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VIDEOS FOR FOAM ROLLER/ SELF-MYOFASCIAL RELEASE

3 minutes - **Part 1 Foam rolling** - Female trainer

- Muscle groups she works: hamstrings, soleus and gastroc, quads, IT Band, spinal back muscles

<http://www.youtube.com/watch?v=5ILw81kGeXg&feature=relmfu>

1.5 minutes - **Part 2 - Balance and stability training, Spinal Alignment-**

- 2 examples: push ups (shoulder girdle), spinal alignment

<http://www.youtube.com/watch?v=9y9XD6H3TuU&feature=relmfu>

11 minutes - **Self-Myofascial release** - Foam rolling all parts of the body including using the lacrosse ball for feet and posterior shoulders, and pectoralis minor. Good audio instructions.

- Glutes, IT band, hip flexor*, quadriceps, adductors, thoracic extensions*, open the ribcage, latissimus dorsi*,

http://www.youtube.com/watch?v=zr20GY8uRKO&feature=results_video&playnext=1&list=PLD66BB55E7590FE05

6 minutes - **How to foam roll with roller and tennis ball-** male trainer –

- Plantar fascia roll, calf roll, Anterior leg, hamstrings, glutes, IT Band, Quads, Adductors, Lower back, upper back, Thoracic extensions, Latisimus dorsi, Posterior shoulder, pectoralis minor

<http://www.youtube.com/watch?v=uyBcYI-BBN8&feature=related>

8 minutes - **Complete Foam Roller Workout** – male trainer –

- 13 exercises routine: Rest position, upper back, neck, latissimus dorsi, pectorals, glutes/hip rotators, hamstrings, quads, hip flexors, quads, adductors, shins, feet

<http://www.youtube.com/watch?v=KE5na0zvVMg>