

POST WORKOUT STRETCH & ROLL

It can be tempting to skip a post workout cooldown. Post workout stretching and foam rolling can help prevent or reduce muscular pain/tightness. If you don't own a foam roller, Five and Below has rollers for \$5 of varying densities. Start with a softer, low density roller.

Only have a few minutes? Focus on the areas that are tight/sore. Roll over the muscle for 15-30 seconds. When you find a tight/sore spot, hold for 30 seconds until the tightness fades. You should not feel any stinging or burning sensation. **Hold stretches for 30 seconds, repeat 3-4 times.**



CALVES

Place the roller under your calf. Raise your hips off the ground and roll down the calf from 2in above the ankle to 2in below the knee, holding on any tender spots.



HAMSTRING

Place the roller under your hamstring. Raise your hips off the ground and roll down the hamstring from 2in above the knee to 2in below the hip, holding on any tender spots.



CALVES

Sit upright on the roller. Place your right ankle on your left knee, with the roller under your right buttocks. Use short, quick rolls and hold on any tender spots.



QUADRICEPS

Place the roller underneath your quadriceps. Roll from 2in above the knee to 2in below the hip, holding on any tender spots



IT BAND

Place the roller under the side of your thigh. Roll from 2in above the knee to 2in below the hip. Place your knee in front for balance if needed.



SIDE OF HIP (TFL)

Place the roller 2in towards the outside of your hip bone. Rotate your hips forward, placing your left knee on the ground in front of you.



LOWER BACK (QL)

Place the roller under your lower back, pressing the left lower back into the roller. Reach the right hand towards the left knee and hold.



UPPER BACK

Place the roller between your shoulder blades. Cross your arms and lift your hips off of the floor. Roll and hold on any tender spots.



CHEST

Place a lacrosse or tennis ball on your chest muscle close to your underarm. Use your hand or lean into a wall to press into the muscle.



QUADRICEPS

Place your knee on a foam pad or pillow with your back foot against a wall, box, or couch. Sit up straight, breathe, and hold for 30 seconds.



HIP FLEXOR

Place your knee on a foam pad or pillow. Sit up straight and squeeze your back buttocks while trying to press the hips forward.



CALVES

Otherwise known as “Downward Dog.” Press your hips into the ceiling while trying to press your heels into the floor. It is okay if your heels don’t reach.



HAMSTRINGS

Keeping the neck and shoulders relaxed, bend at the waist and reach for your toes. You may only get to the knee or mid-shin.



PIRIFORMIS

Sit up straight and cross the right foot over the left knee. Bring the right knee to your chest and hold.



BUTTERFLY

Sitting up straight bring your feet together and hinge forward. Press down on the knees with the elbows to deepen the stretch.



LAT STRETCH

Bend the knees and hinge forward from the hips, placing the hands on a desk or table. Keep the head neutral with the arms in line with the ears.



CHEST

Sitting or standing up straight, place the right hand on a wall at a 90 degree angle. Push the chest forward and breathe.



PRETZEL STRETCH

Laying on your side, place your left knee on a pillow or foam roller. Rotate your left arm back, aiming to touch the floor behind you.

HOW DOES FOAM ROLLING WORK?

Foam rolling helps reduce pain, soreness, and stiffness from workouts or everyday life. The exact reason why foam rolling works is inconclusive. Some believe it helps relax the nervous system, while others believe that foam rolling breaks up knots and adhesions in the muscle. Overall, most people feel better and less tight after a foam rolling sessions. Even 5 minutes per day of targeting tight areas can help. From a mental standpoint, foam rolling gives you a mental break and moment to focus on breathing. Completing this after a workout or hard shift can help your brain shift from overdrive and into a more calm frame of mind.

Reference: Stull, K. (2019, December 20). What do foam rollers do? Retrieved from <https://blog.nasm.org/foam-rolling-smr/what-do-foam-rollers-do>

Questions? Email Megan.Lautz@montgomerycountymd.gov.

This program is designed for use only by those cleared by a physician to participate in a self guided program.