Sparta Chiropractic
and Wellness Center
Dr. Eric Loewrigkeit • Chiropractor
17 Woodport Road • Sparta, NJ • 07871

FOAM ROLLING: THE POOR MAN'S MASSAGE

Professional athletes need a team of physical therapists, massage therapists, and chiropractors to work their muscles to relieve muscle tension and aches and pains. There is a simple way for you to get the knots out of your muscles that does not require the services of a pro.

FOAM ROLLER WORKOUT

You might feel awkward when you first try these exercises, but it should not take you long to master the foam roller. You know the places where you feel knots in your muscles: calves, hamstrings, adductors, IT band, glutes, quads, hip flexors, lats, pecs, upper spine, and lower back. These exercises will show you how to get to those knots. Many clients say this is their favorite part of a workout. It is a great way to develop body awareness and prepare you for a good work session. You can adjust the pressure by how much you support your weight with your arms. Do triage with your foam roller wherever you are tight.

CALVES

1. Sit with the roller under your left calf with your right leg bent. Lean back with striaght arms, supporting your weight with your hands. Flex your left foot and cross your right calf over your left.
2. Roll up and down from your calf to your ankle. Do 20 strokes up and down.
3. Rotate your leg out and roll on the outside of your calf. Do 20 strokes in that position.
4. Turn your leg in and roll on the inside of your calf. Do 20 strokes in that position.

Repeat on the other side.

Sparta Chiropractic
and Wellness Center
Dr. Eric Loewrigkeit • Chiropractor
17 Woodport Road • Sparta, NJ • 07871

HAMSTRINGS

1. Sit with the roller under your left thigh with your right leg bent. Lean back with straight arms, supporting your weight with your hands.
2. Roll up and down from the bottom of your hip to your knee 20 times.
3. Rotate your leg out and roll on the outside of your hamstring 20 times.
4. Turn your leg in and roll on the inside of your hamstring 20 times.

repeat on the other side.

ADDUCTOR

1. Extend your right leg over the roller.
2. Lie facedown on the floor, then raise your upper body on your hands and forearms.
3. Roll on the inside of your thigh from the top of your thigh to your knee 20 times.

Repeat on the other side.

Sparta Chiropractic
and Wellness Center
Dr. Eric Loewrigkeit • Chiropractor
17 Woodport Road • Sparta, NJ • 07871

IT BAND

1. Lie on your right side with your bottom leg extended and the foam roller at your knee.

2. Roll up the side of your thigh to your hip bone and back 20 times.

3. Cross your left leg over the bottom leg and put your left foot on the floor.

GLUTES

1. Sit on the foam roller with your left leg crossed over your right knee and your right foot flat on the ground. Put your hands on the floor behind you.

2. Roll from your butt to your lower hip 20 times.

   Repeat on the other side.

240 FOUNDATION

QUADS

1. Lie facedown with your foam roller under your right thigh above your kneecap. Support your body weight with your hands or forearms.

2. Roll up the front of your thigh to the bottom of your hip 20 times.
3. Roll on the outside of your quads 20 times.
4. Roll on the inside of your quads 20 times.

   Repeat on the other side.

242 FOUNDATION

PSOAS—HIP FLEXORS

1. Lie facedown on the floor with the foam roller at the top of your right thigh. Support your body weight with your hands and forearms.

2. Roll up to the top of your hip bone and down 20 times.

Sparta Chiropractic
and Wellness Center
Dr. Eric Loewrigkeit • Chiropractor
17 Woodport Road • Sparta, NJ • 07871

244 FOUNDATION

LATS

1. Lie on your right side and extend your bottom arm.
2. Put the roller horizontally below your chest.
3. Roll up just past your armpit and shoulder and back down to your chest 20 times. Repeat on the other side.

246 FOUNDATION

PECS

1. Lie on your stomach, your left arm extended and the foam roller under your armpit at the top of your chest.
2. Roll up and down on your pecs 20 times.

   Repeat on the other side.

UPPER SPINE

1. Put the foam roller at your midback and lie down on it, placing your feet arm's length from your butt. Press your palms together a few inches in front of your face.

2. Lift your hips off the floor and roll toward the top of your back and down to the middle 20 times.

LOWER SPINE

1. Lie on your back with the foam roller just above your glutes.
2. Raise yourself on bent elbows.

3. Roll up to your waist and down 20 times.

You might prefer to use a tennis ball for an active release of knots in smaller areas. Use the ball in the same way you would use the foam roller, using your body weight for an active release. Just put the ball of your choice where your muscle is tightest and roll away. This works particularly well with the glutes and the calves.

ARCHES

Don't forget your feet, which take a lot of beating supporting your weight.

1. Place the arch of your foot on a ball and roll it back and forth 20 times.

   Repeat on the other side.

TOES

Women who wear high heels often have problems with cramps in their toes. And a long, hard run can compress your toes regardless of how comfortable your running shoes are. These foot massages feel great after a long run or after spending a lot of time on your feet.

1. Curl your toes around a ball and hold for 20 seconds.
2. Flex your toes, put them on the ball and press down for 20 seconds, repeat 5 times.

   Do the same on the other foot.