

**Notes:**

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## 1- Foam rolling glutes



Place your foam roller on the floor and sit on it having one foot over the opposite knee in a figure 4 position. Roll along your buttock in a front to back motion from your lower back to the bottom of the buttock. Maintain your abs tight and proper lower back posture during the exercise.

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## 2- Foam rolling hamstrings



Place a foam roller on the floor and sit on the floor supporting yourself with your hands. Place the back of one thigh over the foam roller and the other leg on the floor for support. Roll the entire back of your thigh from the bottom of the buttock to your knee in an up and down motion. Maintain your abs tight and proper low back posture during the exercise.

### 3- Foam rolling adductors



Place your foam roller on the floor and lie on your stomach with the inside of one thigh over the foam roller and your other leg straight on the floor for support. Roll the entire inside of your thigh from your groin to your knee in a side to side motion. Maintain your abs tight and proper low back posture during the exercise.

### 4- Foam rolling quads



Place the foam roller on the floor and lie on your stomach with the front of your thighs over the foam roller. Roll the entire front of the thighs from the top of the hips to the top of the knee caps in an up and down motion. You should pull yourself with your elbows and forearms. Pause at any spots that feel especially tender. Keep your quadriceps relaxed. Maintain abs tight and proper low back posture during the exercise.

### 5- Lats and teres major rolling



Lie on your side with a foam roller placed slightly lower than your armpit. Roll on the foam roller from the armpit to the lower ribs using slow movement, stopping as recommended on the tight spots that are more uncomfortable. You want to be on the teres major and latissimus dorsi muscles, don't roll directly on your ribs.

## 6- Foam roll thoracic spine



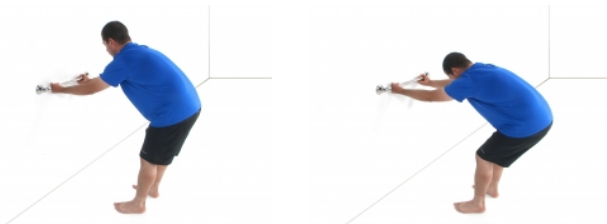
Lie over a foam roller positioned at shoulder blade level. Cross your arms over your chest and roll your body on the foam roller from the middle of your back to the base of your neck. Do not go too fast when you execute the movement. You can focus on tender spots. Breathe normally.

## 7- Stretching figure 4



Lie on your back with the involved leg bent and place the same hand on your hip to keep the pelvic area flat on the floor. Grasp your knee with the opposite hand and pull your thigh inward until a stretch is felt in the buttocks area.

## 8- Lat. dorsi stretch, underhand



Hold a stable object in front of you with both hands with an underhand grip. Lean forward by bending at the hips while pushing the hips backward. Turn your hips to one side such that you feel a comfortable stretch along the opposite side of your armpit and shoulder blade. Hold the position for the recommended time. Switch sides. Alternately, you can stay straight and stretch both sides equally.

## 9- Double knee to chest



Lie on your back with both knees bent.  
Lift one knee up first then the other, then pull both towards your chest using your hands.  
Release and then repeat until pain relief or as prescribed by your therapist.

## 10- Stretching glutes



Lie on your back with your knees bent, place one foot (affected side) over the opposite knee.  
Grab behind the leg that is on the ground with your hands and pull it toward you until you feel a gentle stretch.  
Maintain the position and relax.  
Push on your knee to increase the stretch.  
As an alternative, lie in front of a wall and use the wall to push your foot if you have trouble reaching the back of your leg.

## 11- Back muscles stretching



Start on all fours.  
Round your back by pushing down on your hands, and hold the position for the recommended time.  
Without moving your hands, lower your buttocks onto your heels, then move your hands forward.  
Hold the stretch for the prescribed time.

## 12- Cat and dog stretch



Start on all fours with your back straight, hands under the shoulders and knees under the hips. To do the dog stretch, slowly inhale and let the belly fall toward the floor to arch the back and extend the head at the same time. To do the cat stretch, slowly exhale, round the back and tuck the chin to the chest. Alternate between these two positions slowly.

## 13- Pectoral stretch in doorway



Stand in a doorway with your forearms on each side of the door. Move forward with one leg in front of the other to stretch the pectorals. Pinch your shoulder blades together and prevent your lower back from arching. You should feel a comfortable stretch in your chest. You can do the stretch with your arms up or down to emphasis different portions of your pectorals.