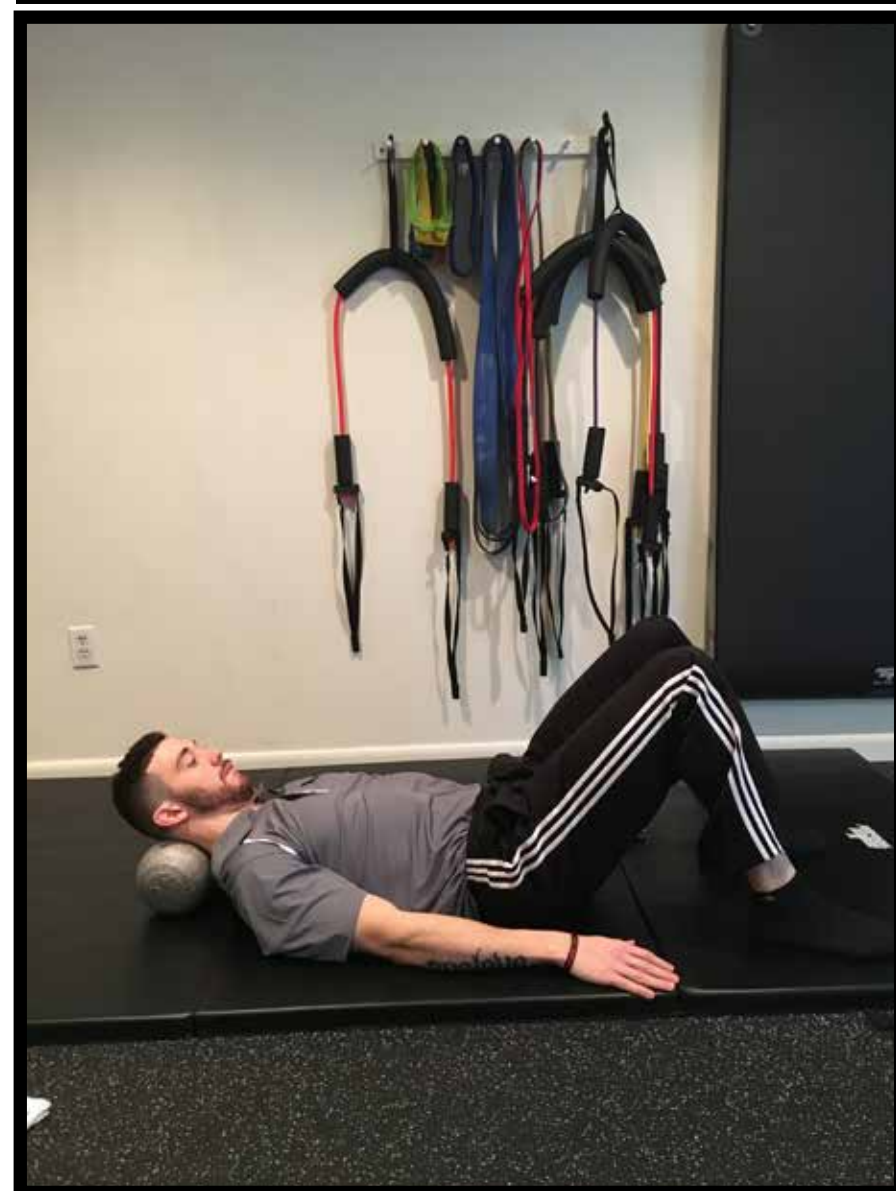


**REMEMBER:**  
 \* Move slowly with control  
 \* BREATHE and try to relax  
 \* Ask about pin and stretch techniques to intensity

