

## SPINAL ROLL (Sacrum to Occiput)

### INSTRUCTION

Lie face up on the Physio Roller - ensure that the base of your head and the base of your spine are on the Physio Roller. If you can, interlock your hands underneath the neck for support. If you don't have the range in your arms for this, place both hands on your chest. Slowly roll across the Physio Roller so that you feel the roller touching the muscles down each side of your spine.

**Workout 0 - 60 secs.**



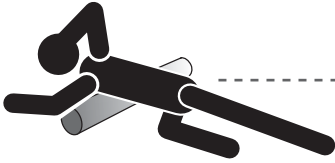
## BACK MOBILISATION (Segmental Motion)

### INSTRUCTION

Lie face up on the Physio Roller with the roller running perpendicular to your spine. Concentrate on keeping the Physio Roller in your thoracic spine (the area directly below your chest). Try to relax over the Physio Roller so you are allowing the vertebrae to move forward while you move the roller slowly up and down.

**Workout 0 - 60 secs.**

**WARNING:** Using the Physio Roller may give pain and discomfort as the muscle fascia is stretched. If unsure of its suitability to your needs, please consult your Health Practitioner.



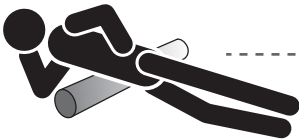
## CHEST

(Ribs, Lats and Teres)

### INSTRUCTION

Lie on one side with the Physio Roller placed on the ribs. Try to keep your body in a nice straight position - ie. hips on top of each other. The bottom leg should be bent for stability. Extend the underlying arm and try to move in a sideways motion on the roller.

**Workout 0 - 60 secs.**



## HIP & SIDE OF THIGH

(Tensor Fasciae Latae & ITB)

### INSTRUCTION

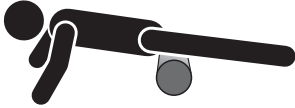
Lie on your side on the Physio Roller with the roller positioned on the hip. The bottom leg should be bent 15°, keeping your body nice and straight - ie. hips on top of each other. Slowly move up the roller so it rolls down the leg towards the knee. Move back down so that the Physio Roller returns to the hip area.

To increase the intensity, you can slowly move sideways over the muscle too.

**Workout 0 - 60 secs.**

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**INSTRUCTION**

**FRONT OF THIGH**  
(Rectus Femoris)

Lie on the Physio Roller in a face-down position. Place the top of your thigh on the Physio Roller. Try to keep good posture with your body and slowly roll your body up so that the Physio Roller goes down towards your knee. Slowly roll your body back to the start position. To increase the intensity, you can slowly move your body sideways too.

**Workout 0 - 60 secs.**



**INSTRUCTION**

**BUTTOCKS**  
(Piriformis/Glute Medius)

Sit on the Physio Roller and cross one leg over the other. Tilt your body to maximise the pressure on the butt of your bent leg. Slowly move your body across the Physio Roller.

**Workout 0 - 60 secs.**

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## BACK OF THIGH (Hamstrings)

### INSTRUCTION

Sit on the Physio Roller with it at the top of your legs. Slowly move your body so that the roller goes down the back of your legs to your knees.  
Slowly return to the start position.

**Workout 0 - 60 secs.**



## CALVES (Gastroc/Soleus)

### INSTRUCTION

Sit on the floor with the Physio Roller under the top of the calf muscles (just below the knee). Slowly move your body so that the roller goes down towards the feet.  
To increase the intensity, you can slowly move your legs sideways too.

**Workout 0 - 60 secs.**

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