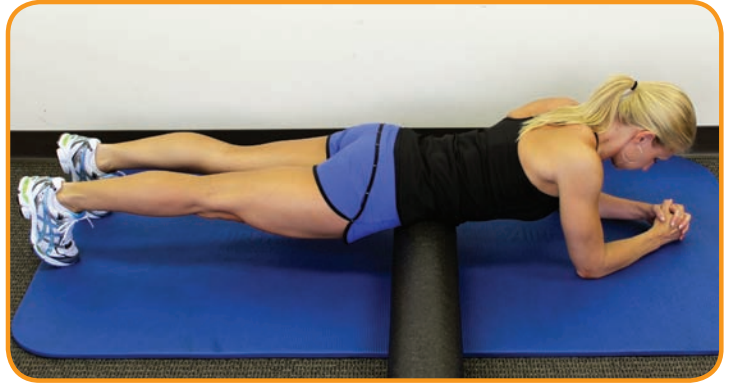


## Hip Flexors

- With the Foam Roller on the ground, slowly lower yourself into plank position, placing the end of the Foam Roller approximately half way in between your belly button and the front corner of your hip.
- Slowly roll up and down scanning for tender areas.
- Lower your opposite side slowly to the ground to change the angle of the Roller.
- You may need to stabilize the Roller with your hand if it starts to slip out from under you.
- Find 4 - 5 tender areas and rock back and forth on them 5 - 6 times each.
- Keep the Foam Roller on your abdomen, as it should never be on your ribs.



## Piriformis & Glutes

- Sit on Foam Roller and place ankle over opposite knee. Tilt to the side of the bent knee, focusing on one glute at a time.
- Balance with your hands and opposite foot.
- Scan for tender spots and hold until pain diminishes.
- Roll from top to bottom of glute.
- Cross opposite ankle over knee and Foam Roller opposite glute.



## Adductors (Inner Thigh)

- Balance on elbows and toe of opposite leg.
- Slowly roll from the inside of the knee up into the groin.
- Alternately change leg position slightly while scanning for tender spots and holding until pain diminishes.
- Shift weight toward Roller for more pressure.

