

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=742>

Roller Peroneal Release

Exercise Purpose:

To self-massage or release your peroneal muscles (right leg in the picture)



Key Points:

- Lower your body so that your right peroneal muscles rest on top of the roller
- Support your body weight with your arms in front of you and with your left foot and hands on the ground
- Your peroneal muscle group is located on the outside of your lower leg. Keep your right peroneal muscles against the roller the whole time
- Slowly rock your body up and down on the roller so it releases/massages your right peroneal muscles
- 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