

LOWER LIMBS

SOLES OF THE FEET/PLANTAR FASCIA



Rolling area

The rolling should target the whole plantar fascia reaching all the parts under the foot, from the heel to the toes.

It can be performed in standing or seated position.

ANKLE PLANTARFLEXORS (GASTROCNEMIUS AND SOLEUS)



Rolling area: From the achilles tendon till the popliteal fossa.



ANKLE PLANTARFLEXORS (GASTROCNEMIUS AND SOLEUS)

Progression

1. One leg on the ground and the other on the FR
2. Two legs on the FR
3. One leg on the FR and the other crossed on top of it.



HAMSTRINGS



Rolling area: From the popliteal fossa to ischial tuberosity.

Progression:

1. One leg on the ground and the other on the FR
2. Two legs on the FR
3. One leg on the FR and the other crossed on top of it.

GLUTEUS MAXIMUS



Rolling area

From the upper portion till the lowest portion of the musculature.

GLUTEUS MEDIUS AND PIRIFORMIS

Rolling area

From the ischial tuberosity till the top of the pelvis.

Progression

1. Both legs on the ground.
2. One leg on the FR and the other crossed on top of it.



TENSOR FASCIA LATAE/ILIOTIBIAL BAND



Rolling motion

From the greater trochanter till just before the knee joint.

Progression

1. One leg on the FR (slightly raised off the ground) and the other on the ground and crossed in front of the treated leg).
2. One leg on the FR and the other on top of it.



QUADRICEPS/HIP FLEXORS



Rolling area: Just above the patella till the anterior superior iliac spine

Progression:

1. One leg on the ground and the other on the FR
2. Two legs on the FR
3. One leg on the FR and the other crossed on top of it.

ADDUCTORS



Rolling area: From the inner side of the mid-thigh till just above the knee.

Progression:

1. Support the body weight on the palms.
2. Support the body weight on the elbows.



PERONEAL MUSCLES

Rolling area: From the outside lower part of the leg till just before the knee.

Progression

1. One limb on the FR and the other on the floor crossed in front of the treated leg.
2. One limb on the FR and the other above it.



ANTERIOR TIBIALIS

Rolling area: From the outside of the lower part of the leg till just before the knee.

Progression

1. One limb on the FR and the other on the floor extended back.
2. Two limbs on the FR.
3. One limb on the FR and the other above it.



UPPER LIMBS

FOREARMS



Rolling area

From the wrists till the elbows.

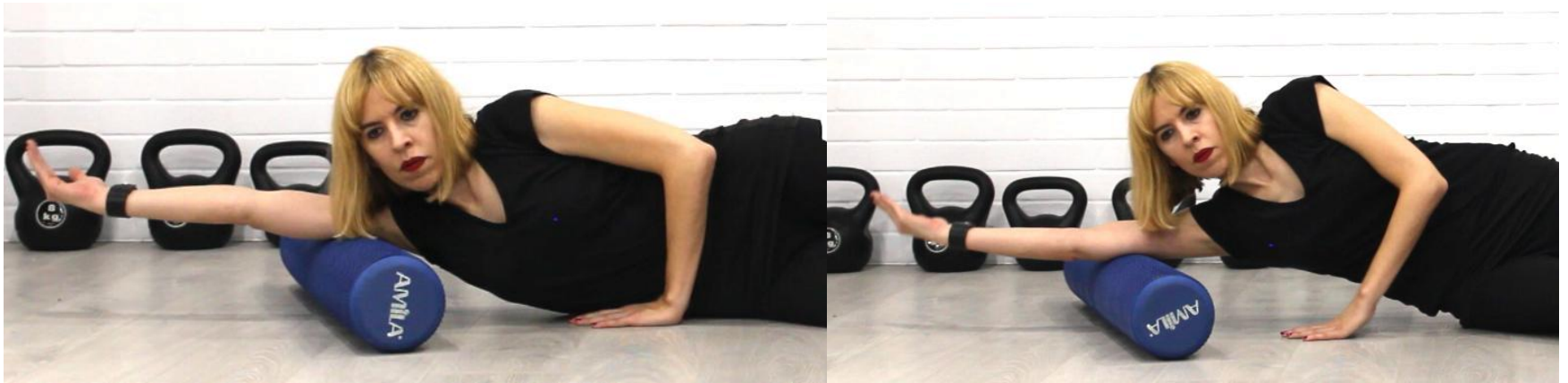
BICEPS BRACHII



Rolling area

From the front part of the shoulder till the front part of the elbow.

