

## **Lower Extremity Foam Rolling**



**Hamstrings:** Slowly roll over muscle for 1-2 minutes and concentrate on the tender points for 15-20 seconds. Be sure not to roll on the back of the knee joint



**Calves:** Slowly roll over muscle for 1-2 minutes and concentrate on the tender points for 15-20 seconds. Be sure not roll on the back of the knee joint or directly on the Achilles tendon.



**Quads:** Slowly roll from the hip to just above the knee cap for 1-2 minutes and concentrate on the tender points for 15-20 seconds.