



# **QUAD AND HIP FLEXOR RELEASE CHEAT SHEET**

Relieves piriformis, glute, and tailbone pain,  
pulled hamstrings, and groin pain.



## BEFORE WE BEGIN

With all self-help fascial release techniques, it's important to remember that you're trying to pin a piece of your fascial system (to a foam roller, lacrosse ball, etc) and stretch it through movement. Sometimes this can be intense, so don't forget to breathe as you learn to move better, feel better, and create lasting change!



- + **01** POSITIONING
- + **02** SEARCHING & PINNING
- + **03** SIDE TO SIDE
- + **04** ZIG ZAGS
- + **05** FLEX & RELAX
- + **06** ROLL UP & REPEAT
- + **07** TIPS FOR SUCCESS



**STEP BY STEP**



OR



+ 01

## POSITIONING

Position your right quad (middle of the quad) on the foam roller (left photo). This position will be best for pulled hamstrings. For a slightly less intense version move the left leg in closer to center (right photo).



## SEARCH



THEN

## PIN



### SEARCHING & PINNING

Roll back and forth on the foam roller (3-4 inches each way) until you find the most intense/suckiest spot. You're searching for a "lump" of tight fascia. When you've located the lump, keep it pinned while moving your right leg up 45-60 degrees.

+ 02



**THEN**



### **SIDE TO SIDE**

Start moving your right leg side to side while keeping your quad as relaxed as possible. Make sure to pin and stretch through movement, rather than just rocking your hips side to side on the foam roller. Oh, and don't forget to breathe. It could be getting intense right about now ;).

+ **03**



**ZIG**



**ZAG**



+ **04**

## **ZIG ZAGS**

Start to slowly zig-zag your right leg down to the floor. You want to do 3-4 zig-zags on the way down to the floor. Feel free to roll back and forth 1-2 more times after you zig-zag all the way to the floor. You might feel a “clunking” sensation in your quad, which means you’re doing a great job :).



## FLEX



## RELAX



+ 05

## FLEX & RELAX

If you're having trouble keeping your quads relaxed through the technique try my method of bypassing the subconscious, by flexing your quad muscles and then relaxing them. Often this reveals the lumps (when you relax).





## ROLL UP



THEN

## REPEAT



## ROLL UP & REPEAT

After you've completed the quad technique roll up to your right hip flexor on the foam roller about 3 inches away from your hip bone. Repeat steps 2-5, with the hip flexor fascia pinned rather than the quad fascia. You may have to angle your hips a bit more (see repeat photo) than you did on the quad technique. When you're done, repeat steps 1-6 on your left leg.

+ 06



## TIPS FOR SUCCESS

Try this technique for 3-5 minutes per leg per day for a week. Unless you get sore, then back off. Feel free to find multiple (2-3) spots on each quad as you move your way up the quad toward the hip flexor. Just don't overdo it. The more weight you can put on the leg you're targeting to release, the better the release will be...but not TOO intense. You don't want to bruise your tissue or by overdoing/forcing it. TEST both legs with your weight on the roller. If one leg is more sore/tender/painful, do that leg first and do it more than the other leg. If you're using this technique for back pain and your back pain gets better after one leg, skip the other leg for now. If your back pain gets worse, take a break and switch to the other leg to see if you get more relief from that side. If you do, stick to that leg for a few days. Make sure your low back doesn't sink too far towards the floor, and use your abs to keep yourself parallel to the floor.

+ 07

# ADVENTURE WITH CONFIDENCE

As always I hope you're learning to trust your body, do what you love, and adventure through life with confidence.



# THANK YOU!



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