

Soft Tissue Guide

Tissue Density *Tennis/Lax Ball*

Feet



Coaching Cues: Roll on desired area and focus on “sore” spots
Purpose: To improve the tissue quality of the plantar fascia
Variation: Tennis ball for less intense self myofascial release

Soft Tissue Guide

Tissue Density

Tennis/Lax Ball

Seated Hamstring



Coaching Cues: Roll on desired area and focus on “sore” spots, flex & extend knee

Purpose: To improve the tissue quality of hamstring

Variation: Tennis ball for less intense self myofascial release

Soft Tissue Guide

Tissue Density *Tennis/Lax Ball*

Posterior Capsule



Coaching Cues: "Stack Scaps", Perform internal and external rotations
Purpose: To improve the tissue quality and mobilize the posterior capsule
Variation: (athletes with generally lax shoulders shouldn't perform this movement)

Soft Tissue Guide

Tissue Length *Tennis/Lax Ball*

Chest



Coaching Cues: Roll on desired area and focus on “sore” spots, Perform Int. Ext. Rotation at the shoulder and pressing movements

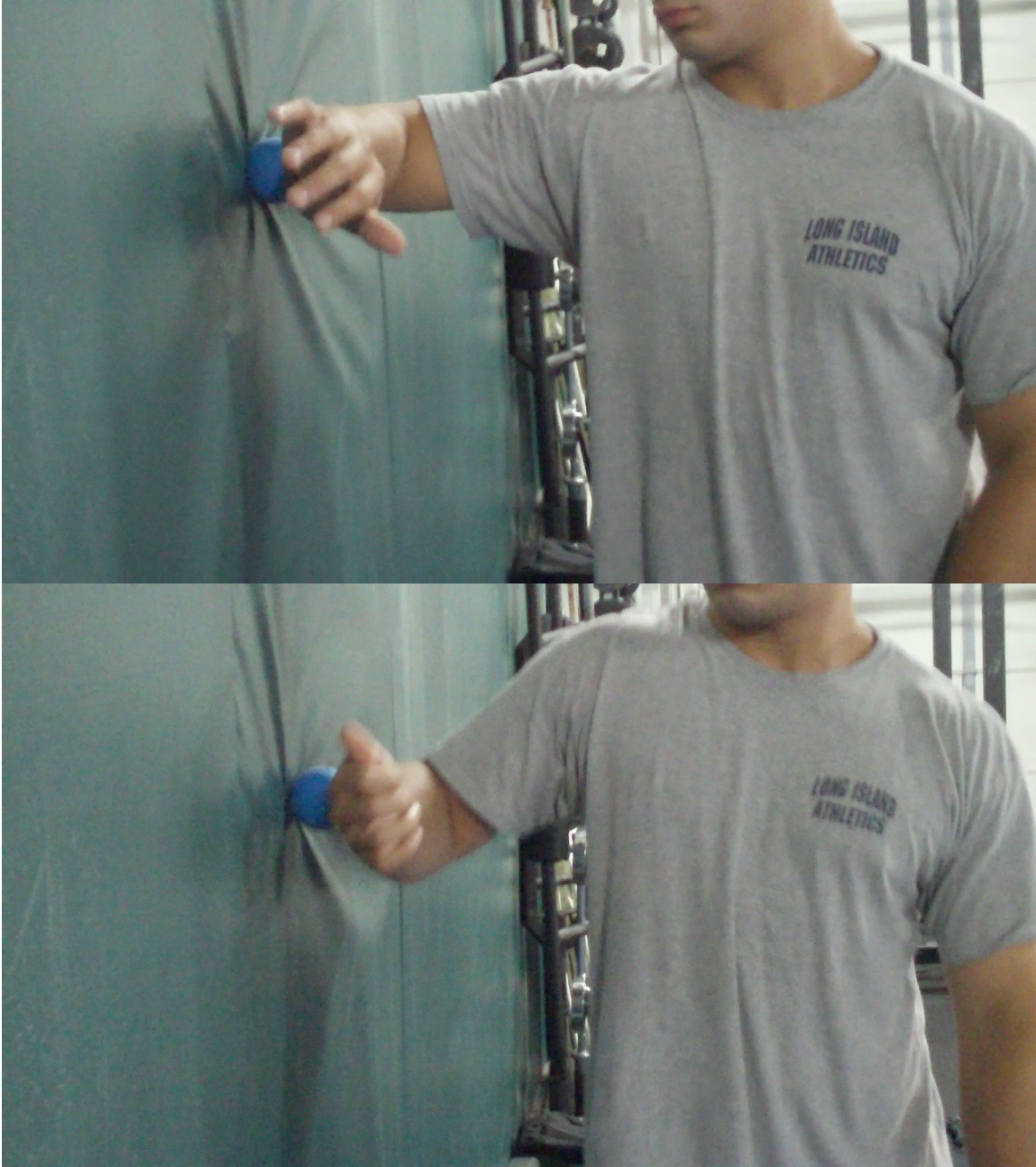
Purpose: To improve the tissue quality of pecs

