

## **Rock & Roller! -Foam Roller Session Plan**



Exercise	Instruction	Teaching Points	Notes
Flex and extend through the spine	Seated with knees bent, hands on roller behind you. Exhale to flex the spine and inhale to extend allowing roller to further extend the shoulders.	Focus on thoracic extension and lumbar flexion. Allow head to follow one of spine	
Knee drops	Seated as before. Inhale to allow knee to drop to side Exhale to return to centre	Easy shoulders Maintain lengthen in neck Point sit bones to floor Ribcage alignment maintained Passive stretch through chest & shoulders	
Hip opener- single sides	Seated as before Inhale to drop knee out and extend leg out, inhale to return to parallel and draw in.	Keep sit bones pointing to floor Focus on balance between spinal extensors and flexors Length in neck	
Port du bras	Bring arms in front and extend legs. Exhale to flex through spine to roller and then extend over roller. Inhale to circle arms round and exhale to return to seated.	Keep neck lengthened Focus on articulation through the spine Keep ribcage connected, do not allow to flare	
Spine Twist	Seated tall, holding roller in front Inhale to rotate through the spine, exhale to lift roller up. Inhale to lower roller and exhale to return	Focus on thoracic movement Keep lengthening through the spine	

Ab curl	Lying along roller with only mid thoracic and lumbar on, head and shoulders are off the end. Hands behind head, knees bent. Exhale to curl up, inhale to lower	Lift crown of head towards ceiling creating lengthened C curve. Allow lumbar to lightly imprint	M: Full spine along roller if needed P: Add pulses
Stomach series	As above, holding flexed position- Single leg stretch ( one leg only, other down for support) Single leg straight stretch Criss cross	Lift crown of head towards ceiling creating lengthened C curve. Allow lumbar to lightly imprint	M: Hands to floor if extra support is needed
Shoulder bridge	Lying fully along roller, knees bent. Exhale to lift into bridge Inhale to lift higher into extension Exhale to lower	Connect strongly into heels Focus on hip extension	M:no spinal extension P:Add in leg kicks focusing on hip extension
Inverted series Scissors	Place roller under sacrum, lift legs up to ceiling Scissor legs open and switch	Maintain slight lumbar flexion Arms long holding ends of roller Slight bend at knee if necessary	P:Add pulses P: Add pull with arms P: Flex feet
Helicopter	As above Scissor open and circle legs round in opposite directions and switch	Maintain slight lumbar flexion Arms long holding ends of roller Slight bend at knee if necessary	P: Point feet as open, flex as circle
Double leg lift & lower	As above Exhale to lower both legs, inhale to lift	Maintain slight lumbar flexion Arms long holding ends of roller Slight bend at knee if necessary	
Side bend	Side seated with knees bent, hand on roller Inhale to laterally flex over Exhale to press roller away slightly	Keep eye line forwards Keep wrist strong	M: Do not add in arm movement
Swan dive-single arm	Lying prone, legs in parallel. Place forehead on one hand and other on roller, palm down Inhale to draw arm back, bending elbow, exhale to return	Keep neck lengthened Focus on gliding scapula Keep slight engagement through legs	P: Add in rotation, turn thumb to ceiling as draw arm back P: Add in thoracic extension

Swan dive	Lying prone with both arms in front on roller. All slight external rotation at hip. Inhale to lift upper body Exhale to lift legs up behind.	Focus on spinal lengthening in both phase of movement Reach long through legs	M: Reduce ROM
Open leg rocker	Seated with legs lifted and roller behind knees. Hold ends of roller in slight lumbar flexion Inhale to roll back, exhale to return	Initiate movement with lumbar flexion Keep nose towards tailbone. Weight at back of pelvis	P: Extend legs
Spine stretch	Seated, legs extended with ankles resting on roller. Inhale to lift arms up, exhale to flex forwards. Inhale to lengthen spine and exhale to return	Focus on articulation Create length and space through the spine	M: Bend knees