

Dr. Kim's Foamrolling
and Therapy Ball Manual

Fascial Therapy

Fascia is a system of connective tissue that surrounds and connects all body parts like a 3-D matrix.

Fascia is made up of collagen, elastin + proteins in a ground substance called Extra Cellular Matrix (ECM) that is mostly water.

The Plantar fascia and Iliotibial Band are well-known fascial structures.

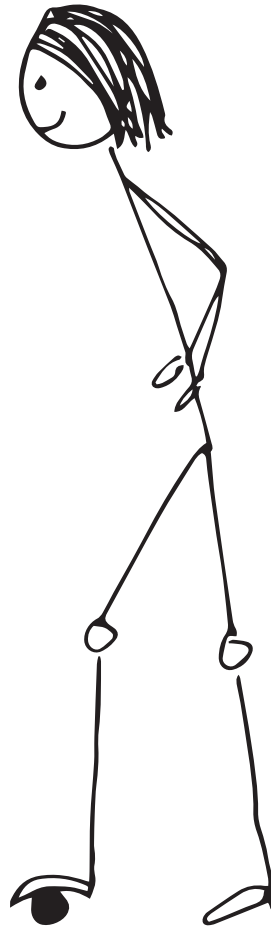
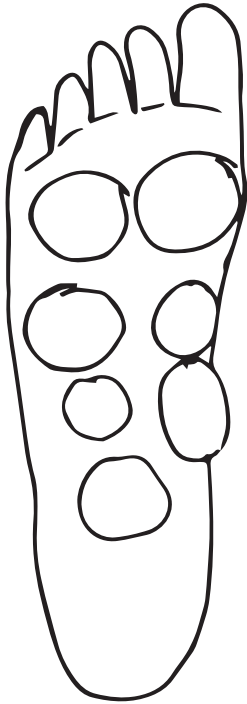
Myofascial Release is a specialized massage technique to help release restrictions.

SMR = Self Myofascial Release using therapy balls, foam rollers or Gua sha tools.

SMR can be done before exercise, after exercise or anytime to release tension, reduce pain + increase movement.

