



Foam Rolling Guide Warm-Up

Part of your workout prep beforehand will be neurologically prepping your muscles for their most optimal movement potential. A big part of that is manipulating the variable of your motor patterns called the “Golgi Tendon Organs (GTO).” These proprioceptors help control muscular tone, whether its from being normally accustomed to being at a certain length for a normal amount of time during your life, or from an acute amount of sedentary activity or sleep. The “GTO” when “stimulated” by precise pressure in the form of massage, graston, trigger point therapy, etc. can help fast-track the muscles to a temporary “relaxation” of tone, allowing you to move with more ease, less resistance, and with more confidence.

Here is a list of various “foam rolling” positions you can engage in to help stimulate the GTO and relax your muscles both before and after your movement practice or time at the gym.

Quadriceps



Stack your top leg over the bottom leg. Roll that one on the roller in an elbow plank position between the top of the knee cap/patella and into the crease of the hip.

Hamstrings



Cross the top knee over the base leg knee, compound the pressure over the back of the bottom leg, between the back of the knee and the hip crease below the glutes.

Calves



Stack the top ankle over the bottom ankle, and position the roller below the bottom lower leg. Roll between the base of the achilles and the bottom of the back of the knee.

Adductors



Raise the rolling leg to a near 90 degree angle relative to the torso. Brace into a front plank position and roll between the groin and the inside most angle of the kneecap.

Glutes



Sit with your weight on the opposite glute, to your base leg. Cross the opposite ankle over the base leg knee. Roll your weight into the crossed leg glute, using your hands for support and leverage.

Low Back



Position the body on the roller, above the hip crease, yet lateral to one side of the spine. Roll in parallel to the spine, while leaning lightly towards each side of the vertebral column.

Latissimus Dorsi



Position the body on the roller, favoring one side, slightly below the armpit. Roll between the arm pit and where the “lats” begin to pass by the rib cage.