

Safe and Effective Foam Roller exercises

Stockbridge Osteopathic Practice

Slowly move your body up and down over the roller, spending up to 3 minutes on each area. If you come across a 'knot' or trigger point, focus rolling the area for 10 seconds.

Stop any exercise that causes pain, and avoid rolling over the joints.



Hamstrings



Quadriceps



Pectorals



Glutei



Gastrocs and Soleus



Pectoral Stretch