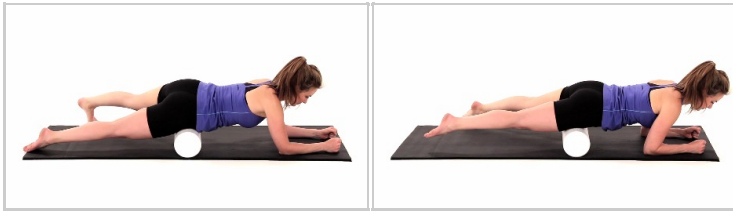


Clinician Notes

This foam rolling routine will take 5 minutes once you have the flow and routine down. It should be completed before and after every training session or workout.

The foot mobilization with a small ball may be left out if at the field but should be completed separately.

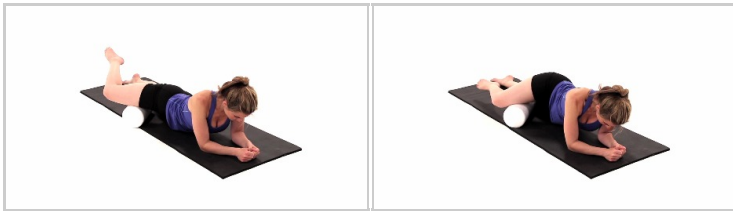
Hip Flexor Mobilization with Foam Roll



SETS: 1

SECONDS: 20

Adductor Mobilization with Foam Roll



SETS: 1

SECONDS: 20

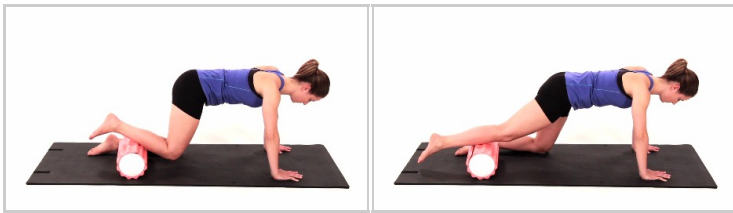
Quadriceps Mobilization with Foam Roll



SETS: 1

SECONDS: 20

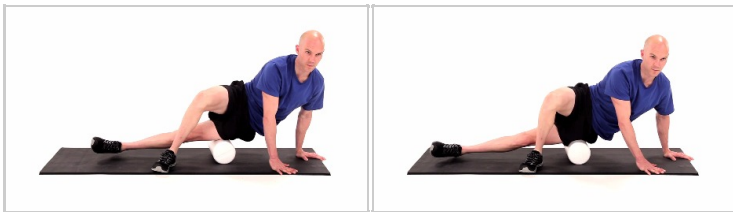
Anterior Tibialis and Peroneal Mobilization with Foam Roll



SETS: 1

SECONDS: 20

Sidelying IT Band Foam Roll Mobilization



SETS: 1

SECONDS: 20

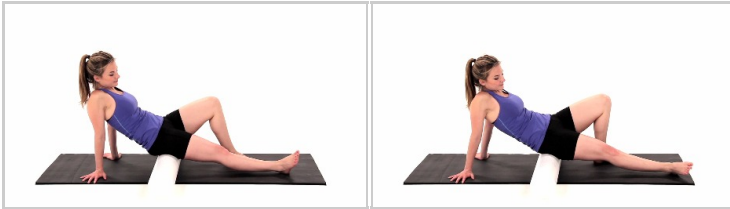
Back Mobilization on Foam Roll



SETS: 1

SECONDS: 20

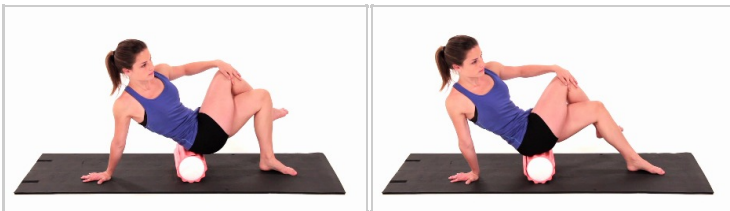
Gluteus Mobilization with Foam Roll



SETS: 1

SECONDS: 20

Piriformis Mobilization on Foam Roll



SETS: 1

SECONDS: 20

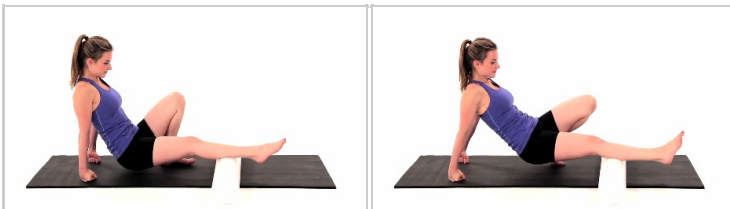
Hamstring Mobilization on Foam Roll



SETS: 1

SECONDS: 20

Calf Mobilization with Foam Roll



SETS: 1

SECONDS: 20

Seated Plantar Fascia Mobilization with Small Ball



SETS: 1

SECONDS: 20