



A Daily Routine with the Foam Roller

1. Pelvic Curl: 5 reps

- feet on roller, curled over the roller.
- arms long, fingertips reaching toward heels.
- draw navel in, tuck pelvis and curl up vertebra by vertebra as usual.

stretches the feet, massages the spine, requires a deep engagement of the abdominals, and wakes up the hamstrings which are important for stability.

2. Chest Lift on roller: 5-10 reps

- roller is crosswise on your mat, you are sitting in front of it.
- Roll back until you are laying over the roller, with the area just under your shoulderblades touching the roller. Hands are interlaced behind your head.
- Keeping your sitz bones firmly planted on the floor, inhale and extend back over the roller, opening your chest toward the ceiling and stretching.
- Exhale, lift the head and chest while imagining you are sliding your ribs down toward your pelvis. Deep curl. stretches spine, opens chest, works abdominals.

3. Hip Flexor/Hamstring stretch

- Lunge with back knee on roller. Make sure knee of front leg is in line with the ankle. Back foot toes are curled under.
- stretch the hip flexors of the back leg, and then place the hands by the front foot.
- Pull the hips straight back while straightening the front leg and flexing the front foot.
- Keep your back straight!

4. Stretch for glutes and piriformis. These can get chronically tight. Releasing the tension is a relief.

- place the back side of your hip on top of the roller.
- bend the other leg and use as support and for control.

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5. Mermaid

- sitting, place roller on your right side
- sit mermaid-style, leg that is closest to the roller (right) is the leg that's out in front of you.
- right hand on roller
- inhaling lean to the right and roll your arm along the roller, bringing your left arm out on a long diagonal. You are facing forward, arms on a long diagonal.
- exhale, rotate to the right, bringing your left arm around to put your hand or forearm on the roller. Square your shoulders. You will end with your forearms on the roller.
- take a couple of breaths there, and then inhale out of the position the same way you went in.
- keep the arms straight throughout.
- Think of rotating, not rounding.
- use the muscles under the shoulder and arm to support you.
- make it flow

this increases spinal mobility and develops oblique abdominal and shoulder control.

6. Swan

- laying on your stomach on the mat, roller at the head of your mat. Arms are stretched overhead, forearms
- engage your abdominals and then extend the spine, starting at the head and cervical spine. Slowly lift up, one vertebra at a time, keeping the arms straight. Use your arms for lift.
- end with your eyes forward, neck long, arms straight.