

FOAM ROLLER

- Apply pressure with foam roller into sore/tight muscle(s) within tolerance.
- Roll along length of muscle fiber(s) for 3-5 minutes.

Calf:



Anterior Tibialis:



Iliotibial Band:



Hamstrings:



Quadriceps:



For any questions or to schedule a physical therapy appointment (doctor prescription not required!) contact us at any of our locations:

DeKalb Sycamore Road
815.756.8524

Genoa
815.784.6417

Rochelle
815.562.3299



Voted DeKalb County's Best Physical Therapists 11 Consecutive Years!
Voted Ogle County's Best Physical Therapists 4 Years In A Row!