




## Foam Roller – Anterior Pelvis

**NOTE:** If you notice discomfort in your low back, try placing a pillow under your stomach.

<p><b>Position 1:</b></p> 	<p>Lie with the foam roll positioned horizontally just above your pubic bone. Rest on your elbows to start. Follow softening principles starting at the back of your legs and moving up toward your mid back.</p> <p>You should feel your abdomen and body dropping toward the floor. Continue to soften for at least 2 minutes. Once you feel minimal to no sensation progress toward position 2.</p>
<p><b>Position 2:</b></p> 	<p>Slowly start to lower your trunk toward the floor. STOP at any point where you feel an increase in sensation (tightness, pressure, tenderness), wait there while you bring your breath to the area. When it softens and you feel minimal sensation then you can continue to lower. Stop, wait, and breathe at each restriction. Follow releases in this position for at least 2 minutes. Once you feel minimal to no sensation you can progress toward position 3.</p> <p><b>Note:</b> if you are not feeling the body soften, go back toward position 1.</p>
<p><b>Position 3:</b></p> 	<p>This is the most advanced position and may take multiple self-care sessions to achieve.</p> <p>Slowly start to come back onto your elbows. Lift slightly and walk your elbows forward so the roller is on the upper thighs. Roll down 2", back 1" stopping at any change in sensation, wait there while bringing your breath to the area. When it softens and you feel minimal sensation then you can continue technique. Stop, wait, and breathe at each restriction. Follow releases in this position for at least 2 minutes</p>