

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.

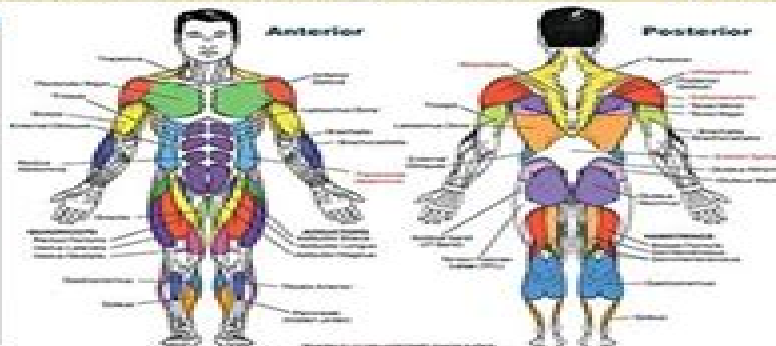
NECK RELEASE

Back & Front

Back to 90°

Range of Motion: Neck rolls back only, not forward.

1. Place the roller under the back of the neck.
2. Roll back & forth, left side towards the ceiling, head towards the floor.
3. Roll forward & back, head towards the ceiling, head towards the floor.
4. Roll side to side, head towards the ceiling, head towards the floor.



QUADRICEP RELEASE

Range of Motion: Roll the knee up and down.

1. Lay face down with the roller positioned on your thighs. Place your forearms on the floor for leverage.
2. Roll the knee up and down.
3. Roll the knee up and down.

UPPER BACK RELEASE

Range of Motion: Roll the shoulder up and down.

1. Roll your upper back on the roller with your arms extended over your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.

LOWER BACK RELEASE

Range of Motion: Roll the shoulder up and down.

1. Sit on the roller with your feet on the roller and your arms extended over your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.

PIRIFORM AND HAMSTRING RELEASE

Range of Motion: Roll the shoulder up and down.

1. Sit on the roller with your feet on the roller and your arms extended over your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.

T-Spine RELEASE

Range of Motion: Roll the shoulder up and down.

1. Lay on your back with the roller under your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.

IT BAND AND TFL RELEASE

Range of Motion: Roll the shoulder up and down.

1. Lay on the roller with your feet on the roller and your arms extended over your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.

INNER THIGH RELEASE

Range of Motion: Roll the shoulder up and down.

1. Lay face down with the roller under your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.

SHOULDER & LAT RELEASE

Range of Motion: Roll the shoulder up and down.

1. Lay on your side with the roller under your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.

GLUTE RELEASE

Range of Motion: Roll the shoulder up and down.

1. Lay on the roller with your feet on the roller and your arms extended over your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.

CALF AND SHIN RELEASE

Range of Motion: Roll the shoulder up and down.

1. Lay on your back with the roller under your head, and your feet on the roller and your lower back and feet.
2. Roll your feet on the roller.
3. Roll your feet on the roller.
4. Roll your feet on the roller.



Safety Rules:

1. Do not use the roller on your face, neck, or head.
2. Do not use the roller on your arms, legs, or feet.
3. Do not use the roller on your back, chest, or abdomen.
4. Do not use the roller on your spine, hips, or joints.
5. Do not use the roller on your stomach, intestines, or organs.
6. Do not use the roller on your blood vessels, nerves, or lymphatic system.
7. Do not use the roller on your skin, hair, or nails.
8. Do not use the roller on your teeth, tongue, or throat.
9. Do not use the roller on your eyes, ears, or nose.
10. Do not use the roller on your mouth, lips, or chin.
11. Do not use the roller on your neck, throat, or larynx.
12. Do not use the roller on your trachea, bronchi, or lungs.
13. Do not use the roller on your heart, stomach, or intestines.
14. Do not use the roller on your liver, spleen, or pancreas.
15. Do not use the roller on your kidneys, bladder, or prostate.
16. Do not use the roller on your uterus, ovaries, or vagina.
17. Do not use the roller on your testicles, penis, or scrotum.
18. Do not use the roller on your anus, rectum, or sigmoid colon.
19. Do not use the roller on your sigmoid colon, descending colon, or transverse colon.
20. Do not use the roller on your ascending colon, cecum, or appendix.
21. Do not use the roller on your small intestine, large intestine, or rectum.
22. Do not use the roller on your stomach, duodenum, or jejunum.
23. Do not use the roller on your ileum, cecum, or appendix.
24. Do not use the roller on your sigmoid colon, descending colon, or transverse colon.
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The Top Books of the Year Myofascial Release Chart Poster The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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Table of Contents Myofascial Release Chart Poster

1. Understanding the eBook Myofascial Release Chart Poster
 - The Rise of Digital Reading Myofascial Release Chart Poster
 - Advantages of eBooks Over Traditional Books
2. Identifying Myofascial Release Chart Poster
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Myofascial Release Chart Poster
 - User-Friendly Interface
4. Exploring eBook Recommendations from Myofascial Release Chart Poster
 - Personalized Recommendations
 - Myofascial Release Chart Poster User Reviews and Ratings
 - Myofascial Release Chart Poster and Bestseller Lists
5. Accessing Myofascial Release Chart Poster Free and Paid eBooks
 - Myofascial Release Chart Poster Public Domain eBooks
 - Myofascial Release Chart Poster eBook Subscription Services
 - Myofascial Release Chart Poster Budget-Friendly Options
6. Navigating Myofascial Release Chart Poster eBook Formats
 - ePub, PDF, MOBI, and More
 - Myofascial Release Chart Poster Compatibility with Devices
 - Myofascial Release Chart Poster Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Myofascial Release Chart Poster
 - Highlighting and Note-Taking Myofascial Release Chart Poster
 - Interactive Elements Myofascial Release Chart Poster
8. Staying Engaged with Myofascial Release Chart Poster

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Myofascial Release Chart Poster
- 9. Balancing eBooks and Physical Books Myofascial Release Chart Poster
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Myofascial Release Chart Poster
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Myofascial Release Chart Poster
 - Setting Reading Goals Myofascial Release Chart Poster
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Myofascial Release Chart Poster
 - Fact-Checking eBook Content of Myofascial Release Chart Poster
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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