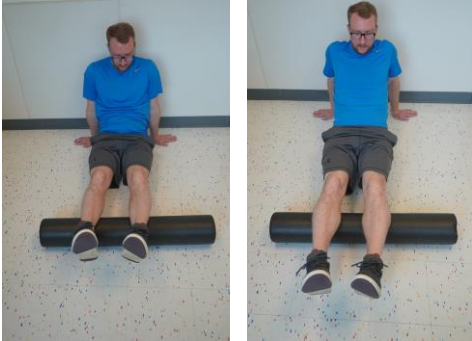
### Quadriceps (Single Leg)

Lay facing the ground with the foam roller under the front of one of your thighs, cross your other leg behind the one on the foam roller. Place both hands on the ground and use them to rock yourself forwards and backwards, from the top of your knee to the front of your hip.



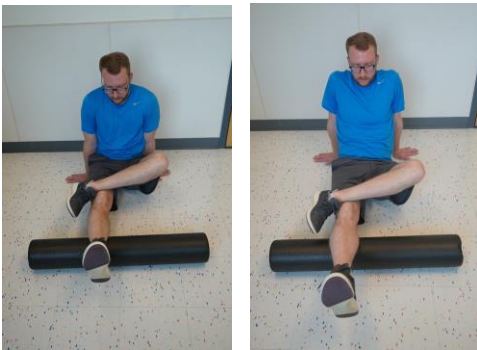
### **Gastrocnemius (Calves, Both Legs)**

Sit with the back of your lower legs on the foam roller. Place both hands on the ground and use them to rock yourself forwards and backwards, from your heels to the back of your knees.



### **Gastrocnemius (Calves, Single Leg)**

Sit with the back of one of your lower legs on the foam roller, cross the other leg over the leg on the foam roller. Place both hands on the ground and use them to rock yourself forwards and backwards, from your heel to the back of your knee.



### **Piriformis**

Sit on the foam roller with your legs placed in a “figure four” position. Lean towards the side where the leg is placed upon the other. Place both hands on the ground and use them to rock yourself forwards and backwards over the span of your outer buttocks.

