



Foam rolling 101

Foam rolling or using a trigger point ball can help ease many of the niggles and pains that come from playing sport. But it's important to do it consistently. Rolling only takes about 10 minutes and you can do it while watching TV. You might want to spend longer on the quads, TFL and ITB, which can get particularly tight from running.

Keys areas to foam roll - aim for one minute per area

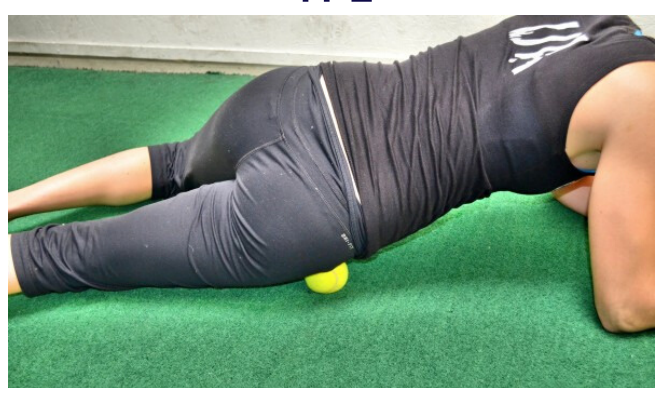
Calves



Quads

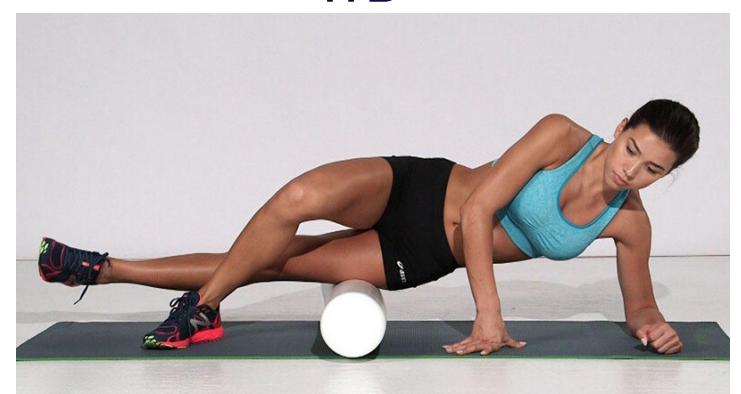


TFL



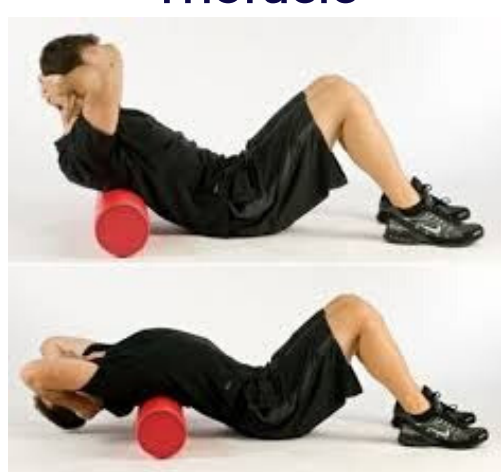
Start at the front corner of your hip and move around to the outside

ITB



Start at the side of your hip and roll down to your outside knee

Thoracic



Glutes