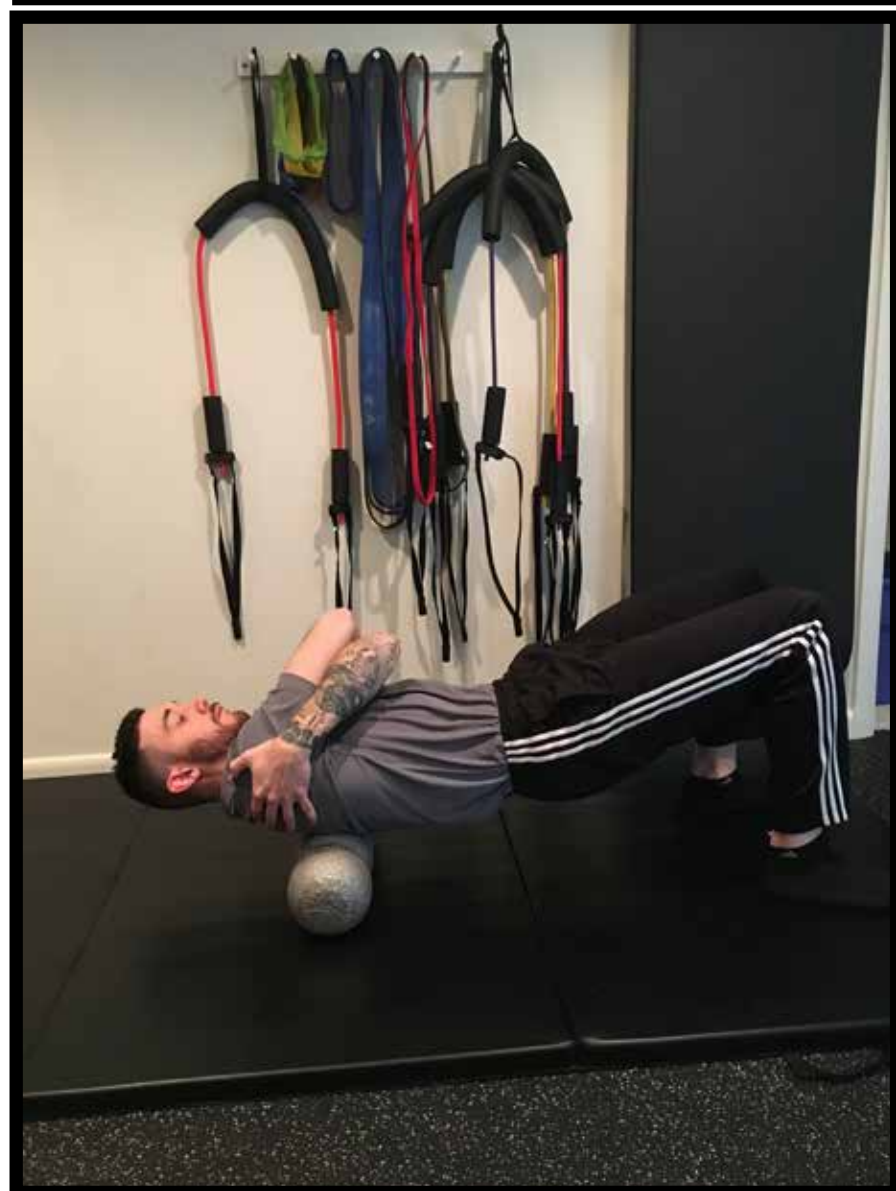
# UPPER BODY

**Cervical Spine (Back of Neck)**



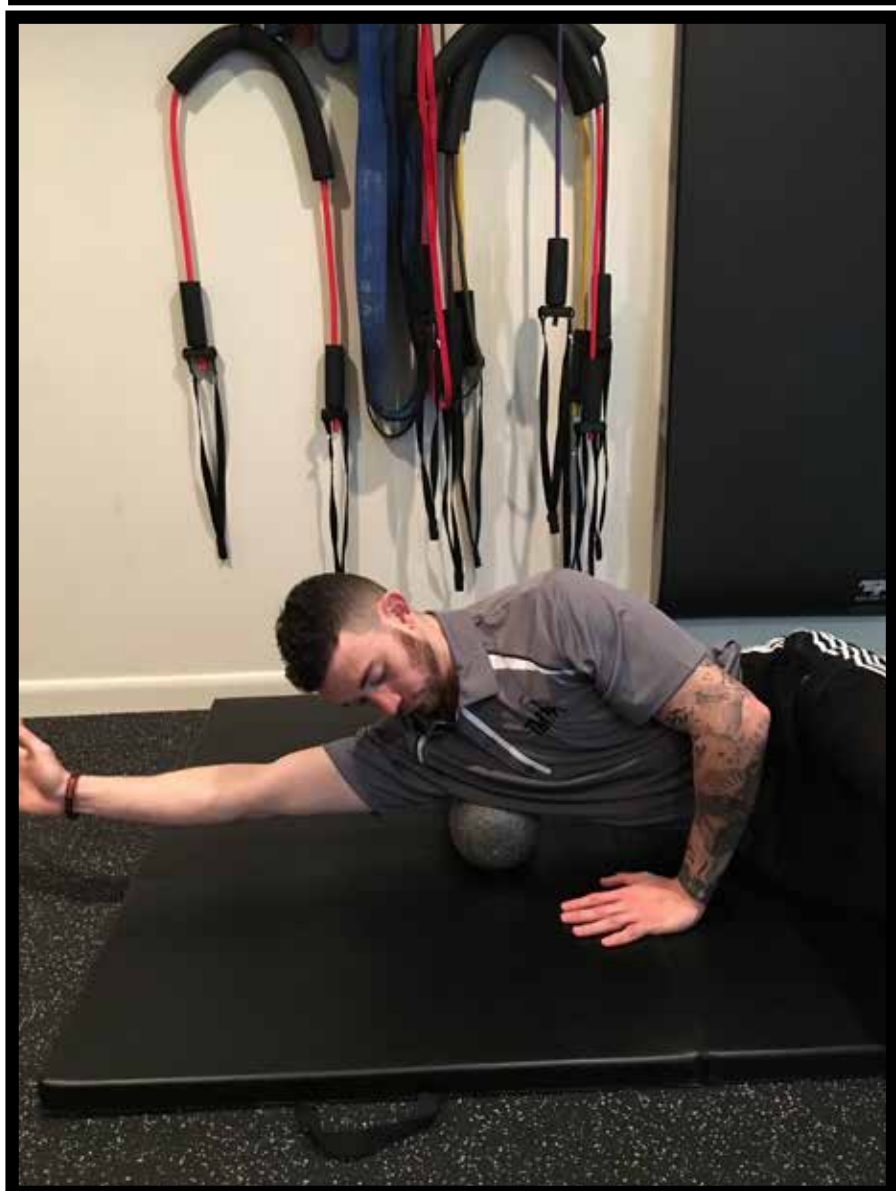
Can Also Use: Double Tennis Ball  
**SET-UP:** Face up. Back of neck into groove on roller.  
**EXECUTION:** Tuck chin, relax and breath.

