

MASSAGE ROLLER TECHNIQUES

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UPPER BACK



1. Lie down flat on the floor or mat, face up.
2. Bend your legs and position your feet for overall stability. The wider the feet, the more stable.
3. Raise your shoulders and head up like a sit up and position the roller under your back.
4. Put your hands behind your head for support.
5. Keep your head and neck straight, and look forward.
6. Raise your hips up so that your thighs and torso are aligned straight.
7. Take little steps with your feet to move your upper back over the roller, moving the roller back and forth along the upper back between your shoulders and mid-back.
8. Perform approximately 10 complete rolls (back and forth).



TRICEPS



1. Lie down on the floor or mat, and roll onto your side.
2. Bend one leg to be slightly behind you. Bend the other one forward.
3. Outstretch your lower arm.
4. Position the roller under your triceps, just above your armpit.
5. Leverage your core muscles to maneuver yourself back and forth over the roller, moving the roller between your elbow and armpit. Bend your elbow if you want more intensity.
6. Perform approximately 10 complete rolls (back and forth).
7. Switch sides and repeat.



BICEPS



1. Kneel on the mat beside the roller.
2. Outstretch your arm with your elbow straightened.
3. Position the roller under your biceps.
4. Leverage your core muscles to maneuver yourself back and forth over the roller, moving the roller between your elbow and shoulder. Don't place too much pressure on biceps tendon near the shoulder.
5. Perform approximately 10 complete rolls (back and forth).
6. Switch sides and repeat.



RHOMBOIDS



1. Lie down flat on the floor or mat, face up.
2. Bend your legs and position your feet for overall stability.
3. Raise your shoulders and head up like a sit up and position the roller under your shoulders.
4. Cross your arms over each other in front of your chest and roll slightly to one side to massage into each side of the spine.
5. Keep your head and neck aligned with your torso.
6. Raise your hips up so that your thighs and torso are aligned straight.
7. Take little steps with your feet to reposition the roller to your middle back.
8. Then take little steps with your feet, moving the roller back and forth along the rhomboids.
9. Perform approximately 10 complete rolls (back and forth).



Legal Disclaimer - The recommendations on this poster are not medical guidelines and are for educational purposes only. You should consult your doctor or rehabilitation specialist before starting this or any other program, or if you have any medical condition or injury that may get worse with physical exertion. This program is for healthy individuals 18 years of age and older and is meant to supplement, not replace, proper exercise training. All types of exercise have some risks. Always make sure that you use common sense before beginning any exercise program. Make sure that your equipment is in good operating condition and don't attempt to exercise beyond your level of experience, knowledge, training or fitness level. These exercises must not replace any exercise routine, treatment or diet that may have been given to you by your doctor or medical specialist. Don't do any exercise unless you have been shown the proper technique by a licensed medical specialist or certified fitness trainer or exercise specialist. If necessary, ask for help when exercising to avoid injury and to ensure proper form. Make sure that you stretch and warm-up properly before beginning your exercise routines. If you are taking any medication, consult your doctor before performing any of the following exercises. If you experience dizziness, or shortness of breath while exercising, stop the exercise and consult a doctor immediately. Don't use this or any other program if your doctor tells you it's not safe to do so. Safety Guidelines - It's extremely important that you always use common sense and use the following safety guidelines when exercising: IMMEDIATELY stop what you're doing if you feel faint, dizzy, light-headed, or very uncomfortable. Seek immediate medical attention if any of these conditions persist. If something feels too difficult, switch to an easier exercise to be safe. If you EVER need extra recovery time, please allow for it. Copyright 2019, 321, STRONG®. All rights reserved.

LATS



1. Lie down on the floor or mat, and roll onto your side.
2. Bend one leg to be slightly behind you. Bend the other one forward.
3. Support your head with your lower hand and keep your elbow on the floor.
4. Raise your torso off the floor, and position the roller just below your armpit.
5. Fold your upper arm onto your chest.
6. Leverage your core muscles to maneuver yourself back and forth over the roller, moving the roller between just below your armpit and the small of your back. For deeper massage reach your arm overhead on the side you are rolling on. Roll more onto your side when doing this.
7. Perform approximately 10 complete rolls (back and forth).
8. Switch sides and repeat.



GLUTES



1. Sit with one hip or the other on the roller, with your leg out-stretched on the floor or for more intense massage.
2. Place the same side foot above the opposite knee above the patella.
3. Keep your head straight, facing somewhat down the whole time.
4. Place one hand just behind you on the mat for support as you roll over your hip region.
5. If you find a tight or knotted area, hold pressure directly on it for 5-10 seconds, and then roll back and forth to release tension. Repeat this 2-3 times for increased benefit.
6. Perform approximately 10 complete rolls (back and forth).



IT-BAND



1. Lay on your side, with your bottom leg on the roller. Support your weight on your bottom forearm or hand.
2. Cross your top leg over and place your foot on the floor or mat, just in front of you. Use your free arm for stability.
3. Keep your head pointed straight relative to your chest.
4. Slowly roll back and forth, between just above the kneecap, and the upper hip (avoid the point on the side of your leg near your hip and just below it for you might irritate your outer hip).
5. You can increase the pressure for sore and tight areas, by uncrossing your upper leg, keeping both legs touching and straight, in a side plank position.
6. Perform approximately 10 complete rolls (back and forth).
7. Switch sides and repeat.



HAMSTRINGS



1. Sit down on the roller with your legs stretched out in front of you.
2. Place your hands behind you, palms down on the floor, for support.
3. Keep your head and neck straight, eyes forward.
4. Roll back and forth between the back of your hip and the back of your knee, as well as side to side (friction massage).
5. Keep your feet off of the floor throughout the whole movement.
6. If you want to increase pressure, place one leg upon the other.
7. Perform approximately 10 complete rolls (back and forth).
8. Switch sides and repeat.



INNER THIGH



1. Lie face down with one leg the roller.
2. Support yourself on your forearms, keeping your head straight, and looking down.
3. Move your knee forward, so that your leg is at about a 45 degree angle.
4. Position the roller so that it is at a 90 degree angle to your thigh.
5. Roll back and forth between the groin and just above your knee. Keep this knee off of the floor.
6. Perform approximately 10 complete rolls (back and forth).
7. Switch sides and repeat.



QUADS



1. Lay face down on the floor or a yoga mat. Support yourself on your forearms.
2. Position the roller underneath both legs, directly beneath the quadriceps muscle.
3. Keep your head straight, facing downward the whole time.
4. Use your forearms to support your body weight while moving the roller from the area just above your knee caps up to the front of your hips.
5. You can adjust the length of your quad by varying the degree that you bend your knee(s).
6. Perform approximately 10 complete rolls (back and forth).



CALVES



1. Sit down on the roller with your legs stretched out in front of you.
2. Place your hands behind you, palms down on the floor, for support.
3. Keep your head and neck straight, eyes forward.
4. Roll back and forth from just below the back of your knee to just above your heel.
5. Keep your feet off of the floor throughout the whole movement.
6. If you want to increase pressure, place one leg upon the other.
7. Perform approximately 10 complete rolls (back and forth).
8. Switch sides and repeat.

