

The 5 Best Foam Roller Exercises For A Stronger Knee Recovery

1. Quadriceps

Lay flat on your stomach and place the foam roller underneath your quadriceps muscles just above the knees. Hold yourself parallel to the floor with your forearms. Use your arms to pull forward and to pull backwards rolling from just above your knee to mid-hip. Lift your feet up to apply more pressure to your quadriceps.



Benefit: Foam rolling your quadriceps can loosen your patellar tendon which can prevent tendinitis and pain around your knee cap.

2. Hamstrings

Sit on the floor with your legs extended in front of you and the foam roller placed underneath your hamstrings. Place your hands on the floor by your side just a bit behind you. Use your hands to roll your hamstrings forward and back on the foam roller from the base of your butt to the back of your knees. To target the full range of your hamstrings, point your feet outwards and inward. To apply more pressure, place one foot over the other.

Benefit: Foam rolling your hamstrings will work wonders to prevent lower back pain. Additionally, this may help improve athletic endurance and stamina when running and sprinting.

3. Iliotibial(IT) Band

Lay on your side holding yourself up with your forearm and the foam roller underneath your IT band. Cross your other leg over with your foot planted. Guide your leg from the side of your knee up to the side of your hip. To apply more pressure, place your planted foot on top of your other foot.

Benefit: Foam rolling your IT bands will help prevent ITBS (iliotibial band syndrome). This can help release the pain associated on the outer side of your knee as well as a stinging sensation on the bottom of your foot which occurs from a high mileage use.



4. Glutes

Sit on the foam roller planting your hands on the floor by your side. Lean towards the side of your glute and hip to target the full range of your glutes. To increase pressure, cross one leg over with your foot rested on your knee.

Benefit: Foam rolling your glutes helps prevent lower back pain.

5. Hip-Abductors

Lay on your stomach parallel to the foam roller. Place the inner side of your thigh on top of the foam roller. Guide your hip-adductors forward and back from your groin to your knee.



Benefit: Foam rolling your hip-adductors is extremely important as it helps prevent groin strains. This muscle is most often neglecting.