**Thoracic Spine (Upper Back)**



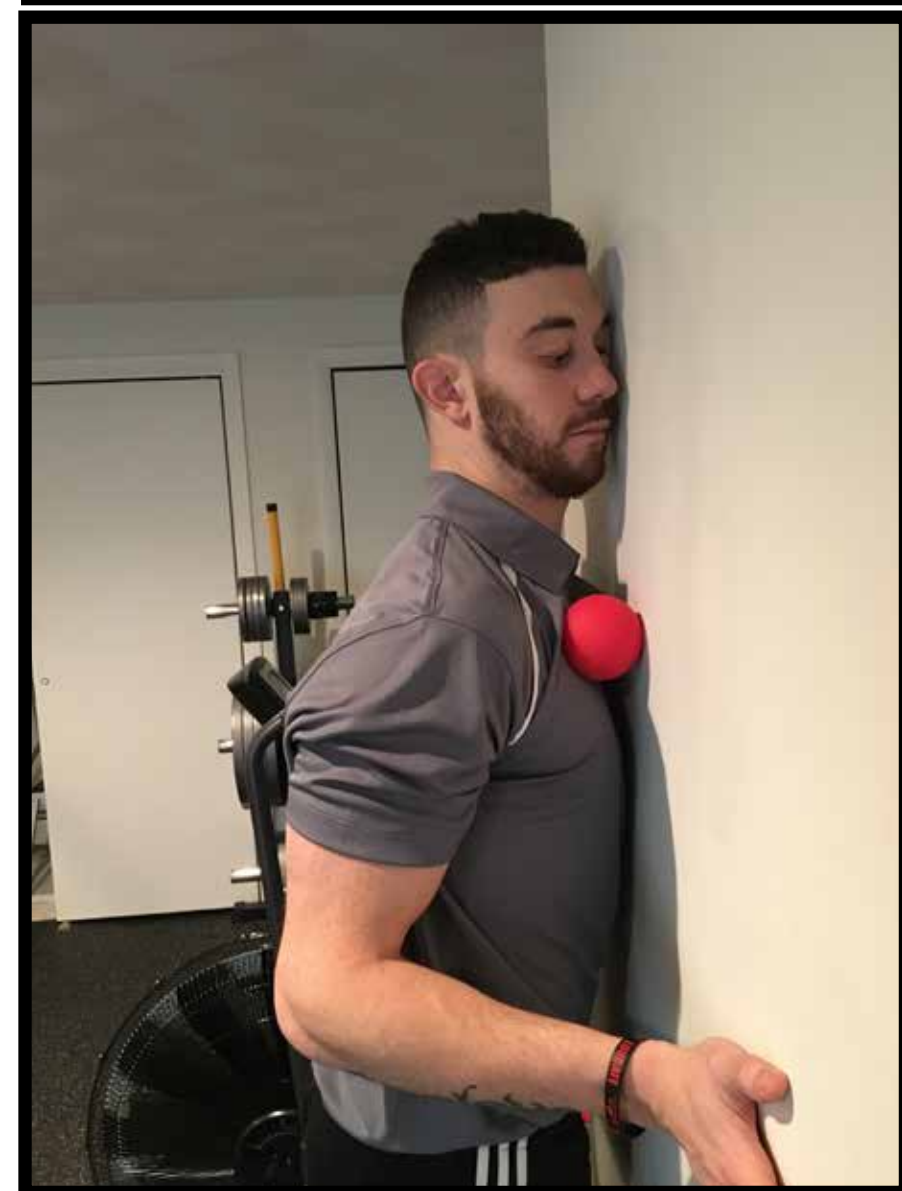
**SET-UP:** Face up. Roller at your middle back.  
**EXECUTION:** Roll from middle back to before the base of neck.

**Lats**



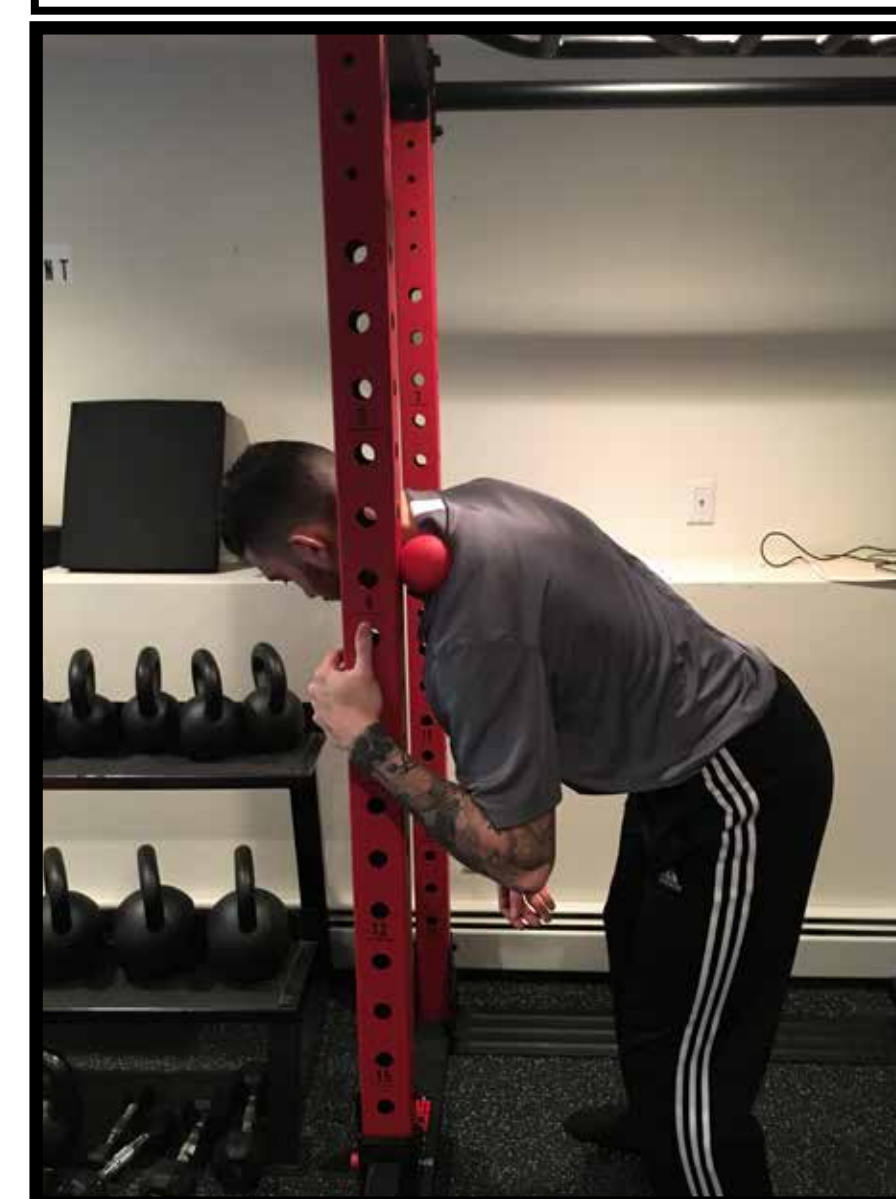
Can Also Use: Ball  
**SET-UP:** Side lying. Roller underneath armpit.  
**EXECUTION:** Roll from base of armpit, halfway down ribcage.

**Pecs**



Can Also Use: Roller  
**SET-UP:** Standing against wall. Ball just under Clavicle.  
**EXECUTION:** Roll side to side from sternum to armpit.

