



# How to get the best results from your Foam Roller



Exercise guide for Core Balance 90cm Foam Roller

## Please read these instructions prior to use

- ◆ Foam Rollers are an exercise aid and must always be used with correct technique.
- ◆ Always consult your doctor prior to commencing any new exercise programme.
- ◆ Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- ◆ If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- ◆ The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using a Foam Roller.





## Product Specific Safety

- ◆ Before use, ensure that the Foam Roller is in a safe operating condition. Inspect it for any signs of wear and tear. If damage is apparent, do not use the item.
- ◆ Do not attempt to repair any damages.

## Do's and Dont's of Foam Rolling

- ✗ Do not use the Foam Roller on your lower back. Doing so could cause the muscles to contract in order to protect the spine.
- ✓ Do roll slowly and hold the roller on tender spots like a knot for 10 seconds (but no longer than 20 seconds). Then start at the centre of the sore spot and lightly roll the tension outwards. Holding on a spot longer than 20 seconds can cause tissue damage.
- ✗ Don't roll directly on an injury. Constantly rolling on an area of pain could create more inflammation and tension.
- ✓ Do drink plenty of water because rolling releases toxins.
- ✓ Do expect a little bit of pain. Foam rolling hurts a little but that is normal when you're applying pressure directly to a tight or sore muscle. When you are done with your foam rolling session, the pain should feel much better.



## Using the Massage Roller

Foam rolling requires you to place an area of your body over the roller and gently roll it back and forth. Roll your hamstrings, glutes, upper back and other areas of your body to work out muscle knots, improve your range of motion and reduce the risk of injury.



## Smooth, Dense & Long

The foam roller is almost twice the length of a standard roller for greater stability as you roll. Rather than rolling one quad at a time, you can roll both of them simultaneously. It's also long enough to span your entire back when placed perpendicular to your spine. Firm but smooth, it's far more comfortable to use than a textured roller and a top choice for beginners.

## Exercises

The following are just a few of the exercises you can do to with your foam roller. Each requires you to use your arms to initiate the motion of rolling over the roller.

### Calves

Tight calves are a leading cause of ankle sprains and can place added stress on the Achilles tendon. This exercise will help to relieve tightness and improve your range of motion.

1. Sit on the floor with your legs extended and the roller positioned beneath both calves.
2. Place your hands, palm down, on either side of your body to support your weight.
3. Gently lift your buttocks off the floor and roll your calves over the roller.
4. When rolling your calves, roll from just above the ankle to just below the knee.





## Upper Back

Upper back problems are becoming more common as the number of people working at computers increases. This exercise is a great way to relieve those niggling muscle knots.

1. Sit on the floor and place the foam roller about a foot behind you.
2. With your legs bent and feet flat on the floor, slowly lie back until you're lying on the roller. It should be resting beneath your upper back where your shoulder blades are.
3. Place your hands behind your head and ensure you're in a comfortable position.
4. Slowly raise your hips and shift your body weight onto the roller so that greater pressure is applied to the target area. This will deliver a more effective massage.



5. Using your feet as leverage, slowly move your body up and down the roller.
6. When rolling your upper back, roll from the shoulder area to just below the neck.



## Thoracic Spine Matrix

This exercise doesn't require any rolling and is only possible with a long foam roller. It's a fantastic way to relieve tension in your upper back and also helps to open up your chest.

1. Place the foam roller on the floor and sit on one end of it so that the roller is pointing backwards behind you.
2. Place your feet firmly on the floor and slowly lower yourself onto the roller so it runs perpendicular to your spine.
3. Ensure that the roller is positioned underneath your buttocks and the back of your head.



4. Place your arms by your sides and, keeping them completely straight, lift them up and over your head until they touch the floor behind you.
5. Rather than lifting your arms, you can also do a snow angel by bringing your arms around.



## Quadriceps

Tight quadriceps can cause a number of problems, including lower back and knee pain. This exercise is perfect for alleviating tension and increasing flexibility.

1. Lie face down with your legs extended and place the roller beneath your thighs with your hands flat on the floor to support your weight.
2. Engage your core and use your arms to gently roll back and forth over the roller.
3. For the best results, look to roll from the pelvic floor to just about your knee.



4. For best results, look to roll from the pelvic bone to just above your knee.
5. Switch legs so that your right legs are crossed right over left, then repeat the exercise.
6. If you find crossing your legs uncomfortable, roll with your free leg on the floor.





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