

Points4PTs – Using Foam Rollers



Entry Requirements

Over 16

You must hold a recognised Level 2 Fitness Instructor qualification or equivalent.

Overview

This learning material covers the basics of what you need to know to use a foam roller for self-massage. You will learn 20 exercises using the foam roller which can be integrated into your training.

Content

- Introduction to foam rollers

- 20 exercises

- Calves
- Peroneals
- Tibialis
- Quadriceps
- Hamstrings
- Iliotibial (IT) band
- Adductors

- Tensor fascia latae (TFL)
- Piriformis
- Glutes
- Gluteals
- Lower back
- Lats
- Upper back
- Rhomboids

- Pectorals
- Deltoids
- Biceps
- Triceps
- Forearms

Recognised Certificate

- 1 REPs point
- SkillsActive recognised

Accreditations



SkillsActive
More People, Better Skilled, Better Qualified



1 hr

Online Learning

You can study for this qualification online through Amac's interactive e-learning resources which have been specifically designed by us for this course. You will find an easy to use online course that guides you through all the areas of learning required. Certificate can be downloaded once all the learning material has been accessed and read.

Back, foam roller exercises 12-15

Next: 2 Lats ▶

1 Lower back

Action:

- Sit on the floor with the foam roller on the floor behind your bottom – legs should be bent with feet flat on the floor.
- Cross your arms and lean back, raising your hips off the floor (position 1), or you can rest your forearms on the floor behind you for extra support (position 2).
- Shift your weight slightly to the right side to keep pressure off your spine and on muscles instead.
- Slowly roll your lower back over the foam roller.
- Pause for 10-30 seconds over any points of tension.
- Repeat on the left side of the lower back.

Please note: although many people advocate foam rolling on the lower back to ease muscle tension, please note that there are those who disagree. Please follow the link to the website for an article detailing why you should not.

Position 1: arms crossed (same as video)

Back, foam roller exercises 12-15

◀ Previous: 2 Lats

Next: 4 Rhomboids ▶

3 Upper back

Action:

- Lie face-up on the floor with the foam roller under your upper back.
- Legs should be bent with feet flat on floor, and hands behind your head to support it (position 1).
- Raise your hip off the floor, and slowly roll your middle and upper back over the foam roller.
- Pause for 10-30 seconds over any points of tension.

Adaptations:

- For a deeper massage, squeeze elbows together at the front (position 2).
- Bend your torso to the right to intensify the massage on that side (position 3).
- Cross your arms over your chest and shift your weight to the right side. Slowly roll your middle and upper back over the foam roller. Don't forget the other side (position 4).

Position 1: hands behind head (same as video)

Assessment

- None

Certification

Amac Certificate in using Foam Roller



What next?

- Points4PTs – Giving Feedback