

# Exercise of the Month



## Foam Rolling for Recovery

**Purpose:** Improve flexibility, muscle recovery, movement efficiency and reduce pain.

**Target Muscles:** Piriformis, Adductors, Thoracic Spine

**Equipment Needed:** Foam Roller

**Movement:** Perform/hold movement for 30-90 seconds.

- 1. Piriformis:** Sit on top of the foam roller, positioned at the back of the hip, crossing one foot over the opposite knee. Lean into the hip of the crossed leg. Slowly roll on the posterior hip area. Repeat on other side.
- 2. Adductors:** Lie face down and place one thigh, knee bent over the foam roller. Slowly roll the upper, inner thigh area.
- 3. Thoracic Spine:** Lie on the floor with the foam roller behind the upper back. Cross arms to opposite shoulders. Raise hips off the floor and slowly roll back and forth.



### References:

<https://www.nasm.org/docs/default-source/pdf/foam-rolling--applying-the-technique-of-self-myofascial-release.pdf?status=Temp&sfvrsn=0.43279164331033826>