

Roller ITB and Quadricep Release

Exercise Purpose:

To self-massage or release your ITB and Quadriceps muscles (right side in the picture)



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=737>

Key Points:

- Lower your body so that your right ITB or quadriceps rest on top of the roller
- Support your body weight with your arms in front you and your left foot on the ground
- Keep your ITB/quadriceps against the roller the whole time
- Slowly rock your body up and down on the roller so it releases/massages your right ITB/quadriceps
- If you find a tight/sore spot you may benefit from holding on this spot
- To gain more force you could try lifting your left foot off the ground and placing it on top of your right leg throughout the movement
- Remember to breathe throughout
- Try to roll throughout the whole range of motion from your hip to your knee joint

*Your ITB is on the side of your thigh so to roll this you will get the most benefit from rolling side on or slightly front on

You have 4 quadriceps muscles. You can roll these more specifically by changing your angle however they will generally be massaged when you are face down not side on to the roller