

TISSUE DENSITY/MYOFASCIAL RELEASE EXERCISES



FOAM ROLL IT BANDS: Lie on your side and roll each IT band slowly from the lateral epicondyle of the hip to the lateral side of the distal femur.



PIRIFORMIS MYOFASCIAL RELEASE: Sit on the ground with the right leg crossed over the left. Bend the left leg while placing a foam roller or a tennis ball underneath the right glute. Roll in a circular motion on the gluteal muscle.



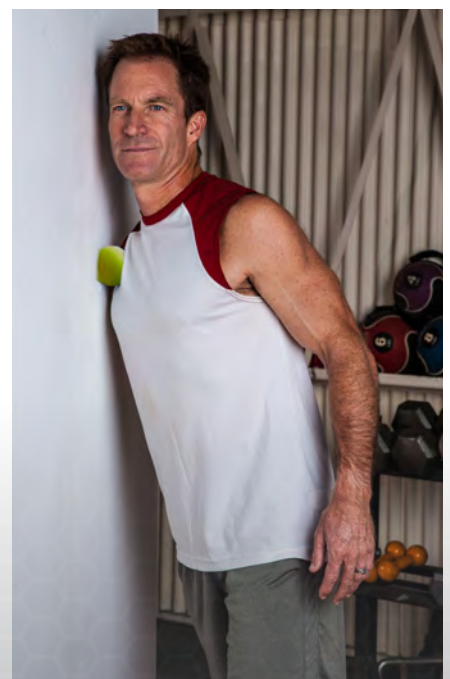
FOAM ROLL ADDUCTORS: Angle the foam roller on the inner thigh just below the pubis and roll down and over the adductor muscles to just above medial aspect of the knee.



FOAM ROLL THORACIC SPINE: Lay supine on a foam roller, abduct the scapula by wrapping your arms around your torso. Roll up and down the thoracic spine, while keeping the feet firmly on the ground.



MYOFASCIAL RELEASE LOWER LEG: Place a foam roller under the calf and perform rolls over the lateral, posterior and anterior aspects of the lower leg.



FOAM ROLL CHEST: Place a tennis ball against a wall and lean the chest into the ball below the lateral aspect of the clavicle and apply circular pressure into the pectoralis major.