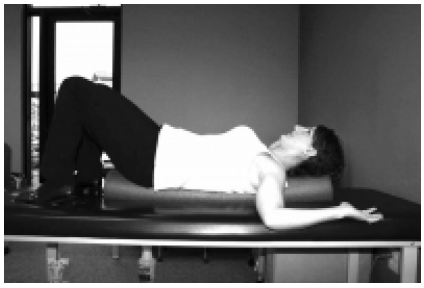
Home Exercise Program

Created by Lisa Kazmar Feb 10th, 2016

View at "www.my-exercise-code.com" using code: QRDCDBT

Total 11



Foam Roll Stretch

Lay back onto a foam roll, with the foam roll placed along your spine, knees bent and feet placed on the table. Bring your arms up to shoulder height, elbows bent at 90 degrees. Hold this position, trying to relax and let the arms fall towards the table.

Hold	15 Seconds
Complete	2 Sets
Perform	2 Time(s) a Day

FOAM ROLL - TRUNK EXTENSION

Start by lying on your back with a foam roll under your back. Next place your hands behind your neck or across your chest.

Then slowly extend your spine over the roll.

Repeat	5 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

Foam Roll - Back

Laying on a foam roller, while supporting your neck, roll up and down your mid-back.

Repeat	15 Times
Complete	1 Set
Perform	1 Time(s) a Day

Hip Flexor Stretch (Foam Roll)

Lay on your back with a foam roll perpendicular to your body. The foam roll should rest on your lower back and upper buttock area. Hold one knee to your chest and allow the opposite leg to hang down as pictured. You should feel a stretch on the front of your hip of the leg which is outstretched.

Repeat	5 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

Foam Roller - Achilles Tendon/Calf

In a seated position with the Lft leg outstretched and the Rt knee bent, place the foam roller beneath the Lft lower leg just about the ankle. Lift your body off the ground with your arms and then roll the lower leg back and forth, holding over tender spots for up to 10 seconds until the soreness subsides. For more compression overlap the Rt leg over the Lft while rolling. Repeat the exercise on the Rt side.

Repeat	5 Times
Complete	2 Sets
Perform	1 Time(s) a Day

FOAM ROLL - CALVES BILATERAL

Start by sitting with the foam roll under your affected calf and cross your other leg on top.

Next, lift your body up with your arms and roll forward and back across your calf area.

Repeat	5 Times
Complete	2 Sets
Perform	1 Time(s) a Day

FOAM ROLL - HAMSTRING BILATERAL

Start by sitting on a foam roll under both your thighs.

Next, using your arms, roll forward and back across this area.

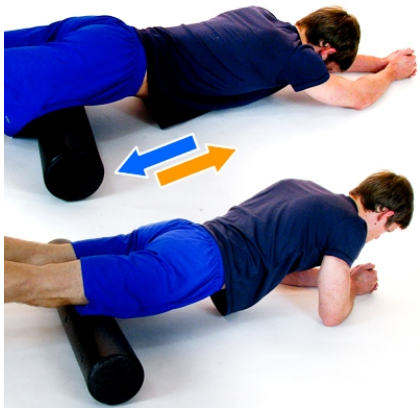
Repeat	5 Times
Complete	2 Sets
Perform	1 Time(s) a Day

FOAM ROLL - IT BAND - ILIOTIBIAL BAND

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh.

Repeat	5 Times
Complete	2 Sets
Perform	1 Time(s) a Day



FOAM ROLL - QUADRICEPS

Start by lying face down so that a foam roll is under the top of your thighs.

Next, using your arms propped on your elbows, roll forward and back across this area.

Repeat	5 Times
Complete	2 Sets
Perform	1 Time(s) a Day

Foam Rollout-Quad

Start: Position yourself on the foam roll as pictured.

Movement: Proceed to roll your quad with the foam roll.

Perform x 2 minutes

Repeat	5 Times
Complete	2 Sets
Perform	1 Time(s) a Day

FOAM ROLL - SPINE ROLL

Start by lying on your back with a foam roll under your back.

Place your hands on your stomach and then slowly roll forward and back across your back using your legs as shown.

Repeat	5 Times
Complete	2 Sets
Perform	1 Time(s) a Day