**Traps**



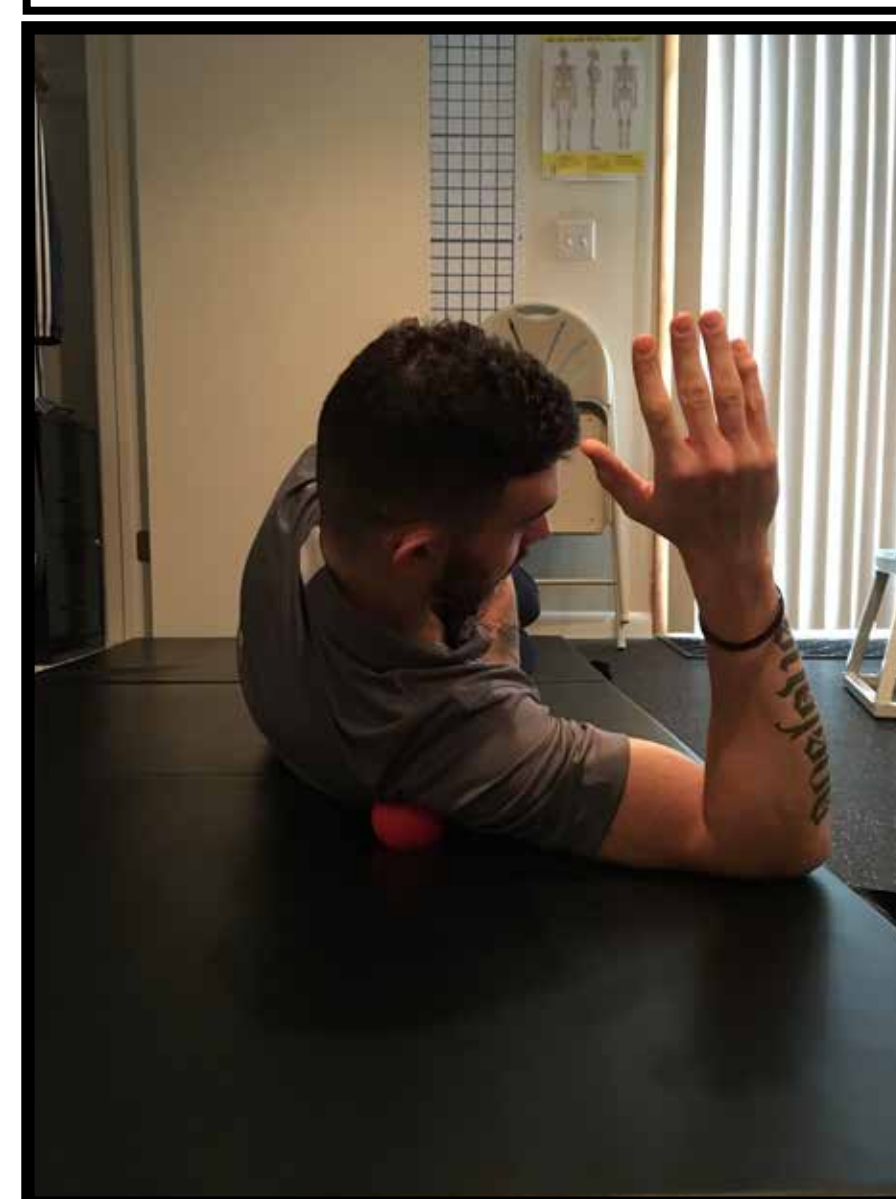
Can Also Use: Stick  
**SET-UP:** Standing. Ball pinned on wall/rack between neck and top of shoulder.  
**EXECUTION:** Gently pass from base of neck to top of shoulder.

**Inside Shoulder Blade**



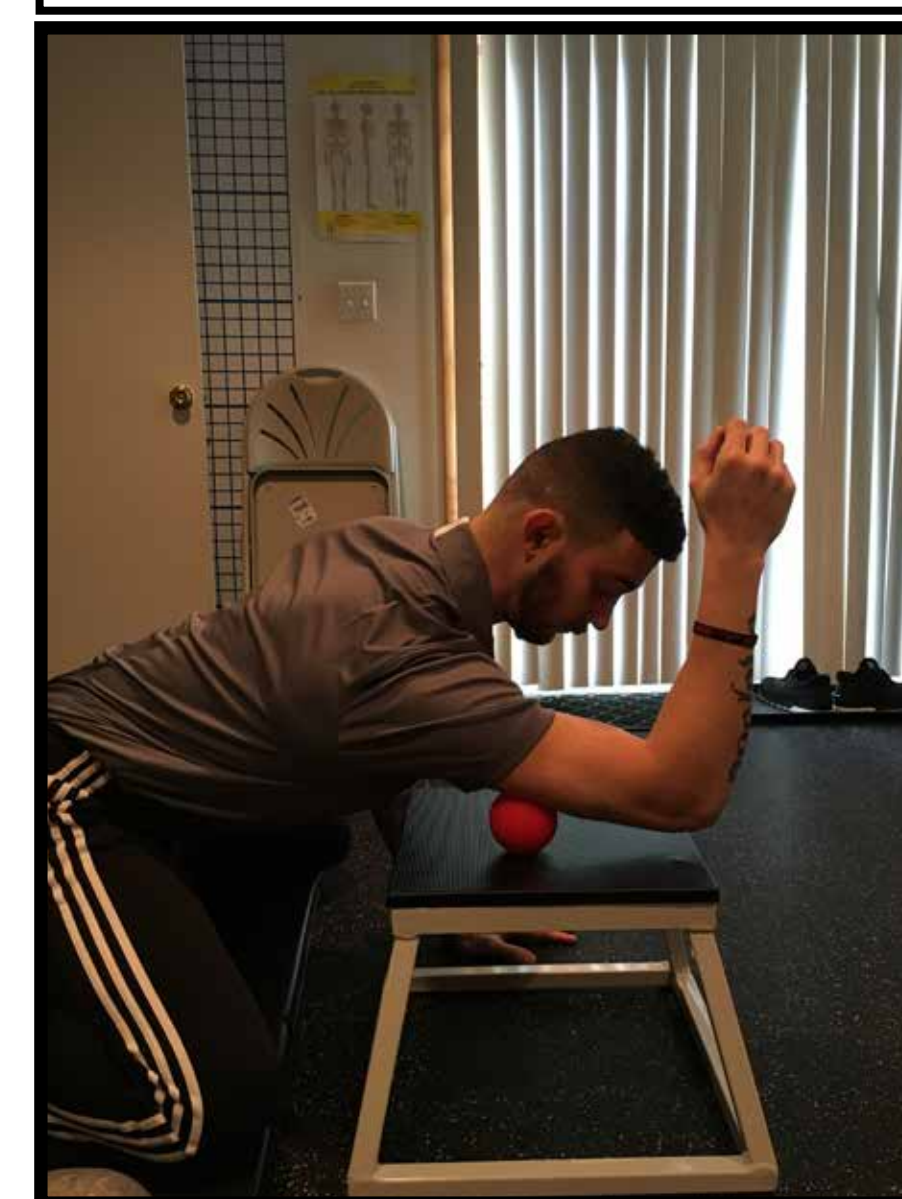
**SET-UP:** Standing. Back to wall with ball inside shoulder blade.  
**EXECUTION:** Roll side to side feeling for and giving more attention trigger points.

