

# Exercise of the Month

December, 2016

## IT Band Rolls

**Purpose:** Increase blood flow to the muscle, while smoothing out adhesions or scar tissue. Improves recovery time.

**Target Muscles:** Abductors.

**Assisting Muscles:** Abdominals

**Equipment Needed:** Foam Roller

**Start:** Sit on your right side with the foam roller at the hips, hands on one side of the roller and legs extended. Bend the left leg and place the left foot on the floor in front of the extended right leg.

**Movement Phase 1:** Slowly begin to “walk” the upper body away from the roller—after only moving 1 inch, stop and search for any tender or tight muscles.

**Movement Phase 2:** Shift your weight, rolling the hips/leg forward and backward. Hold for a minimum of 30 seconds or until you feel relief, on any tight or tender areas. If you do not feel a tender area, continue to slowly roll down the leg, 1 inch at a time, to search for tender areas. Stop once you get to your knee and complete the roll on your left leg.

**Repeat:** Take your time rolling. The slower you roll, the better. Each tender area should be held for a minimum of 30 seconds.



## Modification



**Beginner:** Hold the tender areas for a shorter time period.

**Advanced:** Perform the foam rolling with your elbows on one side and both legs extended into the air on the other side. This will allow for more pressure.



From Corporate Fitness Works Team Leader, Candace Snapp

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