

Foam Rolling and Trigger Release

Calf Roll:

Using your arms and opposite leg to support you, roll the foam roller up and down the back of your lower leg. Turn your foot outwards and inwards to hit different parts of your calf. Do not roll directly behind your knee.

Glute Med Trigger:

Lying on your targeted side with your knees and hips bent, place the trigger ball under your hip. To help find the correct place, find the midpoint between your hip crest and the bony prominence on the side of your hip, then move the ball slightly towards your back pocket. Hold pressure on this point for 15-20 seconds.

Piriformis Trigger:

Sitting with your knees bent and arms supporting you, cross one leg over the other. Gently push your bent knee towards the ground and sit up tall. Place the ball under the glute of your bent leg and hold pressure on this point for 15-20 seconds.

Quad Roll:

Using your arms and opposite leg to support you as needed, roll the foam roller up and down the front of your thigh. Turn your foot outwards and inwards to hit different parts of your quad. You should apply pressure from below your hip crease down to above your knee.

Roll ITB:

Using your arms and opposite leg to support you as needed, roll the foam roller up and down the outside of your thigh. Turn your foot outwards and inwards to hit different parts of your thigh. You should apply pressure from below the bony prominence on the side of your hip to above your knee. Do not roll across the side of your knee.

TFL Trigger:

Lying on your targeted side with your knees and hips bent, place the trigger ball under your hip. To help find the correct place, find the midpoint between your hip crest and the bony prominence on the side of your hip, then move the ball slightly towards your front. Think of the little coin pocket in your jeans. Hold pressure on this point for 15-20 seconds.