

# Foam Roller Exercises

The Foam Roller is used as a hands-free form of myofascial release. It is an excellent tool for stretching tight muscles. The pressure of your body weight against the Foam Roller helps to release the restrictions and adhesions in the soft tissue and relax the muscle that is being worked on.

## Basic Technique

- Warm-up the area by making 6-8 slow, controlled passes along the length of the muscle. Ensure the muscle stays relaxed during all passes and avoid crossing any joint lines.
- Scan the area for any tender spots and continue to oscillate on this area until the discomfort begins to diminish. You should never feel any numbness or tingling while scanning over the muscle. If these symptoms occur, discontinue use and advise your Airrosti Provider.
- Once the area is no longer sensitive, scan for other tender spots and repeat.
- When the area is free of pain, make 2 additional slow, controlled passes over the entire length of the muscle.
- Rest briefly before continuing on to the next muscle group.
- These exercises should be performed twice daily until tenderness has reduced.

## Upper Trapezius (Upper Shoulder)



### Posterior

- While standing facing away from an empty wall at a slight angle, place the Foam Roller between your upper trapezius (shoulder) and the wall.
- The Foam Roller should be angled up at approximately 45 degrees.
- Stand 3-4 feet away from the wall and (gently at first) lean back, pushing your upper trapezius into the Foam Roller.
- Starting at the shoulder, roll the trapezius slowly 1-2 inches at a time shifting gradually towards the base of the neck.
- **Do not roll the upper neck.**



### Anterior

- While standing towards an empty wall at a slight angle, place the Foam Roller between your upper trapezius (shoulder) and the wall.
- The Foam Roller should be angled down at approximately 45 degrees.
- Stand 3-4 feet away from the wall and (gently at first) lean forward at an angle, pushing the front of your upper trapezius into the Foam Roller.
- Starting at the shoulder near your collar bone, roll the trapezius slowly 1-2 inches at a time shifting gradually towards the base of the neck.
- **Do not roll the upper neck.**

## Posterior Shoulder

- While standing facing away from an empty wall at a slight angle, place the Foam Roller between your posterior deltoid (shoulder) and the wall.
- Reach your same side arm across your chest to gently stretch the posterior shoulder.
- Stand 3-4 feet away from the wall and (gently at first) lean back, pushing your posterior shoulder and shoulder blade into the Foam Roller.
- Find 5-6 tender areas in that muscle that covers the shoulder blade and roll back and forth over them 5-6 times each.
- Shift your arm position to reach up and down, and rotate your body slightly to find more tender areas.

