

# ROLLING FOR MYOFASCIAL RELEASE

## Hip with Leg Up

Right hip, right leg up, tilt right.



## Reverse 3/4 Quad

Drop & pop, full length, no elbows.



## Lateral Quad / ITB

Drop & pop, full length, no elbows.



## 3/4 Turn Quad

Drop & pop, full length, no elbows.



## Full Quad

Drop & pop, full length, no elbows.



## Adductor

On your front, knee at 90°.



## Calves

Looking for trigger points, medial in particular.



## Back / Thoracic

Never roll your neck or lower back. Support the neck with the hands, keep the hip on the ground, open up over the roller targeting tight areas.



Roll each position for 8 reps, left and right side