Variation: Use tennis or lax on wall for more direct pressure

Soft Tissue Guide

Tissue Length *Tennis/Lax Ball*

Forearms



Coaching Cues: Roll on desired area and focus on “sore” spots, flex & extend wrist

Purpose: To improve the tissue quality of forearm

Variation: Tennis ball for less intense self myofascial release

Soft Tissue Guide

Tissue Length

Tennis/Lax Ball

Upper Back and Traps



Coaching Cues: Pull shoulder apart while rolling, flex & extend shoulder and perform pressing and pull movements

Purpose: To improve the tissue quality of rhomboids and Traps

Variation: Tennis ball for less intense self myofascial release

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Tissue Density *Tennis/Lax Ball*

Hands



Coaching Cues: Roll on desired area and focus on “sore” spots
Purpose: To improve the tissue quality of the Hands
Variation: Tennis ball for less intense self myofascial release

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Tissue Density *Tennis/Lax Ball*

Triceps



Coaching Cues: Roll on desired area and focus on “sore” spots flex & extend elbow

Purpose: To improve the tissue quality of the triceps

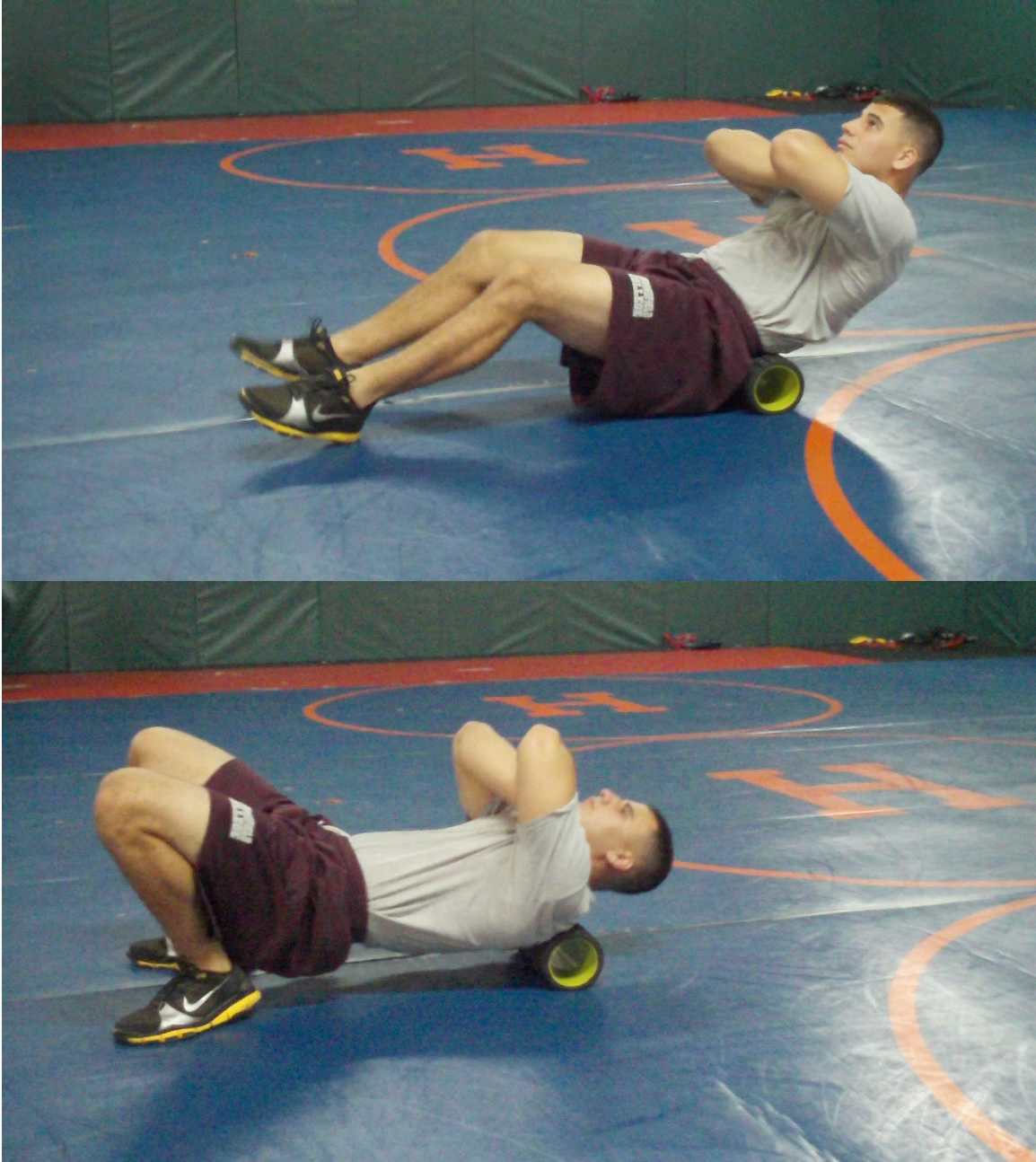
Variation: Tennis ball for less intense self myofascial release

