

Over the past decade we have discovered the vast majority of people do not maximize the potential of this activity. Our foam roller clinics are designed to turbocharge the effectiveness of the attendees. This PDF is intended to highlight some of the key points of Dr. Hoffart's and Sorenson's foam rolling clinics. This is not inclusive of all information provided in the clinics but is a reminder to jog the memory of attendees. Be smart. If you feel anything that is too painful or causes: numbness, tingling or burning pain... Stop and seek professional advice. Likewise, if you have been diligent in your at home care and not responding, get professional help.

**END
THE
PAIN**

contact us at
(916) 632-8315

Reasons for Foam Rolling
Improve waste product removal/
lymphatic drainage

If you have not attended a clinic, would like to schedule one for your team/group, or get that professional help, contact us at: (916) 632-8315
Email Dr. Hoffart at: DrHoffart@gmail.com • Email Dr. Sorenson at: Sorenson33@yahoo.com

Flow and Key points

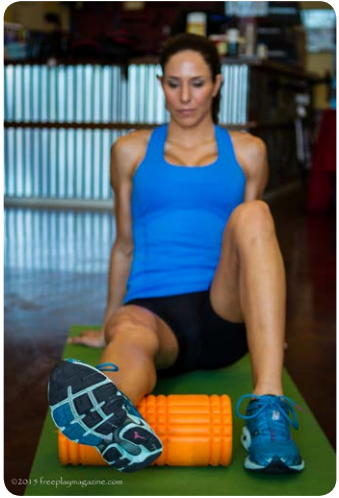
Generally, moving from the foot toward the heart in the direction of lymphatic flow
Relax tissues being worked on (ie: relaxed foot with calf work)
Move slowly
Find the spot, relax more, "Wiggle and Jiggle"

Start

Bottom of foot to relax fascia and structures
Do it both in a relaxed foot and stiff foot position

Calf

RELAX the foot!



Don't forget the "3 of Positives/Effectiveness/Evil" external, neutral, internal



Gastroc double



Don't forget Popliteus

Avoid



NV bundle

Hamstrings

"3 positions of effectiveness/evil " external, neutral and internal rotation of the thigh



One leg at a time



Pic 90 degrees to get hamstring attachment at ischium



Hip/glute mm

Back on elbows



45 degree

Avoid sciatic nerve/numbness/tingling/burning



On side above trochanter...side to side... wiggle/jiggle 90 degrees from floor



IT band



Stay on side 90 degrees from floor

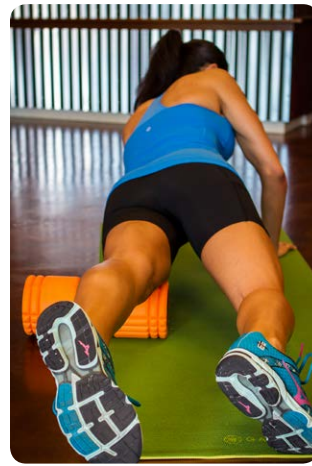


If too sensitive offload and/or add towel

Quads



Start at hook of hip



3 positions of effectiveness/evil
If too sensitive add towel



One side at a time

Adductors



Hip and knee at 90 degrees



Straight knee

Anterior tib



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