TRICEPS BRACHII



Rolling area

From the armpit till just before the elbow.

DELTOIDS



Rolling area

From the shoulder till midarm.

✧ Minimal movement, better remain in the spot.

TRUNK



LATISSIMUS DORSI



Rolling area

From the armpit to midtorso.

✧ Minimal movement in the axillary area with one arm outstretched.

LATERAL MUSCLES OF THE TRUNK



Rolling area

Minimal movement.

The FR must not contact or press the ribs.

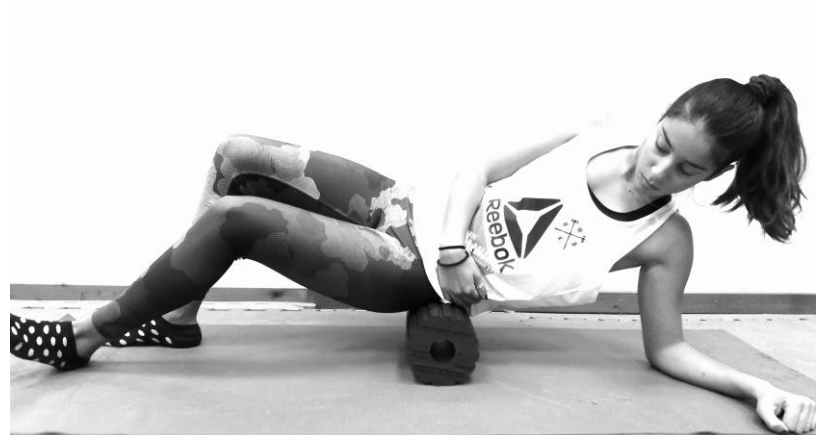
LUMBAR SPINE



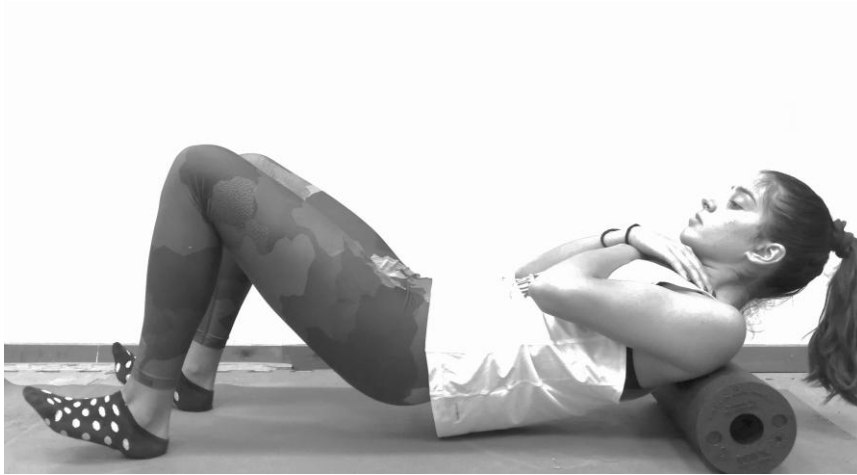
It is better not to press directly the vertebrae so the version below is considered safer.
It is safer to use a “soft” FR.

IS IT SAFE FOR LOW BACK PATIENTS TO ROLL THE LUMBAR SPINE ?

- ✓ Lack of scientific researches.
- ✓ Safer to apply FR in other muscles whose tightness may create tension and pain in the lumbar spine (e.g. glutei, hamstrings, hip flexors).



UPPER BACK (TRAPEZIUS)



3



2

Rolling area: Thoracic spine. From the midback (height of shoulder blades) to just below the neck.

Progression:

1. Arms crossed in the height of thorax.
2. Elbows joined and palms on the head.
3. Arms outstretched above the head.

ROMBOIDS



Rolling area: From the spine till the shoulder blade.

NECK

The head is resting on the FR.
After doing slowly and with
caution a turn, remain there for
about 8 sec.