Soft Tissue Guide

Tissue Density

Foam Roller/Medicine Ball

Upper Back and Lower Back



Coaching Cues: Pull elbows together and point them up while rolling also focus on one side at a time

Purpose: To improve the tissue quality of rhomboids and erectors

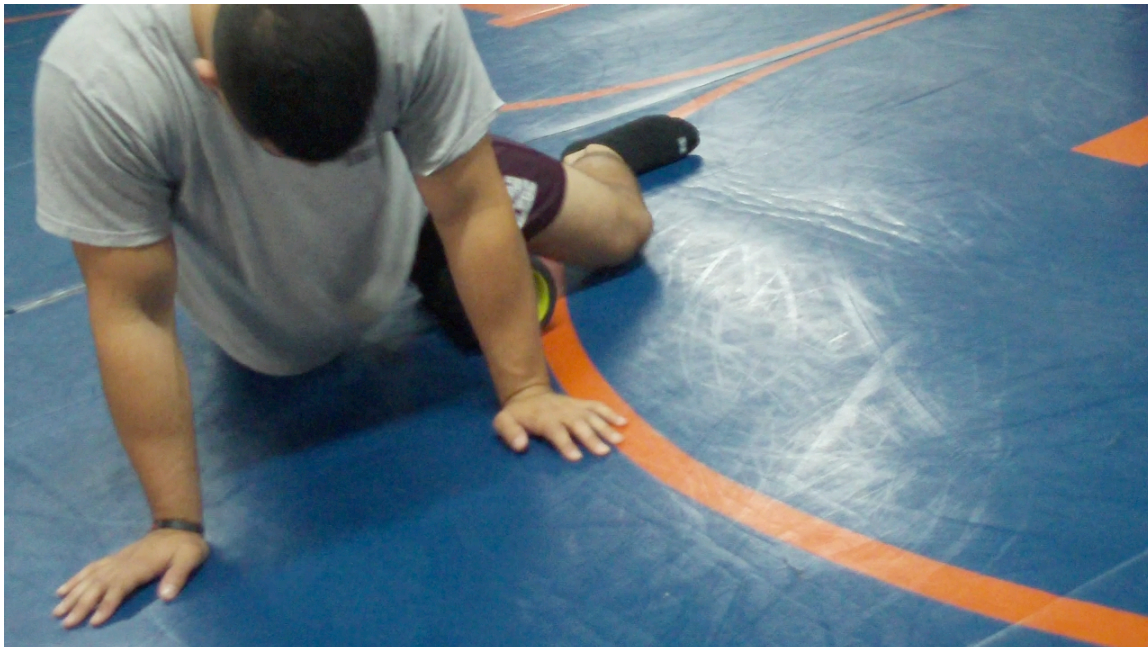
Variation: Medicine ball for more intense self myofascial release

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Foam Roller/Medicine Ball

Adductors



Coaching Cues: Roll on desired area and focus on “sore” spots, flex & extend knee

