Using a foam roller massage for SMR (self-myofascial release) helps to break down thickening or scar tissue in the fascia. Fascia is fibrous tissue that surrounds muscles, bones, and joints that gives your body structure and strength. Abnormal fascia can lead to chronic pain and reduced flexibility.

Perform all exercises as instructed by your physical therapist.

- **Upper Back (Paraspinals)**
  With the roller beneath the middle of your back and your hands behind your head (not pulling on your neck), place your feet flat on the floor with your knees bent and your bottom off the floor. Roll up to under your armpits and back.

- **Mid-back (Thoracolumbar)**
  Lie with your arms behind your head and the roller under your mid-back. Do not roll over your lower spine.

- **Latissimus**
  Lie on your side with the same side arm overhead and the roller under the level of the shoulder blade. Roll toward the armpit.

- **Quadratus Lumborum**
  Lie on the roller with it placed below your last rib and above your pelvic bone. Balance on your forearm with the same side leg straight out. Lift off the ground with the opposite bent leg and rock back and forth as you lean backwards.
Shoulder
Lie on your side with your lower arm stretched out and the roller under the back part of your armpit. Roll between your shoulder blade and side right below your arm pit.

Piriformis
Sit with the roller under the side of your hip area and cross the same side knee over your other thigh. Pull your knee towards the opposite shoulder as you rock back and forth. Use your hand and foot on the floor for balance.

Gluteus Muscles-Minus
Place the roller under the side of your glutes just behind the top of your thigh bone. Balance on one hand with the same side leg on the ground as you roll back and forth on that part of your glute.

IT (Iliotibial) Band
Lie on the roller on your side with the roller just below your hip. Roll along the outer side of your thigh down to the knee.

Upper Hamstrings
Balance with your hands and feet with the roller beneath your “sit bone” (ischial tuberosity) as you rock.

Hamstrings
Balance on your hands with the back of your thighs on the roller. Roll back and forth between the bottoms of your glutes to the back of your knees. For best results, do this with your feet turned in, turned out, and pointing straight ahead.
<table>
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<tr>
<th>□ Adductors</th>
<th>□ Hip Flexors</th>
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<tr>
<td>Lie face down as you balance on your forearms and rest the top of one of your thighs on the roller. Roll from the hip area to the inner knee.</td>
<td>Lie face down with the roller under the top of one thigh as your balance with your forearms on the floor. Roll from the upper thigh to the hip.</td>
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<tr>
<th>□ Quadriiceps</th>
<th>□ Calves</th>
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<td>Lie face down with your thighs on the roller and balance with your forearms on the floor. Work the front of thigh from your hip to your knees. You can turn your feet out to work the inner muscle or shift your weight to one side.</td>
<td>With the roller under your calves, use your hands for support and slowly roll from your knee down to your ankle.</td>
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<th>□ Peroneals # 1</th>
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<td>Kneel on the roller as you balance with your hands on the floor. Roll from knee to ankle as you lean more to one side – avoid direct pressure on the shin bone.</td>
<td>Lie face down resting on your elbows with your shins over the roller. Cross over one leg and rest your ankle on top of your calf. Slowly roll from your knee to your ankle.</td>
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