



Thera-Band® Foam Rollers and Thera-Band® Wraps

The Thera-Band® Foam Rollers used in conjunction with the patent-pending Thera-Band® Wraps, is a novel tool for hands-free myofascial release, deep tissue massage and stabilization exercises. Designed to support varying depths of tissue penetration, the Thera-Band Wraps are available in four successive levels of progressive density, each corresponding to the intended depth of tissue release. Thera-Band Foam Rollers are available in the standard 6" diameter, in 36" and 12" round and 36" half round lengths. Thera-Band Wraps are 12" in length and are designed to fit the standard 6" round Foam Roller.

Consistent utilization of the Thera-Band Foam Roller and Wraps leads to increased muscle flexibility and range of motion, enhanced tissue recovery and regeneration, and sustained muscle and fascial health – without compromising performance. Thera-Band Rollers and Wraps can be used in-clinic, as part of a clinician-prescribed home exercise program or self-initiated wellness routine.



For additional exercises and videos go to
info.Thera-BandAcademy.com/FoamRoller

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GENERAL INSTRUCTIONS

The Basics

Foam rolling is a hands-free technique that involves varying degrees of pressure, stroke length and fluidity, as well as body part positioning to achieve desired goals. The massage pressure is created through the weight of the body on the Roller, use of the progressive Wraps and then controlled through changes in movement and position. When a gentler pressure is preferred, hands and feet may be utilized to offset the weight of the body. Conversely, when a deeper tissue release is preferred, slight shifts in body angle and movement may be incorporated. The progressive Wraps can be added or removed to help increase or decrease pressure and penetration.

Allgemeine Rollübungen

We offer the following views for each muscle pictured: starting position, rolling (massaging and releasing) in action, modified and/or progressed positions, and multiple variations. The variations * offer the ability to increase or decrease the depth of penetration, as well as focus in on specific targeted regions of the muscle.

Rolling Tips & Tools

- Find a relatively open area with decent floor space
- Utilize the Foam Roller and Wrap on bare skin or over fitted, light clothing
- Position the Roller under the targeted muscular region
- Gently roll body weight back and forth, with long sweeping strokes, across the Roller
- Be sure to follow the path of the muscle being massaged
- Control the pressure through adjusting amount of weight on the Roller
- Significantly reduce pressure if passing over boney areas such as spine or shins and/or utilize the Yellow Wrap for additional cushioning
- Vary positions and incorporate the progressive Wraps to target specific fibers of the tissue being released. Variations illustrated throughout manual.
- ☆ Release with a combination of long and short rolling strokes
 - Repetitively roll with shorter strokes or perform a sustained hold over a particularly tight spot until it softens
 - Perform self-rolling massage when muscles are warm
 - Roll each muscle group for 60-90 seconds, 1-2 times in a row, 3-5 times per week

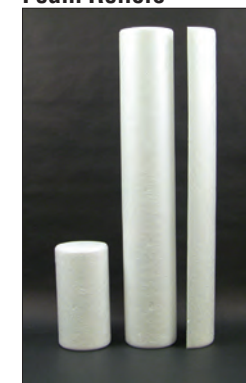
Wraps

Densities vary by color. Yellow being the softest and Blue being x-firm



Can be used with 6" x 12" and 6" x 36" rollers.

Foam Rollers



6" round, 36" round, 36" half round

Applying Wrap



STEP 1



STEP 2



STEP 3



STEP 4

Hamstrings



Quadriceps



IT-Band



Adductors



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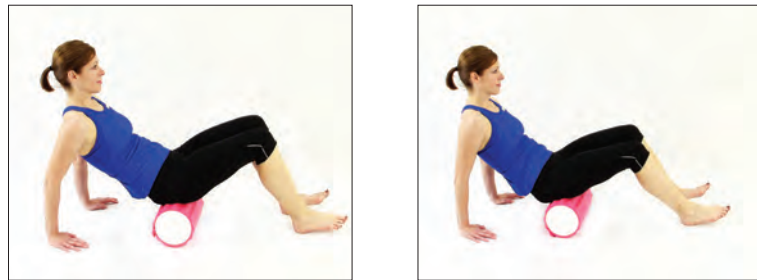
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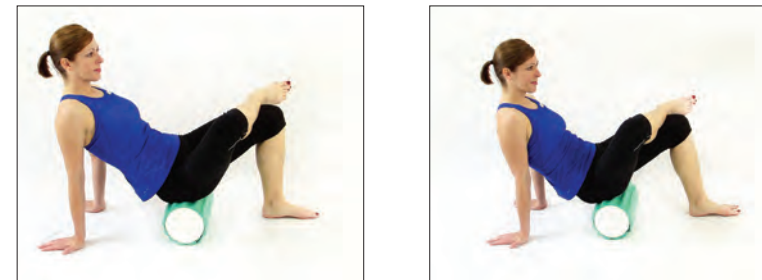
Hip Flexors



Glutes



Piriformis



Anterior Tibialis/Peroneals



Gastroc



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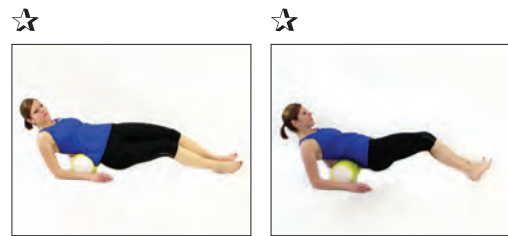
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Lower Back/Mid Back



Upper Trap



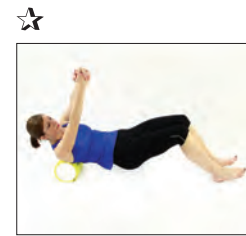
Lats



Mobilization - Option 1



Rhomboids



Mobilization - Option 2



STABILIZATION

Stabilisierungsübungen sollen die Kraft, Leistungsfähigkeit und Ausdauer der Muskeln steigern. Obwohl der Muskel dabei auch stärker wird, dienen diese Übungen zur Funktionsverbesserung

Core Stabilization Exercise Tips and Tools:

- Assume proper core posture within each exercise
 - Head and neck aligned with trunk
 - Chest open with shoulder blades pulled down and in
 - Belly button squeezed subtly to create 'abdominal hollowing' position
- Perform movements in a slow, controlled fashion
- Hold each repetition 3-5 seconds
- Complete 10 repetitions, 1-2 times in a row, 3-5 times per week

Arm Pull



Bridge

Level 1



Level 2



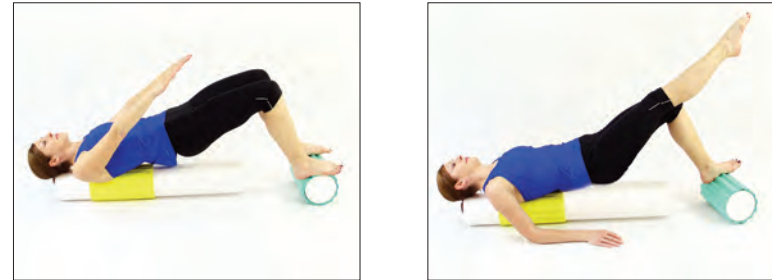
Quadruped



Balance Exercises



Brücke



Stance/Squat



Advanced Stance/Squat