Purpose: To improve the tissue quality of adductors

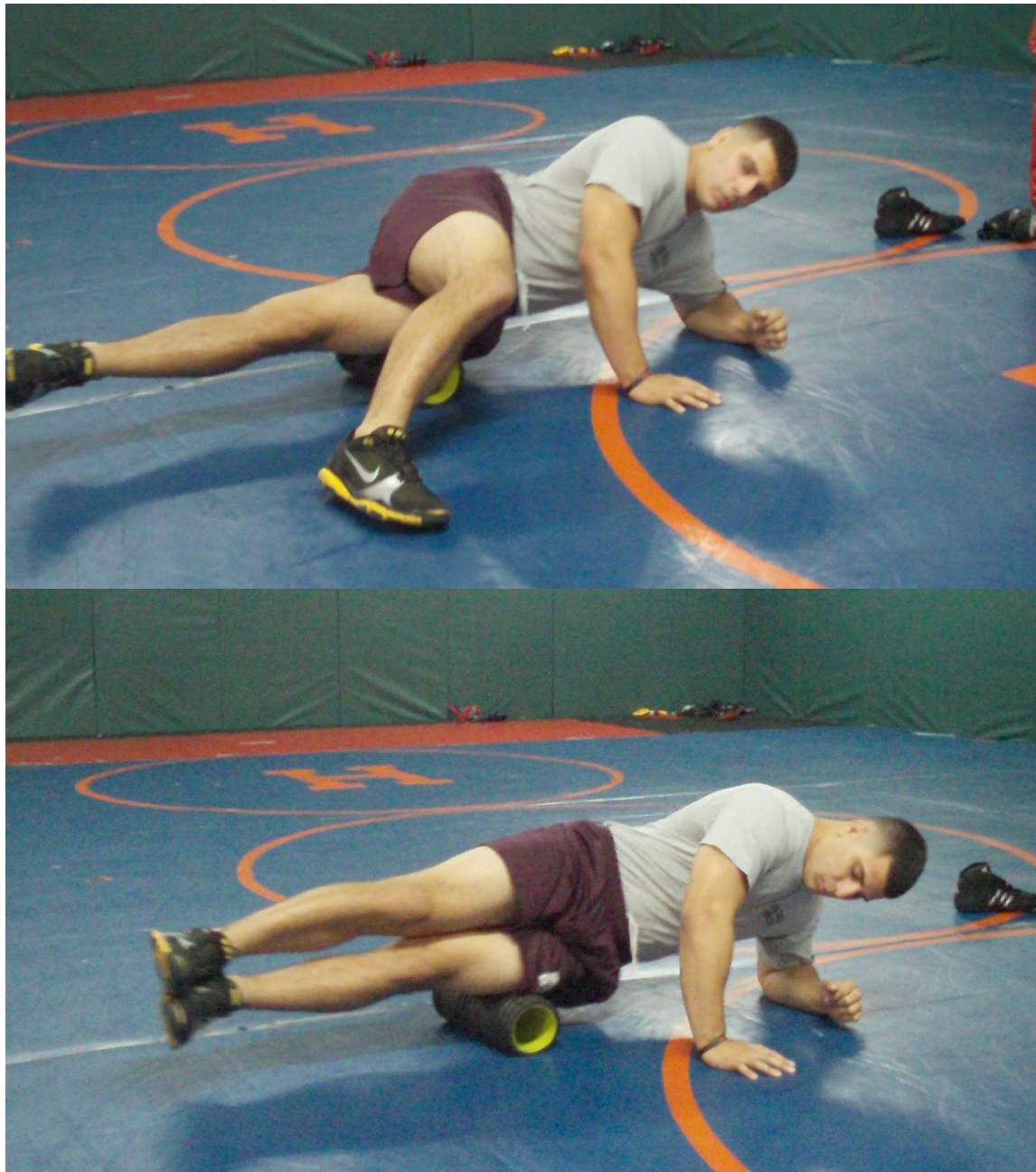
Variation: Focus on one side at a time

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Tissue Density

Foam Roller/Medicine Ball

IT Bands/ TFL



Coaching Cues: Roll to the crease of the hip and just miss the knee, flex & extend knee

