

## Quadriceps (Thigh)

- Balance on elbows in the plank position with the quads on the Foam Roller.
- Roll from just above the knee cap to the top of the thigh.
- Use your core muscles to scan up and down the legs. Be careful not to round or arch the lumbar spine.
- Scan for tender spots and hold until pain diminishes.
- To place a greater emphasis on one leg, cross over the back of the other leg or simply shift body weight to one side.

Isolate all three areas of the quadriceps: Neutral, Internal Rotation, and External Rotation.



Quadriceps Alternate View (Plank Position)



Quadriceps with External Rotation



Quadriceps with Internal Rotation

## Iliotibial Tract (IT Band)

- Balance on forearm with your outer thigh on the Foam Roller.
- Slowly roll from the top of the knee to the top of the hip rotating 5° as you work your way past the hip, avoiding the hip bone.
- Scan for tender spots and hold until pain diminishes.
- Lower top leg for support, if necessary.



Iliotibial Tract (Start)



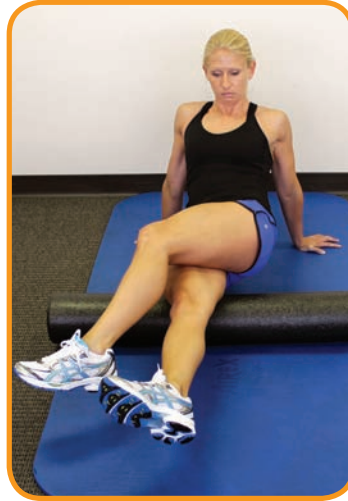
Iliotibial Tract with Support



Iliotibial Tract (Finish)

## Hamstring

- Balance on hands, roll from the glutes to just above the back of the knee.
- Scan for tender spots and hold until pain diminishes.
- Isolate medial and lateral hamstrings on the end of the Foam Roller by rotating your leg to point your toe inside and outside.
- Emphasize one side by crossing your legs at the knee.
- Stabilize yourself by putting one leg down, if necessary.

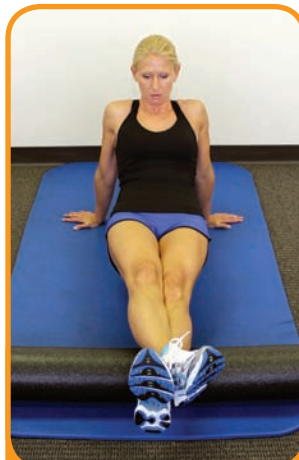


## Gastroc / Soleus (Calf)

- Balance on hands, roll from just below the back of the knee to the Achilles.
- Scan for tender spots and hold until pain diminishes.
- Emphasize one side by crossing your lower legs.
- Isolate all three areas of the calf: Neutral, Internal Rotation, and External Rotation.



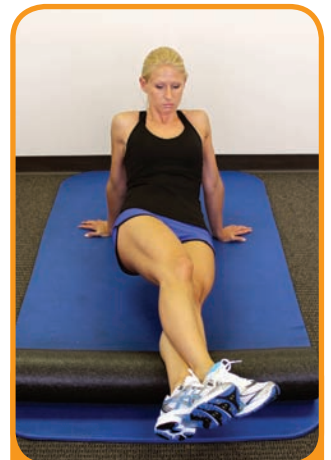
Gastroc/Soleus Neutral Position



Gastroc/Soleus



Gastroc/Soleus  
Internal Rotation



Gastroc/Soleus  
External Rotation