— Dr. Kim Trager

Foot

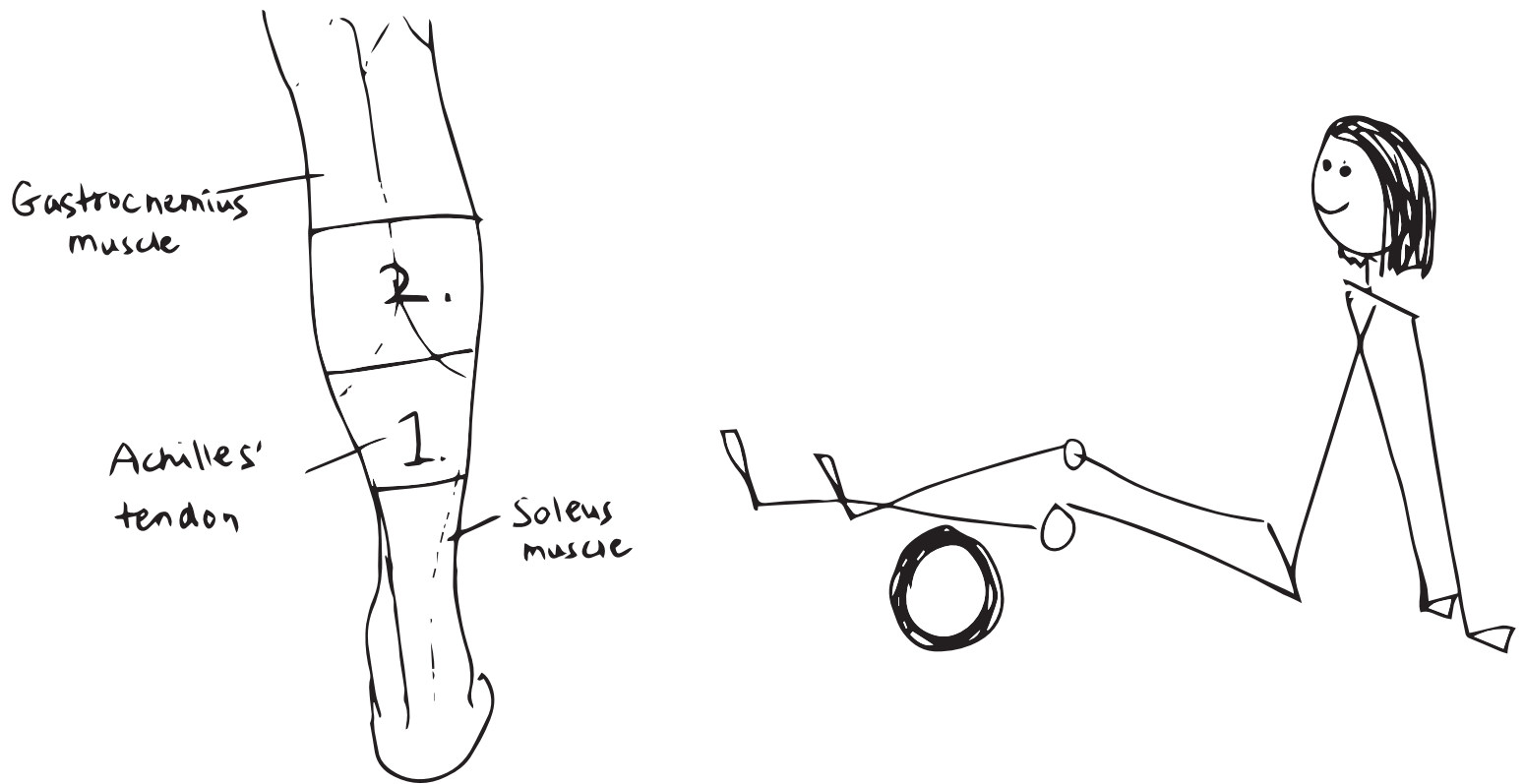


Technique

1. Place a foot over a tennis ball or therapy ball. Allow the foot to relax and simply drape over it.
2. Before moving the ball to a different area, raise + lower the toes 3-4 times.

* Remember that the foot is the foundation of movement and is often overlooked.

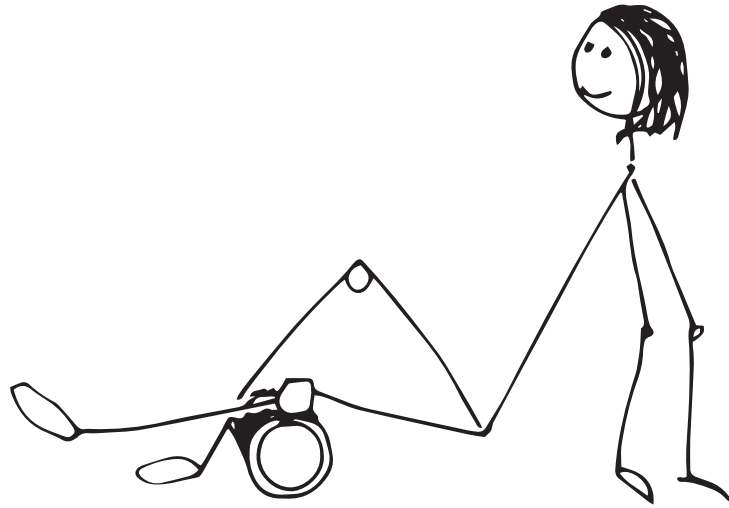
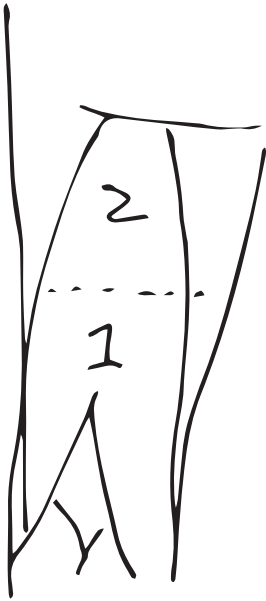
Calf (Gastrocnemius)



Technique

1. For each section roll forward + backward 4X
(Try rotating leg to address medial and lateral aspect of the leg.) Stop + circle foot.
 2. Then "span" the area (no rolling up + down, but side-to-side). Try with flexed foot. 4X
 3. Gentle "cross-friction" by moving leg side to side.
- * Can have other leg on top of working leg for extra compression (optional).