**Rotator Cuff**



**SET-UP:** Side lying. Ball on the back side of shoulder.  
**EXECUTION:** Pin the ball behind the ball and socket joint of the arm. Take arm through internal/external rotation.

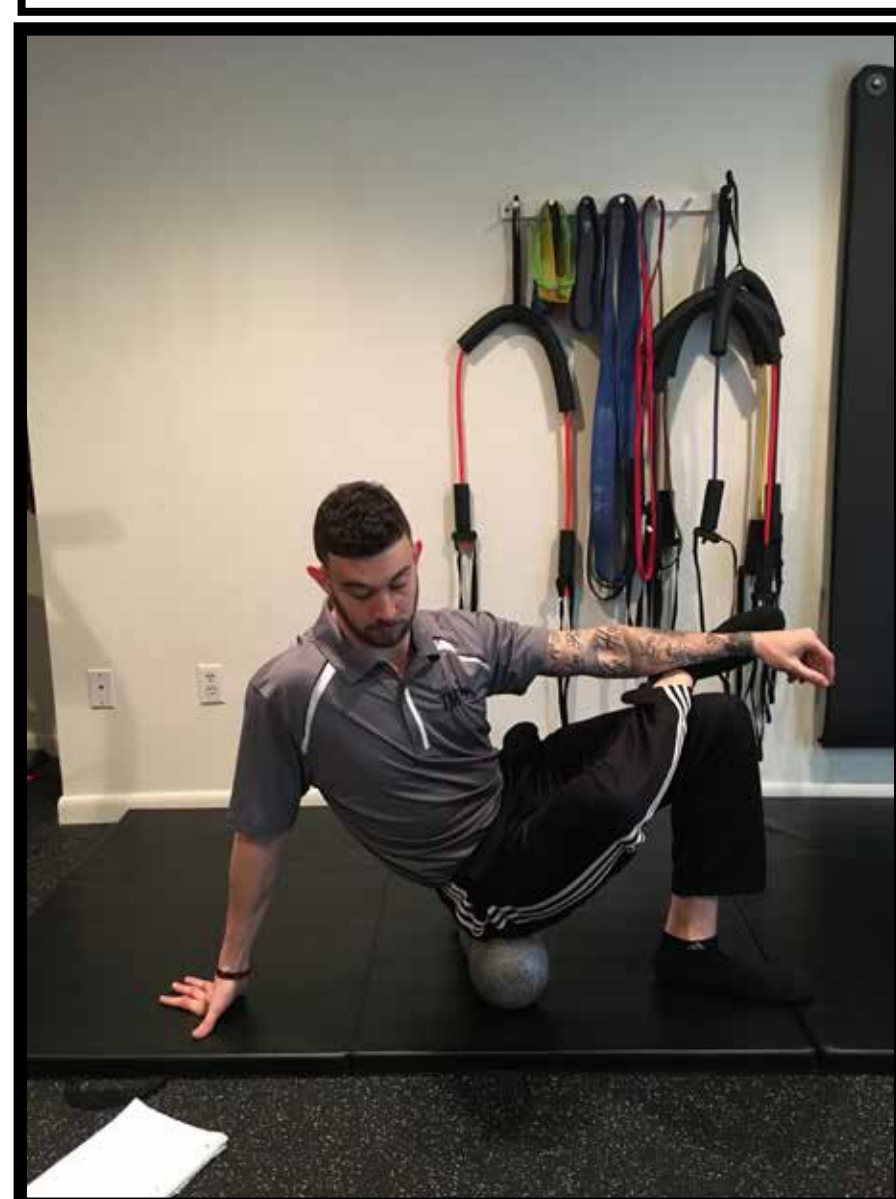
**Triceps**



Can Also Use: Stick  
**SET-UP:** Kneeling. Ball underneath arm on table/bench/box.  
**EXECUTION:** Roll from above the elbow up into the shoulder. Stay on the outer and back side of the arm.