Purpose: To improve the tissue quality of TFL

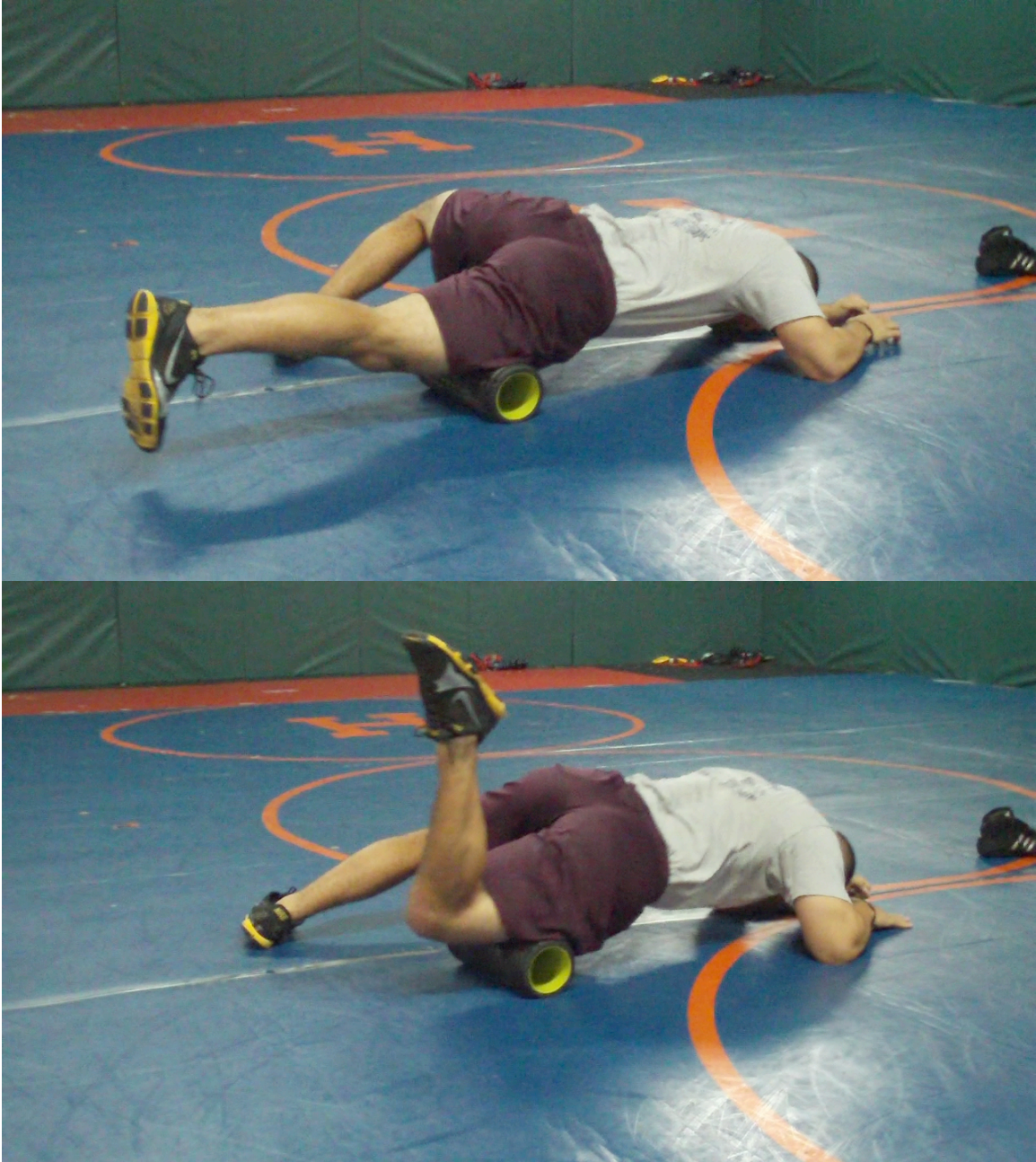
Variation: Stack legs for more intense self myofascial release

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Tissue Density

Foam Roller/Medicine Ball

Quads/Hip Flexor



Coaching Cues: Roll to the crease of the hip and just miss the knee, flex & extend knee

Purpose: To improve the tissue quality of quad and hip flexors

Variation: Keep leg off ground for more intense self myofascial release

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Foam Roller/Medicine Ball

Hamstring



Coaching Cues: Roll to the bottom of glutes and just miss the knee , internally and externally rotate the hip

Purpose: To improve the tissue quality of hamstring

Variation: Stack legs for more intense self myofascial release

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Tissue Density

Foam Roller/Medicine Ball

Glutes



Coaching Cues: Start in a figure four positions and roll out that glute

Purpose: To improve the tissue quality of glutes

Variation: Don't get in figure four position for less intense self myofascial release

