



# Foam Roll (FR) Exercises (See “The Stick”)

Strength & Conditioning Coach: Chet Koneczny

## Appendix 1

Program Emphasis: Full (ROM) Muscle Coverage (Pain Free)

Program Frequency: 1-2x per week max (\*Schedule Dependant)

Technique: Roll along muscles stopping in the painful areas  
(roll quickly back and forth over the painful areas)

\*72 hours is rest recommended between sessions (before games)

Exercise	Weeks	Prescribed			Actual								Technique Cue
		Sets	Reps	Tempo	Week 1		Week 2		Week 3		Week 4		
					Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	
1) Vertical Back Roll	1	1	5	3:3									- Sit on the ground with the FR across the base of your lower back, knees bent close to your body; arms in the catch position - Lean back on the FR & slowly walk your feet forward until FR is at the base of your neck (arms overhead); return to start position
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
	Notes:												
2) Hip Flexor/Quad Roll	1	1	5e	3:3									- Lay on top of a FR facing the ground, FR perpendicular to body - Keep hands and opposite foot on the floor; roll back/forth from hip to knee along the front of your leg; deactivate all of the involved muscles, also rolling deep and quickly back/forth in the hip joint
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
	Notes:												
3) Chest Roll	1	1	5e	3:3									- Start with a FR on a 45° angle relative to one of your shoulders (FR begins parallel, tilt 45° in) - In quadruped position, lean your chest/shoulder onto the FR and bring your arms straight overhead - Lean in using your abdominals to roll FR from shoulder to sternum
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
	Notes:												
4) Hamstring/Glute/Calf Roll	1	2	5e	3:3									- Set 1 sit on the edge of a FR that is placed perpendicular to your body, keeping your hands behind you to help roll back and forth; roll to back of knee & up to hip high; also get full coverage of buttocks - Set 2 roll FR from behind your knee, along the back of your calf
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
	Notes:												
5) Horizontal Back/Shoulder Roll  -Also roll triceps & wrists	1	1	5e	3:3									- Sit on the ground with the FR pressed up against your tail bone (parallel to your body); lay back, using hands and heels for support - Kick one leg/arm out wide (for support); roll FR towards your opposite side shoulder (arm kept straight), reset (one side at a time)
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
	Notes:												
6) Groin Roll	1	1	5e	3:3									- Start with a FR on a 45° angle relative to one of your legs (FR begins parallel, tilt 45° out) - In the quadruped position lay face down on the FR; position it on the inside of your leg (at knee) - Use your hands, rolling up the FR from your knee to your groin
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
	Notes:												
7) Lateral Chain: Latissimus/IT Band/Calf Roll	1	3	5e	3:3									- Lay on your side with the FR: Set 1 above hip (roll to armpit) Set 2 at your hip (roll to knee) Set 3 just below your knee (roll to ankle) along the side of your calf - Make sure to perform all exercises on both sides and to use your arms/legs for leverage
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
	Notes:												

BW Body Weight, DB Dumb Bell, KB Kettle Bell, BB Bar Bell, MB Medicine Ball, SB Swiss Ball, EB Exercise Bar, e each side, s seconds, m metres