

½ Foam Roller



Gastrocnemius Stretch:

Keeping your knee straight and your foot on the flat side of the ½ foam roller, lean forward until a gentle stretch is felt (for a soleus stretch, bend your knee!). Hold for 30-60 seconds.



Inversion/Eversion Balance:

Standing on the flat side of the ½ foam roller with your foot placed lengthwise try to maintain your balance for 30 seconds. Closing your eyes will make the task more challenging. On a long foam roller, you can stand heel to toe.



Plantar Flexion/Dorsiflexion:

Standing on the flat side of the ½ foam roller with your foot placed perpendicular, try to maintain your balance for 30 seconds OR roll from your toes to your heel. Closing your eyes will make the task more challenging.



Squat on Foam Roller:

Standing on flat side of ½ foam roller or balance on circular foam roller, perform squats while maintaining your balance.