

Foam Roller Back of Thighs (Hamstrings)



- Sit on the foam roller with legs in front of you, then balancing on your hands, extend legs out in front and roll gently off sit bones and onto back of thighs.
- Slowly roll from the top of the thigh to the knee. Break up the rolling into the upper, middle and lower thigh areas for better emphasis. Avoid rolling over back of the knee joint.
- Roll 1 to 2 minutes, focusing on the areas where you find pain and restrictions. To apply more pressure, roll one leg at a time, with the other crossed over it.