

MYOFASCIAL RELEASE

Exercises

KEY POINTS

1. Locate and concentrate on pain spots until pain disappears (20 sec. to 2 min.).
2. Stay on the soft tissue, avoid bones and joint areas.
3. Stretch your arms and your neck muscles to maintain a neutral neck/head alignment.
4. Breathe slowly and consistently (2 seconds in, 4 seconds out).
5. Drink plenty of water.
6. Work both sides of the body.

NECK RELEASE

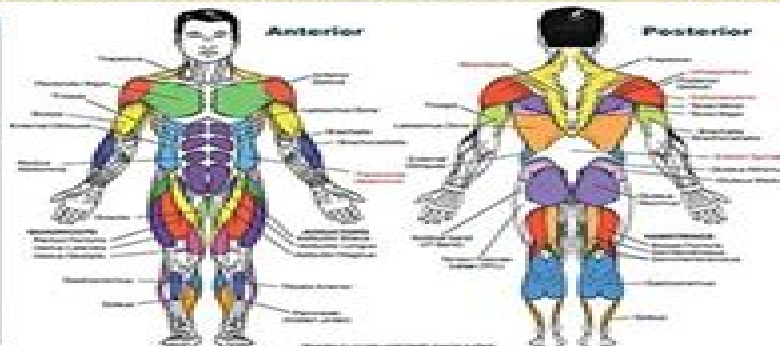
Back & Front

Back to 90°

Front to 90°

1. Place the roller under the neck in the neutral position.
2. Roll & hold, lift the head to the ceiling. Hold 20 seconds.
3. Roll to 90° and hold for 20 seconds.
4. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.



QUADRICEP RELEASE

1. Lay face down with the roller positioned on your thighs. Place your forearms on the floor for leverage.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

UPPER BACK RELEASE

1. Lie on your upper back on the roller with your knees bent and your feet flat on the floor.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

LOWER BACK RELEASE

1. Lie on the roller with your knees bent and your feet flat on the floor.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

PIRIFORMIS AND HAMSTRING RELEASE

1. Sit on the roller with your knees bent and your feet flat on the floor.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

T-Spine RELEASE

1. Lay on your back on the roller with your knees bent and your feet flat on the floor.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

IT BAND AND TFL RELEASE

1. Place the roller under your right leg.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

INNER THIGH RELEASE

1. Lay face down with your knees bent and your feet flat on the floor.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

SHOULDER & LAT RELEASE

1. Lay on your side with your knees bent and your feet flat on the floor.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

GLUTE RELEASE

1. Sit on the edge of the roller with your knees bent and your feet flat on the floor.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.

CALF AND SHIN RELEASE

1. Sit on the edge of the roller with your knees bent and your feet flat on the floor.
2. Roll to 90° and hold for 20 seconds.
3. Roll to 90° and hold for 20 seconds.

Range of Motion: Roll from front to back and side to side.



Safety Rules:

1. Do not use the roller on any hard surfaces.
2. Do not use the roller on any wet surfaces.
3. Do not use the roller on any hot surfaces.

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Myofascial Release Chart Poster

Katrin Zwirglmaier



Myofascial Release Chart Poster:

Adopting the Track of Phrase: An Mental Symphony within **Myofascial Release Chart Poster**

In a global taken by screens and the ceaseless chatter of instant connection, the melodic beauty and psychological symphony developed by the prepared term frequently fade in to the backdrop, eclipsed by the relentless noise and interruptions that permeate our lives. However, located within the pages of **Myofascial Release Chart Poster** an enchanting fictional value filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this fascinating masterpiece conducts viewers on a mental trip, skillfully unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of this poignant analysis, we shall investigate the book is central harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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