

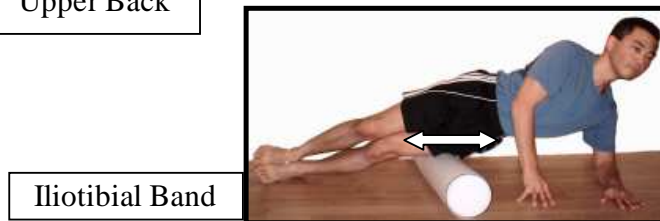
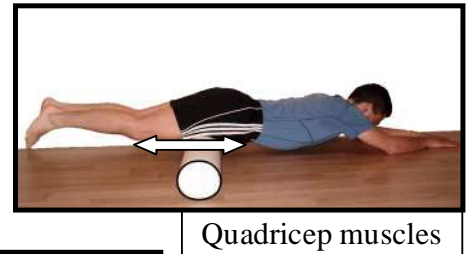
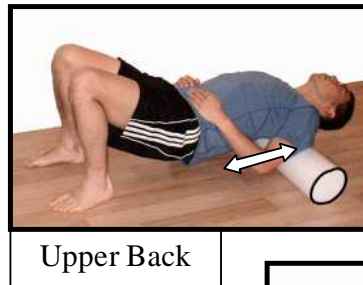
## Foam Roller Exercises

### Benefits of foam rollers

- Improves proprioception, balance, coordination, stabilization and posture
- Versatile - used in a variety of exercises and easily incorporated into a rehabilitation program
- Makes exercises more challenging and fun
- Can quickly be adapted to different skill levels: easy to advanced

### Self massage exercises

- Helps to prevent common running/walking injuries (ex. iliotibial band friction syndrome)
- May be uncomfortable at first, so perform in moderation
- Simply, roll the desired muscle/tendon group over the foam roller as needed. Here are some examples:



### Basic examples of core stability exercises

- Core muscle endurance is important for injury prevention and athletic performance
- Brace your abdomen by keeping a constant gentle contraction of your abdominal muscles
- Perform exercises slowly with controlled movements; stop once your abdominal muscles are fatigued
- Do not perform these exercises if you know that you are going to be physically active afterwards



#### Supine Balance with Steps

- Place roller under your back
- Brace your abdomen
- Slowly lift one foot then the other, alternating
- Try 10 repetitions each side



#### Supine Balance with Leg Extensions

- Place roller under your back
- Brace your abdomen
- Slowly straighten one leg, lower it then return to resting position
- Alternate one leg then the other
- Try 10 repetitions each side



#### Bridging

- Place roller under your feet
- Brace your abdomen
- Slowly lift your pelvis to bring your thighs, hips and back in line
- Try to hold for up to 60 seconds



#### Bridging with leg Extensions

- Place roller under your feet
- Brace your abdomen
- Slowly lift your pelvis to bring your thighs, hips and back in line
- Straighten one leg then the other
- Try 10 repetitions each side