

## Essential Foam Roll Exercises *for Runners*



### Calf

Place leg on roller and roll back and forth. Support trunk with arms. Perform for 30-60 seconds or until muscle is looser.

### Hamstring

Place roller behind knee and roll leg down roller into hamstring. Support with arms. Perform for 30-60 seconds or until muscle is looser.



### Piriformis

Sit on roller and cross right leg over left leg. Support with arms and roll back and forth in that tight region for 30- 60 seconds.

### IT Band

Lay on involved side with roller at mid-high region to start. Roll back and forth with support on arms and use of leg. Don't allow roller to go below knee level. Perform for 30-60 seconds or until loose.



### Upper Thoracic

Support neck with arms and lift hips up, keeping back flat. Push with legs and roll up and down in mid back region. Don't go into the lumbar region. Perform for 30 -60 seconds.

Call for an appointment with one of our expert Physical Therapists to learn more essential exercises for runners.

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