



## Foam Rolling For Runners

Using a foam roller can provide similar benefits as deep-tissue massage. By increasing flexibility and decreasing muscle tension, it can help prevent injury and improve performance. Make the following foam-roller exercises part of your regular running routine--run, roll, then stretch. Place your body on the roller and slowly roll up and down (for about 10-15 seconds) along the muscle group you are targeting. If you find a particularly tight area, pause on that spot. Putting pressure on a tight area can help release the tissue.

### **Gluteal Muscles, Piriformis**

Lie on your right side with the foam roller under your right gluteal area and your right leg extended straight out. Bend your left knee and rest your left foot behind your right. Place both hands on the floor for support. Roll your right gluteal muscles, then repeat on the other side.

### **Iliotibial Band**

Lie on your right side with the foam roller just below your hip bone. Extend your right leg straight out, and bend your left leg and place it in front of your right leg. Place your right hand on the floor for balance, and roll along your outer thigh from the below your hip bone to just above your knee. Repeat on the other side.

### **Quadriceps**

Lie face down with the foam roller under your right thigh. Put your forearms on the ground. Keep your left foot off the ground by stacking your feet on top of each other (toe of left foot on heel of right foot). Supporting your body weight with your forearms, roll up and down from the bottom of the hip to the top of your knee. Repeat on the other side.

### **Hamstrings**

Sit with the roller under your right thigh. Place the palms of your hands on the ground (fingers pointing toward your body). Keep your left foot off the ground by stacking your feet on top of each other (heel of left foot on toe of right foot). Supporting your body weight with your hands, roll up and down from the bottom of your hip bone to the top of your knees. Repeat on the other side.

### **Calves**

Sit with the roller under your right calf. Place the palms of your hands on the ground (fingers

pointing toward your body). Keep your left foot off the ground by stacking your feet on top of each other (heel of left foot on toe of right foot). Supporting your body weight on your hands, roll up and down from the along your calf. Repeat on the other side.