

# HEELCURVE HOCKEY

# FOAM ROLLING

## EXERCISE MECHANICS

### WHAT IT IS

A self-myofascial release technique that helps reduce muscle tightness, improve flexibility, enhance circulation, and support recovery and performance.

#### 1 PREPARE

Choose the area you want to roll. Sit on the floor and place the foam roller under the target muscle group.

#### 2 ROLL SLOWLY

Use your arms and opposite leg to lift your body and roll slowly over the muscle. Move back and forth in a controlled manner.

#### 3 PAUSE & BREATHE

When you find a tender or tight spot, pause for 20–30 seconds. Breathe deeply and relax into the pressure.

#### 4 REPEAT

Continue rolling the full length of the muscle. Repeat on both sides and for all target areas.



### KEY POINTS

- Roll slowly and with control.
- Focus on tight or sore areas.
- Breathe steadily throughout.
- Use your arms and legs to adjust pressure.
- Stay relaxed and avoid rolling over joints or bones.
- Consistency is key for best results.

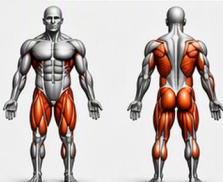
### CORRECT FORM ✓



### COMMON MISTAKES ✗



### MUSCLES WORKED



- Quadriceps
- Hamstrings
- Calves
- Glutes
- IT Band
- Hip Flexors
- Upper Back
- Adductors
- And More

### TRAINING TIPS

- Use as a warm-up, cool-down, or recovery tool.
- Roll each muscle group for 30–60 seconds.
- Combine with stretching and mobility work.
- Include in your routine 3–5 times per week for best results.

SKATE FASTER. MOVE BETTER. PLAY HARDER.