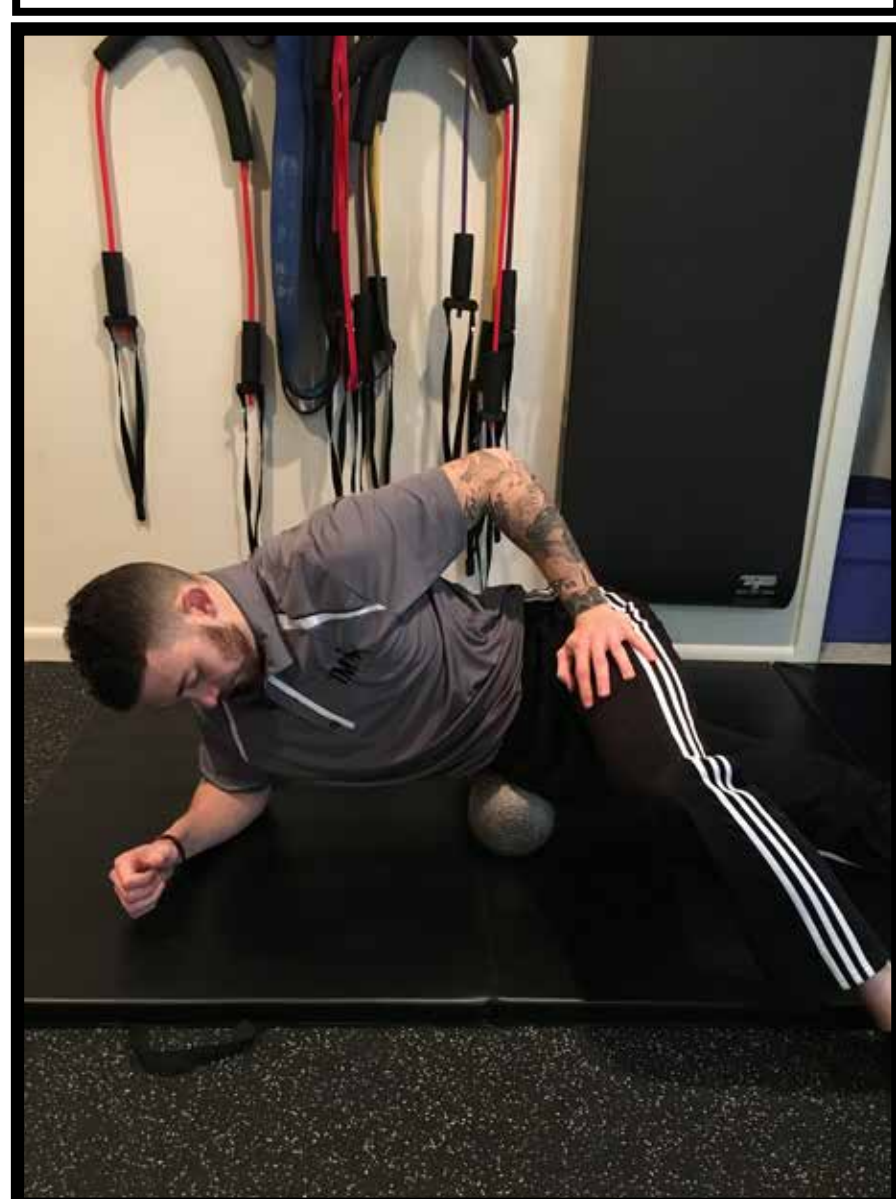
# LOWER BODY

**Glutes**



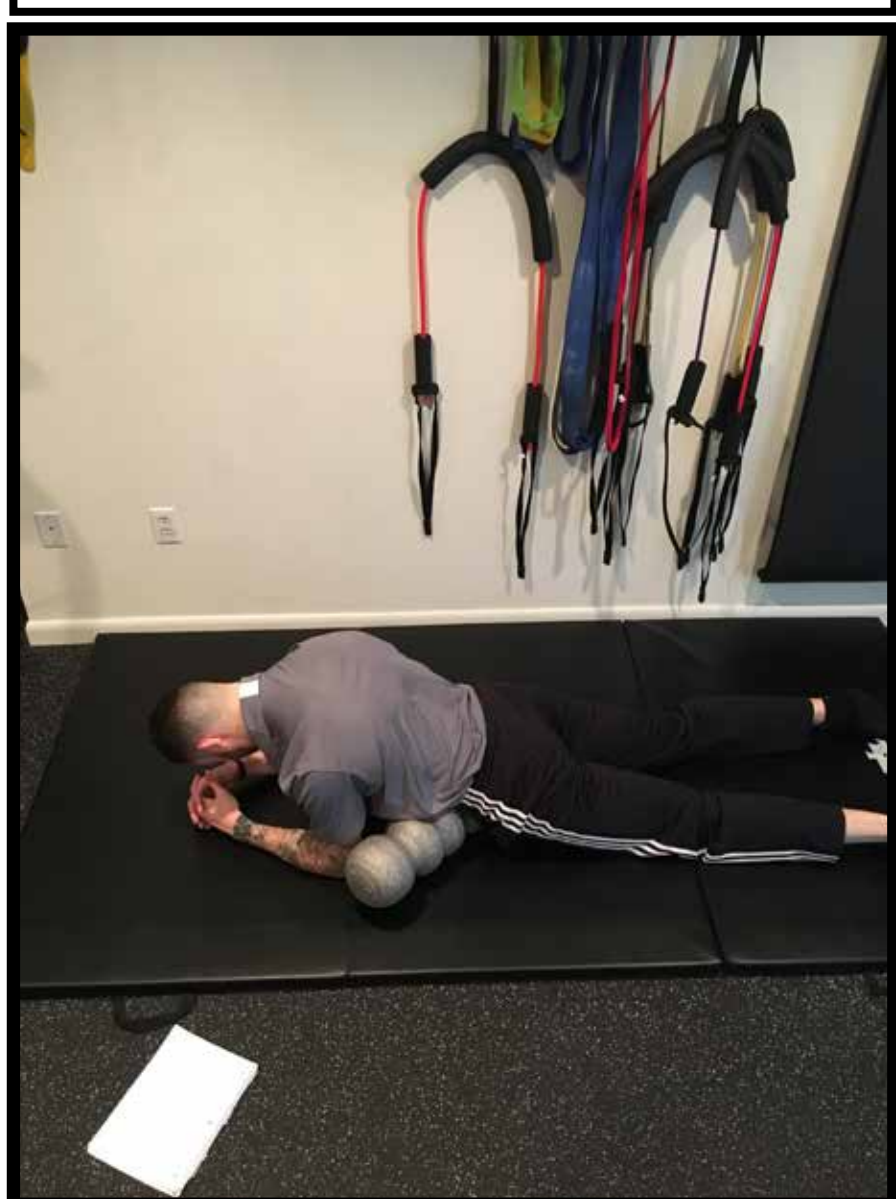
Can Also Use: Ball  
**SET-UP:** Seated on roller. Cross one leg over and put same side arm back to brace.  
**EXECUTION:** Small passes on the outside of the glutes, using arm and foot to move the body.

