

TAIRA CHIROPRACTIC

Lower Body Foam Rolling



Calves: Sitting with foam roller under calf muscle and crossing opposite leg over to add pressure.



Hamstring: Sitting with foam roller under hamstring muscle. Support body weight with both hands and opposite foot on ground.



Buttocks: Sitting with foam roller under the buttock. Cross leg over the other leg just above the knee. Support body weight with both hands and opposite foot on ground.



IT Band: Lying on side with foam roller under the IT (iliotibial) band (side of leg). Cross top leg over to the front. Support body weight with bottom forearm, top hand, and top crossed leg on ground.



Quadriceps: Lying on front with foam roller under the quadricep (front of leg). Support body weight with both forearms and opposite leg on ground.



Inner Quadriceps: Lying on front with foam roller under the inner quadriceps (inner leg). Support body weight with both forearms and opposite leg on ground.



Spinal Muscles: Lying on back with foam roller under the spine. Support head and neck with both hands. Support body weight with both feet on the ground and contracting abdominal muscles.