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Perfect Balance Clinic

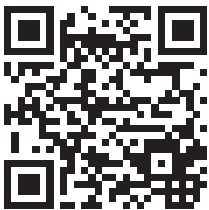
FOAM ROLLING EXERCISES



ADVICE SHEET: FOAM ROLLING EXERCISES

General Technique

- 1) Find a tender spot in the area you are working on and keep the roller on this spot. Wait for the discomfort to diminish by 50–75%. This could take some time and may be very uncomfortable.
- 2) When this area is no longer sensitive, see if there are other sensitive areas and repeat this on those muscles.
- 3) When the area is free from pain and can be rolled over, then continue rolling regularly to keep the area relaxed.
- 4) Use the roller as a warm up prior to activity and also for a warm down after activity.
- 5) There is some freedom for experimentation and “feel” when using the rollers. See what works best for you and manipulate your position to get good results.
- 6) Below are some examples of the positions used:



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