



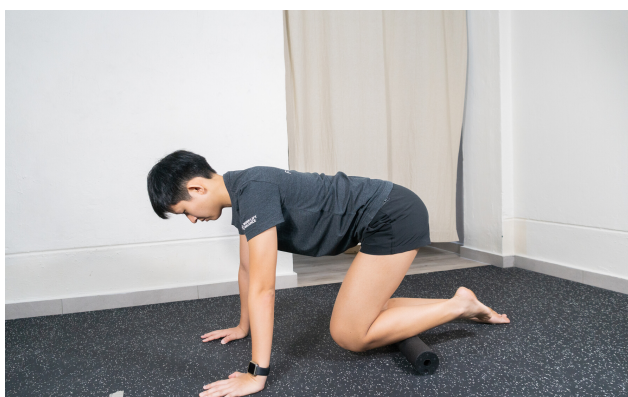
# Key Self-Myofascial Releases

## Calves



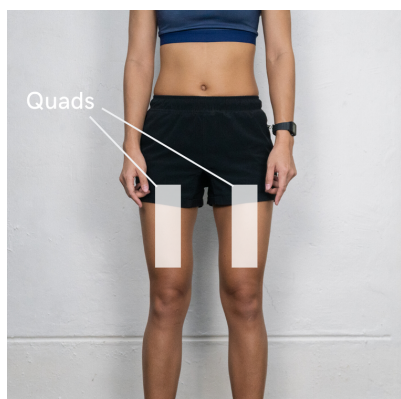
Position the roller on the back of your lower leg, find a tight spot along the muscle belly and flex your ankle up and down. Push yourself away from the ground to support your posture.

## Shin



Position the roller on the front of your lower leg, find a tight spot along the muscle belly (outer side of shin) and flex your ankle up and down. Push yourself away from the ground to support your posture.

## Quadriceps



Position the roller on the front of your thigh and prop yourself up. Find a tight spot along the muscle belly and work up/ downwards. Bend and straighten your knee to get a release through activating your hamstrings.



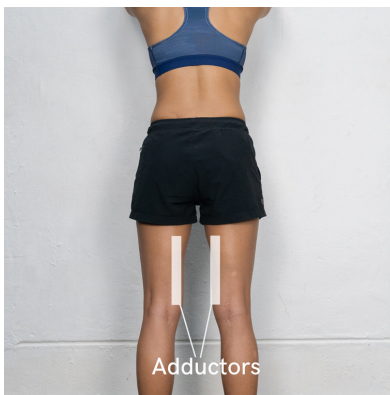
# Key Self-Myofascial Releases

## Iliotibial Band (ITB) and Tensor Fascia Lata (TFL)



Position the roller on the side of your thigh and prop yourself up using your elbow and opposite leg. Find a tight spot on the TFL and work downwards along the ITB. You can bend and straighten the knee to get a stronger release.

## Adductors



Position the roller on the inner part of your thigh and prop yourself up. Find a tight spot long the muscle belly and work up/ downwards. Bend and straighten your knee to get a slight stretch along with the release.

## Hamstrings



Position a ball/ roller on the back of your thigh and lean forward with your weight pushed downwards. Find a tight spot and slowly bend and straighten the knee. You can also choose to do this on the floor provided you have sufficient range of motion through your back.





# Key Self-Myofascial Releases

## Erector spinae and quadratus lumborum



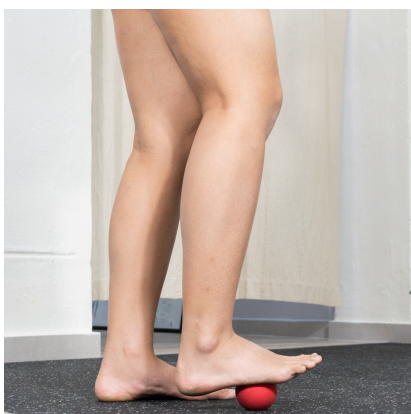
Position a ball on the side of your spine. Find a tight spot by slowly dropping your knee to one side. It's much easier to access the tight spots by lying at a 45 deg angle.

## Glutes



Position a ball on the side of your bum, around where your back pocket is. Drop your knee slowly to the side as you rotate your body to have body weight on it. Be mindful to avoid the areas that are close to your spine/ tailbone as your sciatic nerve can be irritated.

## Plantar fascia



Step on a ball and have enough body weight on it. Roll around the arch, releasing any tight spots you feel. You can flex and extend your toes.