Back Upper Leg (Hamstring)



Technique

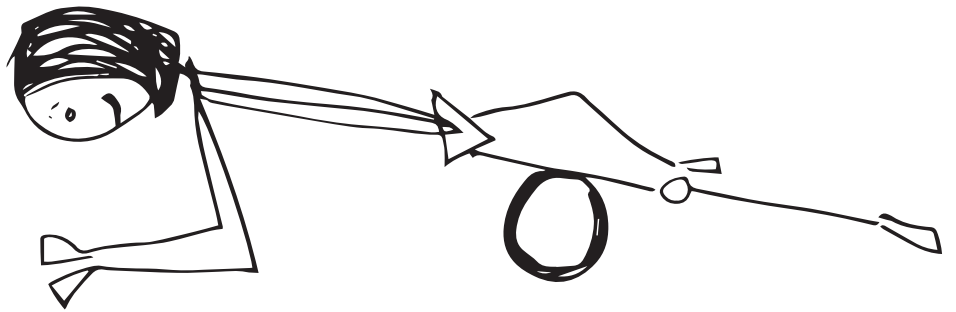
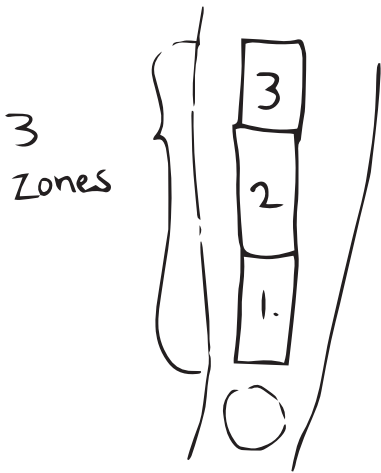
For each zone:

1. Slowly roll forward & back 4X
2. Rotate leg to "span" the fibers.
3. Gently move hips side to side to create crossfriction.
4. The best way to address tight ITBs is to compress + roll lateral hamstrings and quads.

* Hamstrings stabilize the hips + flex the knees.

Front of Thigh (Quadriceps)

Quads get shortened from too much sitting. Tight quads cause pelvic tilt and compression at the low back discs.



Technique

Body is in a plank position (forearms with nonworking knee to the side).

* For each zone:

Roll up & Down 4 X slowly (breathe)

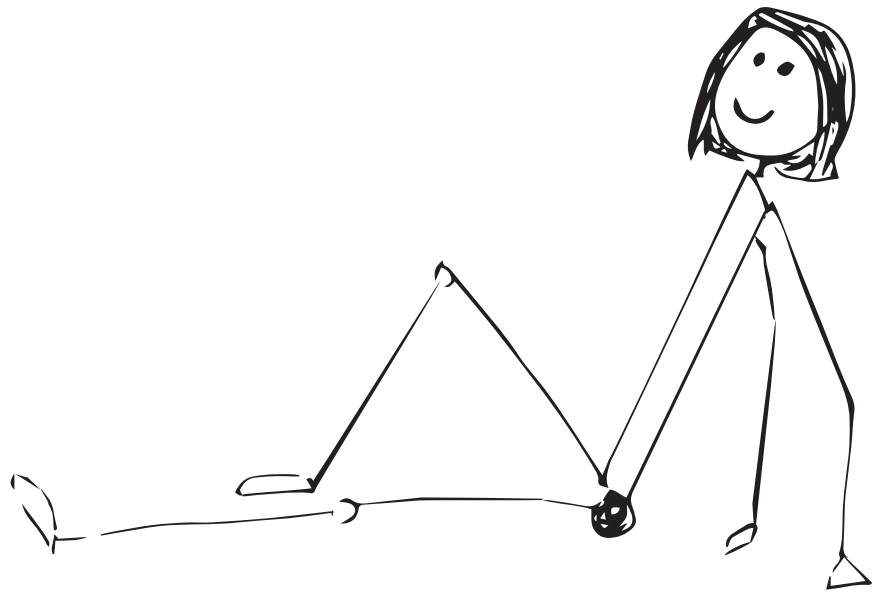
Knee Bends 4 X (if possible)

* For Vastus lateralis muscle (outer part of quad):
Reposition body at a 45° angle and repeat.

* can do this with a therapy ball and use body weight for compression.

Piriformis

Under the
Glute max.



Set Up: < Do in chair or on floor >

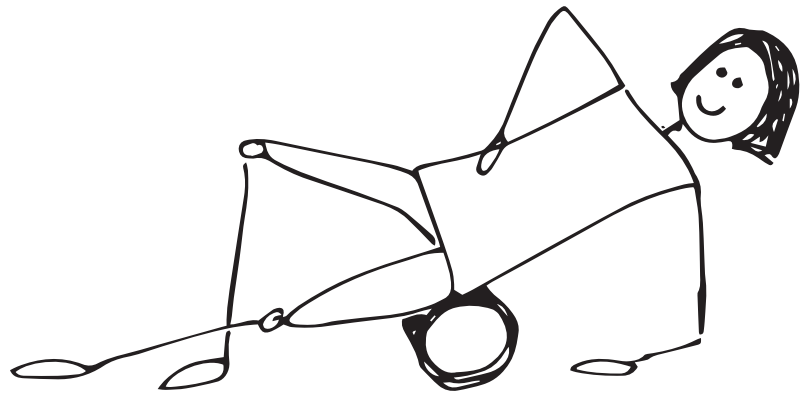
- Place therapy ball or tennis ball underneath one glute area/"pocket area."
- Have hands behind body for support.
- Keep torso elevated for breathing.