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Foam Roller/Medicine Ball

Chest



Coaching Cues: Roll on desired area and focus on “sore” spots

Purpose: To improve the tissue quality of pecs

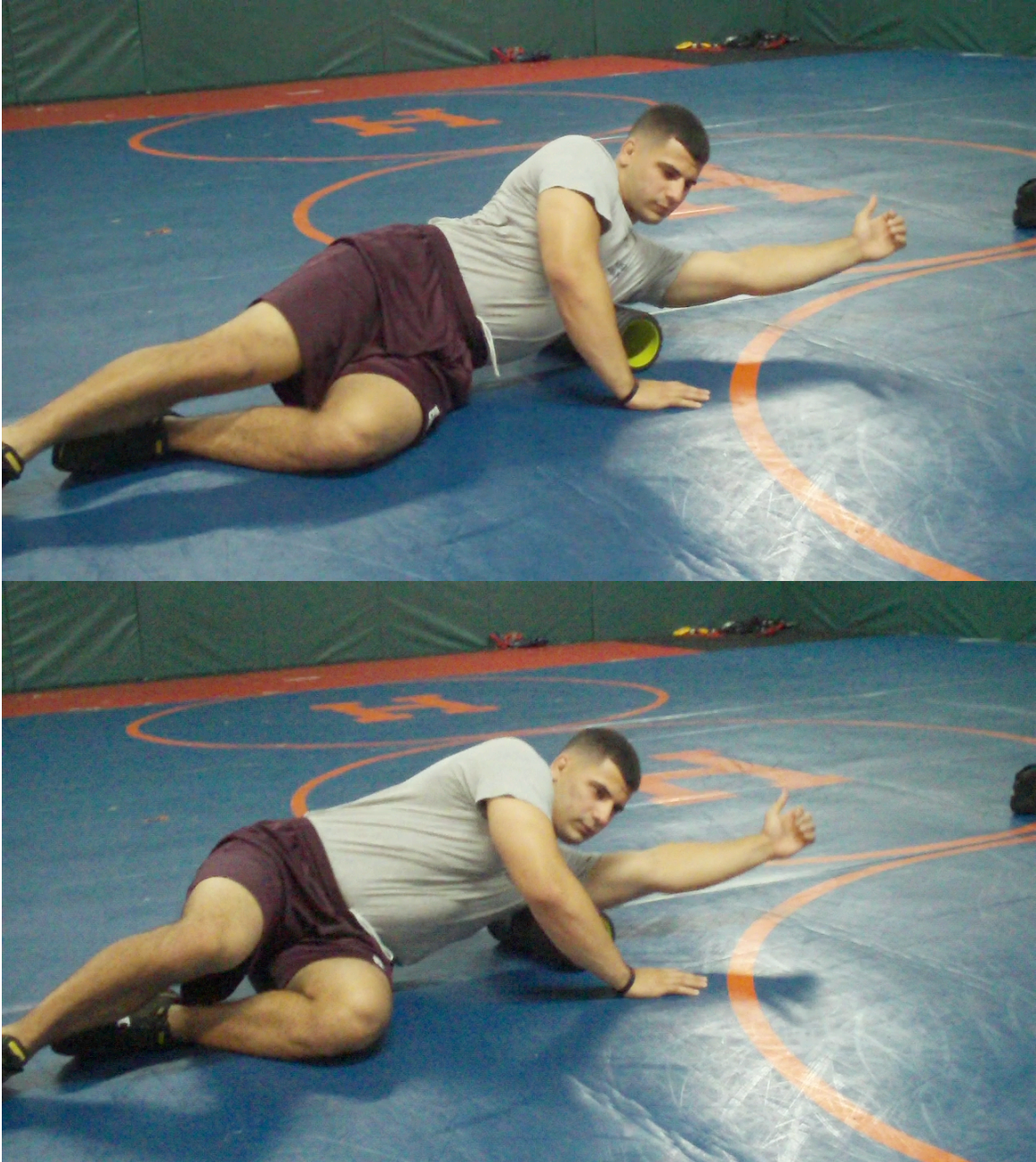
Variation: Use tennis or lax on wall for more direct pressure

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Tissue Density

Foam Roller/Medicine Ball

Lats and Triceps



Coaching Cues: Get in a side lying position and lean back slightly

Purpose: To improve the tissue quality of lats

Variation: Use tennis or lax on wall for more direct pressure

Soft Tissue Guide

Tissue Density

Roller

Calves and Shins



Coaching Cues: Roll on desired area & focus on “sore” spots flex & extend ankle

Purpose: To improve the tissue quality of the calves and shin

Variation: Tennis ball for less intense self myofascial release