

Muscle Release Techniques

FOR THE ORIGINAL TEXTURED FOAM ROLL

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Quadriceps



Lie in the plank position and place the Thera-Roll® under the quadriceps. Roll over the Thera-Roll®, concentrating on the area from the top of your knee caps up to the front of your hips. You may also focus on the inner and outer aspects of the front thighs.

NOTE: Don't roll over your knee caps, as doing so will cause irritation.

Iliotibial Band (ITB)



Place the Thera-Roll® under the upper thigh and lie on your side. Roll the Thera-Roll® over the tissue on the outer thigh between the hip and side of the knee.

NOTE: Don't roll over the outer bony point of the hip or the bony aspects of the knee, as doing so will cause irritation.

Inner Thigh



Lie in the plank position on the floor and place your inner thigh over the Thera-Roll®. Roll over knotted or tight muscle tissue between the inner knee and just below the groin.

NOTE: Avoid rolling over your knee cap or any other bony prominence of your knee.

Glutes



To release tightness and knotted areas in your hips, sit on the Thera-Roll®, move side to side, and roll up and down. Focus on one hip at a time for a more intense muscle release. If needed, place a pillow or a foam pad under your hands.

NOTE: Don't roll over your Sacroiliac joints, located in the back of your hips, as doing so will cause irritation.

Piriformis



Sit on the Thera-Roll®, crossing one leg over the opposite knee. Roll over the gluteal/hip rotator region with small, deliberate movements.

NOTE: Be careful to release the tissue slowly, as the Sciatic nerve is exposed in this bent hip and knee position and can become sore with overly aggressive rolling.

Hamstrings



Sit on the Thera-Roll® and roll up and down over the muscle tissue located between the back of your hip and the back of your knee, as well as side to side. Because the muscles of the hamstrings are both lengthy and thick, more time may be required to effectively release the tissue.

NOTE: Exercise caution when rolling the Thera-Roll® behind the knee, as to avoid injury to nerves and vascular tissue.

CAUTION:

Always consult your physician or rehabilitation specialist before performing any physical activity. No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of Thera-Roll® use.

Please visit our website for additional techniques, contraindications and more information on our products.

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Lumbar Region



Lie on the Thera-Roll® at an angle with one leg crossed over the opposite knee. Allow the ridges of the roll to penetrate the muscle tissue running parallel to the spine. This muscle group becomes particularly tight due to lifting, twisting, and having to support the upper body.

NOTE: Exercise caution when rolling over the tips of the lower ribs, as aggressive pressure and friction can cause injury.

Rhomboids



Lie on the floor and place the Thera-Roll® under your shoulder blades. Open up the shoulder blades by folding your arms across your chest. Place your feet flat on the floor, bend your knees, and elevate your hips as needed. Move over the tight and sore spots of the muscles between the shoulder blades.

NOTE: Stabilize your neck in a comfortable position without allowing your head to fall backwards towards the floor.

Thoracic Extension



Lie perpendicular on the Thera-Roll® with the roll positioned just below the tips of your shoulder blades. Slowly lean backwards toward the floor and stretch your arms up and out to each side as high as you can.

NOTE: Those with Spinal Stenosis should avoid this exercise. Move slowly to increase the intensity of your stretch gradually. Avoid any bouncing when performing this stretch.

Thoracic Region



Lie on the floor with the Thera-Roll® placed under your shoulder blades. Fold your arms across your chest - opening up the shoulder blades. Place your feet flat on the floor with your knees bent and elevate your hips as needed. Move over the tight and sore muscles of the mid-back. Focus on the region from the shoulder blades down to the lower back. Rotating the torso slightly will allow you to release the tissue to the side of the spine.

NOTE: Stabilize your neck in a comfortable position without allowing your head to fall backwards towards the floor.

Shins



Rest the Thera-Roll® under your shins and place your hands on the floor. Roll up and down between the area just below the knees and above the ankles.

NOTE: Don't roll over the knee caps or any bony prominence of the knees.

Calf



Place the Thera-Roll® under your calf and roll up and down the calf in a controlled fashion. Focus on knotted tissue and/or exceptionally sore areas.

NOTE: For a deeper calf massage, increase pressure by placing one leg over and onto the other.

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