



Better Back™ Foam Roller Guide

If you experience tightness or pain in your lower back, your surrounding muscles could be the culprit. Many times, surrounding fascia and muscles such as hip flexors, glutes, and hamstrings can be tight, causing you to feel pain in other areas like your back.

Incorporating these stretches into your pre- and post-workout routines can help alleviate & prevent back pain. Start slow and listen to your body!

HAMSTRING ROLL



Sit on the roller and lean back on your hands, extending one leg out while bending the other for stabilization. Roll from your glutes to just above the knee. Repeat on the other side.

NOTE: Be cautious of rolling behind the knee to avoid injury to nerves and vascular tissue.

ILIOTIBIAL BAND ROLL



Sit on the roller then rotate to one side, placing your forearm flat on the ground and the roller under your outer thigh area. Cross your top leg over stabilize yourself. Glide the roller between the upper and lower thigh. Repeat on the other side.

NOTE: To avoid irritation, do not roll over the outer bony point of the hip or along the knee itself.

CAUTION: The exercises and stretches included here are only a guide – only progress as you feel comfortable. If you experience pain or discomfort, immediately discontinue. Always seek your physician’s advice before starting any new exercise program.

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CALF ROLL



Sit on the floor and place the roller beneath your calf, crossing over the other leg at the ankles. Use your arms to help you glide over the roller. Repeat on the other side.

NOTE: For less pressure, uncross your ankles and use the weight of the leg to penetrate the muscle.

ADDUCTOR ROLL



Supporting yourself on your forearms, extend one leg straight back while bending the other at a 90 degree angle over the roller. Roll from the groin to just above the knee. Repeat on the other side.

NOTE: To avoid irritation, do not roll along the knee itself.



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LOWER BACK RELEASE



Lie on your back with the roller under both legs, arms at your sides. Contract your abdominals and slowly lift and lower one extended leg 5-10 times. Rest and repeat on the other side.

NOTE: Only lift your legs as high as you are comfortable, do not overextend.

LATISSIMUS ROLL



Lie over the roller on your side with your bottom leg and arm extended, top leg bent for stabilization. Use your legs to control your movement up and down your lat muscle (between your side and back). Repeat on the other side.

SHOULDER REACH



In a kneeling position, lower your body to the ground with your forearms outstretched on the roller. Extend your arms out, then release using the roller to assist the movement.

NOTE: To avoid irritation, do not roll along the elbow.

THORACIC SPINE ROLL



With the foam roller across your shoulder blades, lift your body into a bridge position and while supporting your neck, roll between your mid to upper back. If you desire deeper muscle penetration, cross your arms across your chest.

NOTE: Avoid rolling higher than your shoulders or lower than your mid back.

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