

**MIDDLEBURY COLLEGE  
SPORTS MEDICINE**

Self Myofascial Release-

Foam rolling or tennis ball rolling is a great way to target areas of tightness in specific muscles. To get the best release of the muscles we recommend that you roll first and then stretch. Below are pictures and descriptions of the most common muscles to roll with either a foam roller or tennis ball. At the bottom of the page we included groupings of muscles to roll for specific injuries.

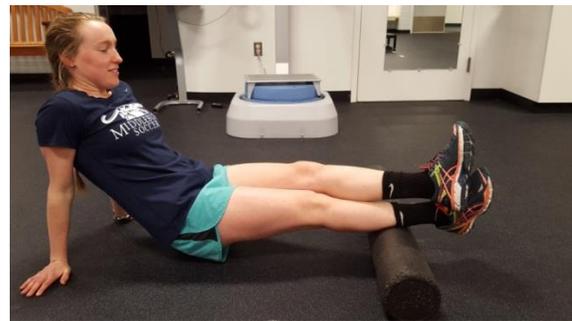
As you roll when you find the most tender spots, stop and allow the foam roller to sink into that spot for about 30 to 90 seconds and then move on to the next spot in the muscle. You can also rotate your foot in or out to target the tightest part of the muscles. You should do one set on each side.

Precautions: Never roll directly over a joint or bony prominence. Never roll over an area of where a fracture is suspected.

Foam Rolling

Calf:

- Start with foam roller at the top of the calf muscles just below the knee and cross one leg over the other. Roll from the top of the calf to the junction where the Achilles starts.



Peroneal:

- Start with the foam roller just below the knee. On your side roll from just below the knee to just above the ankle.



Anterior Tibialis:

- Start with the foam roller just below the knee. Kneeling on roller roll from just below the knee to just above the ankle.



### Hamstrings:

- Start with the foam roller just below the crease of the butt and roll to just above the knees.



### Quads:

- Start with the foam roller just below the hips and roll down to just above the knee. When you stop on the tender spots you can flex and extend the knee 2 times to work out the tightness in the muscle.



### Adductors:

- Start on your stomach with your knee and hip flexed to about 90 degrees out to the side. The foam roller will start at the top of the groin and roll down to just above the knee.



### IT Bands:

- Start on your side with the foam roller just below the hip and roll down to just above the knee.



### Glutes:

- Sit on the foam roller, cross one leg over the other (this is the side you will be rolling) keeping the knee flexed . Roll from the top of the glutes to the bottom. You can also rotate your body to left or the right to find the most tender spots.



### Latissimus Dorsi:

- Lie on your side with the foam roller starting in the arm pit area and roll down to the lower part of the ribs.



### Thoracic Spine:

- Lay on your back on the foam roller with your arms crossed over your chest. Roll from just below the scapulae to the top of the shoulders.



## Tennis Ball Rolling

### Hip flexors:

- Lie on your stomach on the floor and place the tennis ball just inside where the bony marker of the pelvis finding the most tender spots in the hip flexor area.



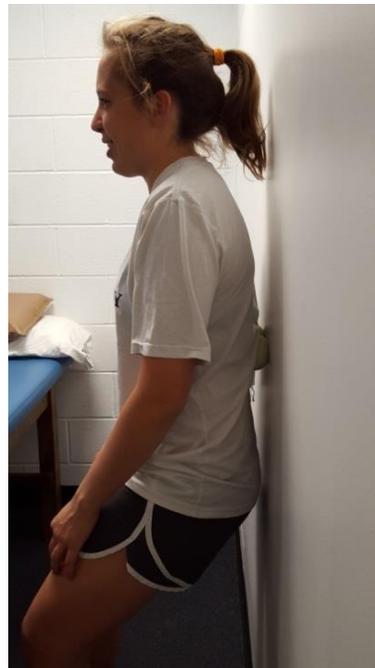
### Glutes:

- Sit on the floor and put the tennis ball under the glutes. Roll around the tennis ball to find the tender spots.



### Low and Upper Back:

- Take two tennis balls and put them in a long sock and tie the end off. Stand up against the wall with the tennis balls on either side of the spine. Apply as much pressure as you feel comfortable with. Slide up and down the wall to get different areas of the back. ( you can also lay on your back on the floor)



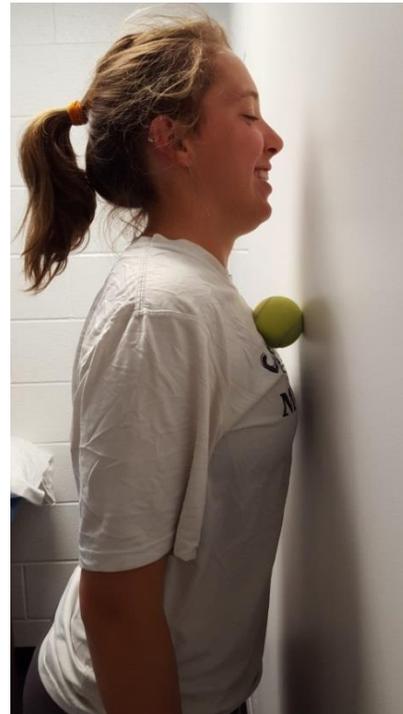
Scapular area:

- Stand up against the wall with the tennis ball placed in between the spine and the scapula. Apply as much pressure as you feel comfortable with moving the tennis ball around the scapula to target the knots in the muscles.



Pectoralis

- Press and roll a tennis ball over each side of your upper chest



### **Low Back or Hip Pain or Tightness**

#### Foam Roll

- Adductors
- IT Band
- Glutes
- Quads
- Hamstrings

#### Tennis Ball

- Hip Flexors
- Glutes
- Low Back
- 

### **Shin Splints or Lower Leg Tightness**

#### Foam Roll

- Calf
- Peroneal
- Anterior Tibialis

### **Achilles Pain or Tightness**

#### Foam Roll

- Calf
- Peroneal

### **Upper Back or Shoulder Tightness**

#### Foam Roll

- Thoracic Spine
- Latissimus Dorsi

#### Tennis Ball

- Upper Back
- Scapular Area
- Pectoralis Area