

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 bony 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

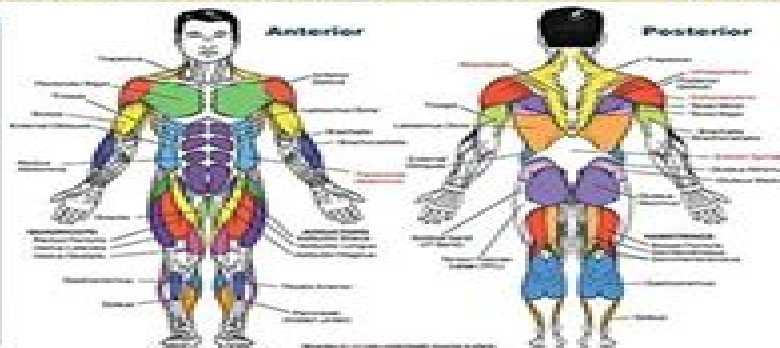
Back & Front

Back to 90°

Front to 90°

1. Place the roller under the neck in the midline.
2. Roll & hold, lift the head to the ceiling. Hold.
3. Roll to 90° until the roller is over the ear.
4. Roll to 90° until the roller is over the ear. Roll to 90° until the roller is over the ear.

Range of Motion: Roll to 90° on both sides of the neck.



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° until the roller is over the knee. Hold.
3. Roll to 90° until the roller is over the knee. Hold.

Range of Motion: Roll to 90° on both sides of the thigh.

UPPER BACK RELEASE

1. Roll your upper back on the roller and your hands extended over your head, and your feet to the ceiling and pull your torso back and forth.
2. Keep your feet flat on the floor.
3. Roll to 90° until the roller is over the shoulder. Hold.
4. Roll to 90° until the roller is over the shoulder. Hold.

Range of Motion: Roll to 90° on both sides of the back.

LOWER BACK RELEASE

1. Sit on the roller with your knees bent and feet flat on the floor.
2. Roll your torso slightly back and forth, keeping your feet flat on the floor.
3. Roll to 90° until the roller is over the hip. Hold.
4. Roll to 90° until the roller is over the hip. Hold.

Range of Motion: Roll to 90° on both sides of the back.

POWERS AND HANDBAND RELEASE

1. Sit on the roller with your knees bent and feet flat on the floor.
2. Roll your torso slightly back and forth, keeping your feet flat on the floor.
3. Roll to 90° until the roller is over the hip. Hold.
4. Roll to 90° until the roller is over the hip. Hold.

Range of Motion: Roll to 90° on both sides of the back.

T-Spine RELEASE

1. Lay on your back on the roller with your knees bent and feet flat on the floor.
2. Roll your torso slightly back and forth, keeping your feet flat on the floor.
3. Roll to 90° until the roller is over the hip. Hold.
4. Roll to 90° until the roller is over the hip. Hold.

Range of Motion: Roll to 90° on both sides of the back.

IT BAND AND TFL RELEASE

1. Place the roller under your right leg.
2. Roll your torso slightly back and forth, keeping your feet flat on the floor.
3. Roll to 90° until the roller is over the hip. Hold.
4. Roll to 90° until the roller is over the hip. Hold.

Range of Motion: Roll to 90° on both sides of the back.

INNER THIGH RELEASE

1. Lay face down, with your knees bent and feet flat on the floor.
2. Roll your torso slightly back and forth, keeping your feet flat on the floor.
3. Roll to 90° until the roller is over the hip. Hold.
4. Roll to 90° until the roller is over the hip. Hold.

Range of Motion: Roll to 90° on both sides of the back.

SHOULDER & LAT RELEASE

1. Lay on your side, with your knees bent and feet flat on the floor.
2. Roll your torso slightly back and forth, keeping your feet flat on the floor.
3. Roll to 90° until the roller is over the hip. Hold.
4. Roll to 90° until the roller is over the hip. Hold.

Range of Motion: Roll to 90° on both sides of the back.

GLUTE RELEASE

1. Sit on the edge of the roller with your knees bent and feet flat on the floor.
2. Roll your torso slightly back and forth, keeping your feet flat on the floor.
3. Roll to 90° until the roller is over the hip. Hold.
4. Roll to 90° until the roller is over the hip. Hold.

Range of Motion: Roll to 90° on both sides of the back.

CALF AND SHIN RELEASE

1. Lay face down, with your knees bent and feet flat on the floor.
2. Roll your torso slightly back and forth, keeping your feet flat on the floor.
3. Roll to 90° until the roller is over the hip. Hold.
4. Roll to 90° until the roller is over the hip. Hold.

Range of Motion: Roll to 90° on both sides of the back.



Safety Rules:

1. Do not use the roller on bony areas or joints.
2. Do not use the roller on the neck or head.
3. Do not use the roller on the lower back or spine.
4. Do not use the roller on the upper back or spine.

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Annelies Wilder-Smith



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