



Calf Self Myofascial Release

Support body weight with arms and place calf on foam roller at achilles tendon.
 Roll entire calf muscle to area above knee.

Roll muscle 2 minutes

When a painful area is found roll it for 30 seconds with 50%-70% pressure.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
before/after activity	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:



Hamstring Self Myofascial Release

Supporting upper body with both arms roll your hamstring muscles from just below your knee to your ischial tuberosity (butt bone).

Roll Hamstrings 2 minutes

If painful area is found roll it with 50%-70% pressure for 30 seconds.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
before/after activity	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:



ITB Self Myofascial Release

Supporting your body while lying on one side. Begin rolling your (iliotibial band) ITB from the top of your pelvis over your hip bone progressing down the side of your leg to below your knee.

Roll the ITB 2 minutes

If a painful area is found roll it with 50%-70% pressure for 30 seconds

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
before/after activity	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:



Latissimus Dorsi SMFR

Lay on roller and cover area from mid-back to shoulder.

Roll muscle 2 minutes.

If painful area located roll area with 50%-70% pressure for 30 seconds

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
before/after activity	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:



Quadricep Self Myofascial Release

Supporting upper body on hands or elbows.

Begin rolling quadriceps muscle from top of hip to knee cap (ASIS to distal quad tendon)

Roll quadriceps 2 minutes

If a painful area is found roll it with 50%-70% pressure for 30 seconds

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
before/after activity	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:



Gluteus Maximus-Medius SMFR

Cross one knee over another. whichever knee is crossed is the side to mobilize. Roll muscles from top of hip in back to butt bone and across hip bone.

Roll muscles 2 minutes

If a painful area is found roll it with 50%-70% pressure for 30 seconds.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
before/after activity	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes: