

FOAM ROLLER

Full body

The foam roller will help ease muscle tension by releasing the tight fascia that surrounds the muscle tissue. Use the foam roller before and after workouts or any other exercise activity. Below are pictures of the different parts of the body to “roll out”.

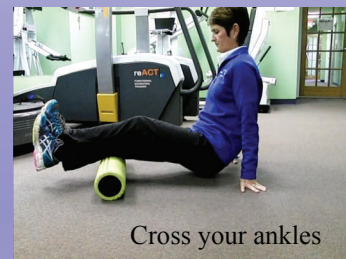
Calves



Toes out



Toes in



Cross your ankles

Hamstrings



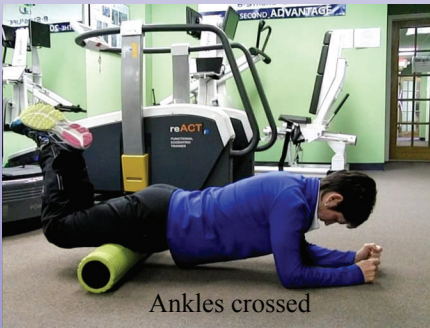
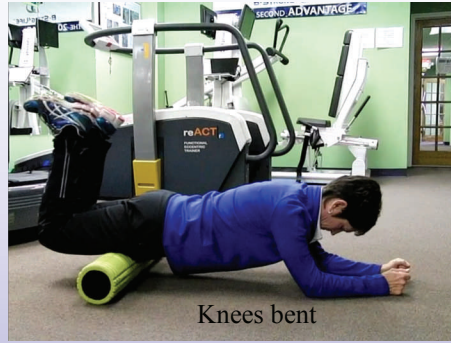
Glutes / Buttocks



Periformis

Put your foot on top of your thigh and roll on the glute of the leg that's bent

Quads / Top of thighs



Hip flexors / front of hip



IT Band



Mid & upper back



Lats



If you have any questions or for more information contact Dr. Brenda Kingen at 314-646-0013

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