**TFL (Outside Hip)**



Can Also Use: Ball  
**SET-UP:** Side lying. Prominent hip bone fitting into groove on roller.  
**EXECUTION:** Elbow down and opposite leg help to move through small passes on the outside of the hip.

**Psoas**



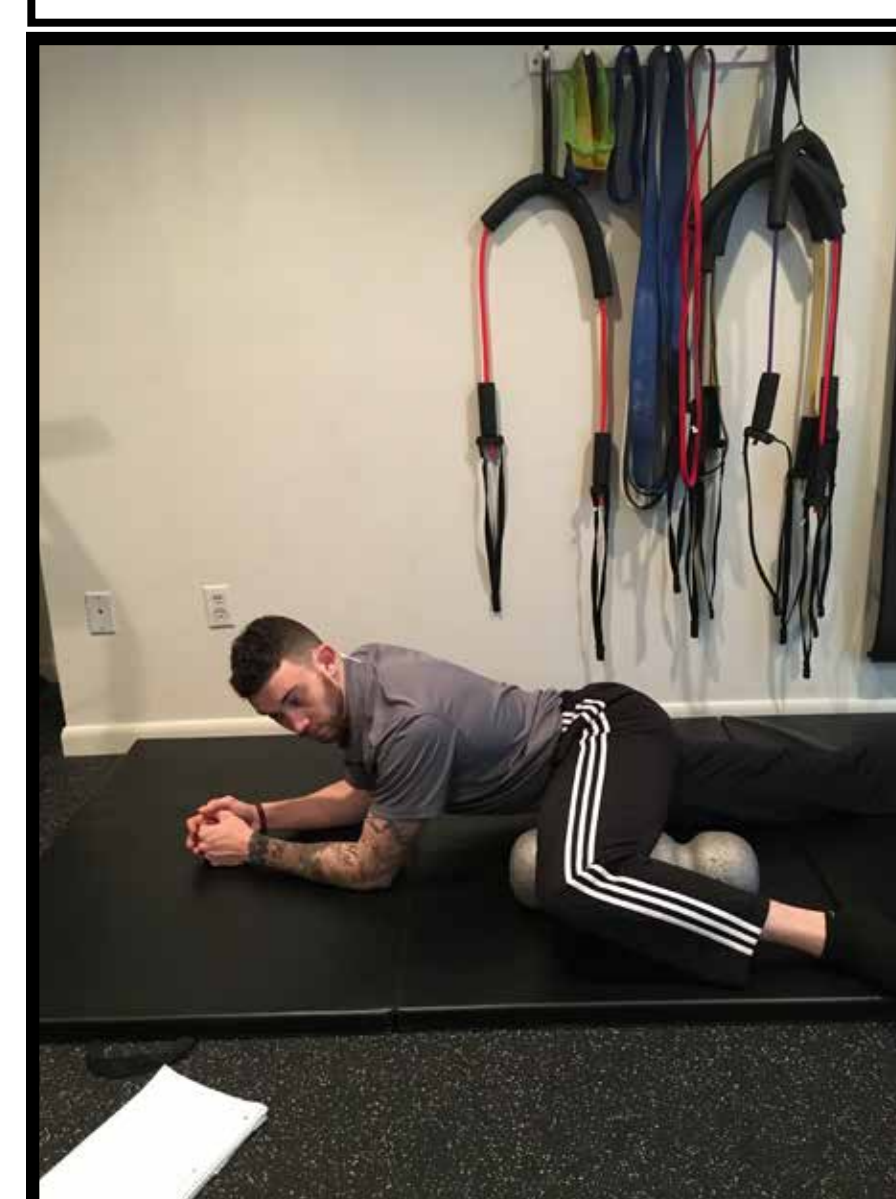
Can Also Use: Ball  
**SET-UP:** Face down. Roller angled up, ball on the end placed between prominent hip bone and belly button.  
**EXECUTION:** Sink weight into the roller. Relax and breath.

**Quads**



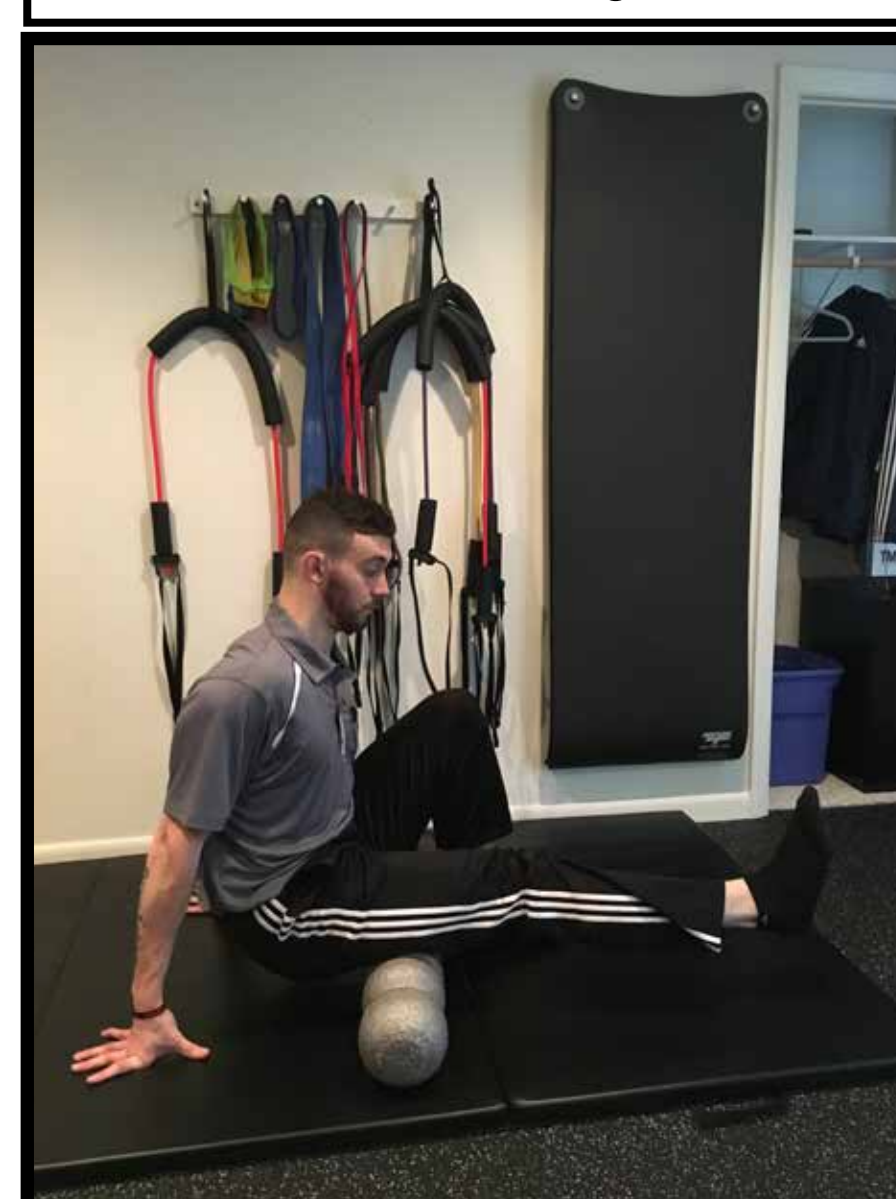
Can Also Use: Stick  
**SET-UP:** Face down. Roller on thighs.  
**EXECUTION:** Roll from just above knee up into the hips. Can use three positions: toes straight, toes in and toes out.