Technique:

1. Gently "march" the leg that is on the ball.
2. Move that leg in clamshell movements.
3. Try pivoting right + left over the ball.

* Because the Piriformis muscle is over the sciatic nerve, be mindful during this stretch.

Glute Medius + friends



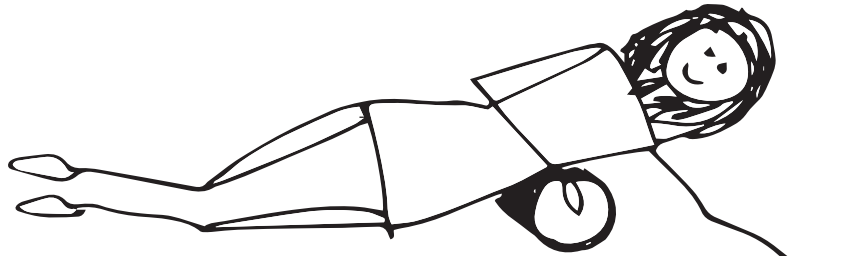
Technique

1. While resting on roller, roll slowly.
2. Shake hips forward + back to create cross friction.
3. Lean back onto roller 45° and execute steps 1 and 2.

* The glute muscles (maximus, medius + minimus) become weak with so much sitting.

The glute medius supports the same knee during walking!

Side Ribs (Lat dorsi & Serratus)



Set Up:

- Lie on side with knees stacked + flexed.
- Place roller under side ribs (hipple line, then near armpit)
- Can place top hand on the roller.

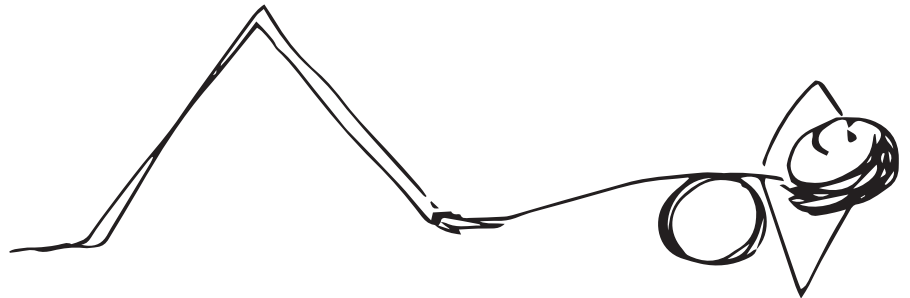
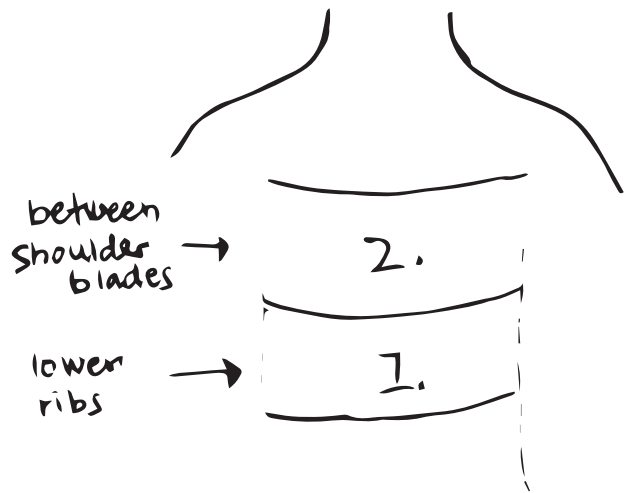
Technique:

1. Small movements lengthwise
2. Lean back onto roller to get more ribs.
3. Stop + breathe into any tight areas.
4. Try slow side to side movements.

* In this stretch, the focus is on the side ribs and really helps with arm movements.

Thoracic Spine

(lat. dorsi, traps, obliques, rhomboids)



Cradle head in hands or
cross hands on chest.

Technique

Section 1 Roll forward & back. 4x

Cross friction by slowly
taking elbow toward same side hip 4x
(Alternate Right + Left)

Section 2 Repeat

Finish by resting back of head
on roller and slowly rotate
head, then nod.

* The diaphragm attaches to the front part of
the lower ribs. This technique can improve
breathing and posture.