**Adductors (Groin)**



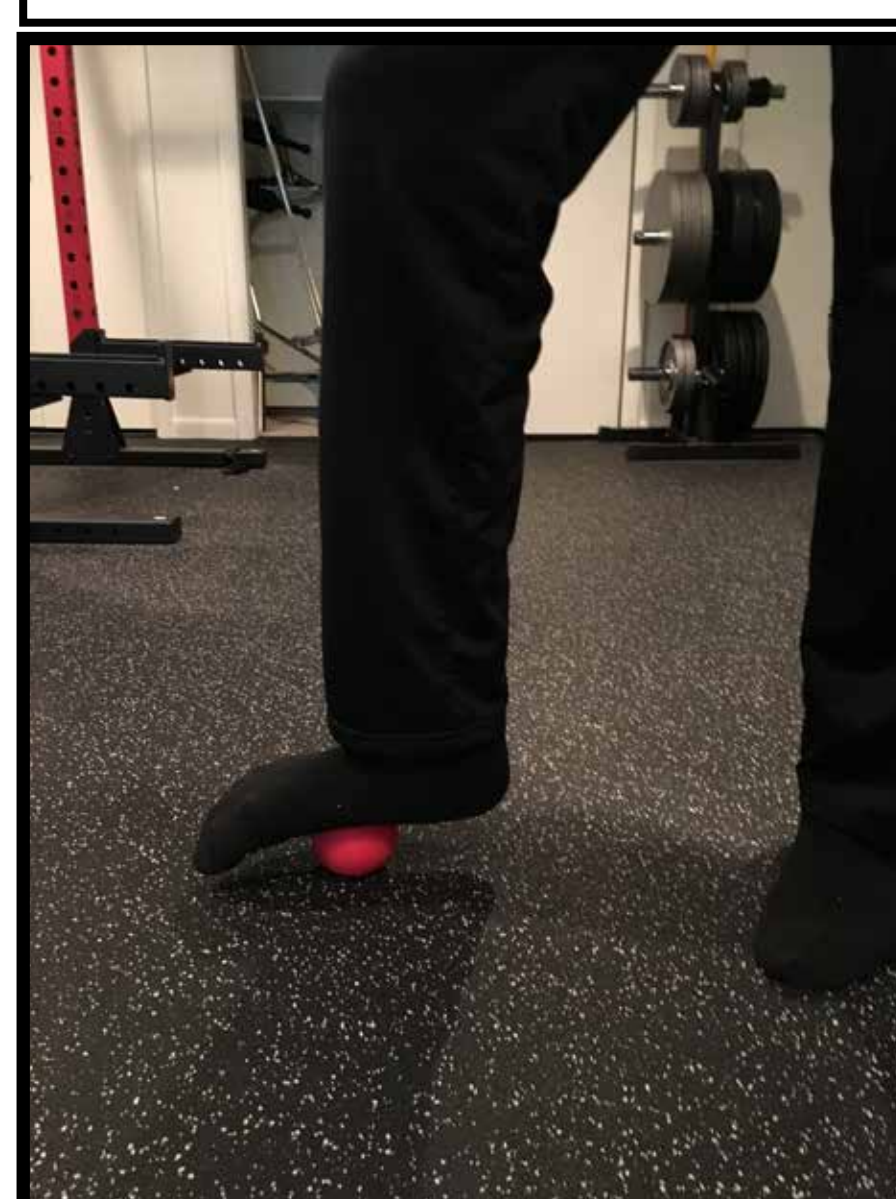
Can Also Use: Ball  
**SET-UP:** Face down. Knee flexed up to the side above hip. Roller perpendicular to the leg.  
**EXECUTION:** Break into two pieces; Roll inside of knee to halfway up thigh and then halfway up thigh into groin.

**Hamstrings**



Can Also Use: Ball or stick  
**SET-UP:** Seated. Roller underneath thigh.  
**EXECUTION:** Use arms behind and opposite leg to pass from above the back of the knee to bottom of glutes.

**Base of Feet**



Can Also Use: Roller  
**SET-UP:** Standing. Foot on ball.  
**EXECUTION:** Roll the arch of the foot. When a tender spot is found, grab it and extend/flex toes.

**Calves/Achilles**



Can Also Use: Ball or stick  
**SET-UP:** Seated. Roller underneath lower leg.  
**EXECUTION:** Use arms behind and opposite leg to pass from below back of knee to just above the heel.