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Foam roll feet and calves

Always feel what you feel in your feet first and then again after you do this.

Keep a chair close by to help with balance. Go slow and feel what you feel. Notice the tension and the letting go.

Foot/arch release

1. Position roll just behind the ball of foot. With heels down and knees slightly bent curl toes down towards floor. Hold to 1-2 mins
2. Position roll just in front of heel/arch. With toes down, try to slightly sit back into your heels. Hold for 2-3 mins.

When you step down off the roll notice the openness of your feet. Do once a day.

Calf release

Kneel on floor, used a folded yoga mat for extra cushioning for knees and place a towel under ankles if this position bother feet

1. Place roll at the widest part of calf and sit back on it. Breathe and try to relax into it.
2. Place foam up closer to knee and sit back on it. Breathe and try to relax into it.
3. Get on all fours and move forward so the angle at your knee/thighs is open past 90-degrees. Reach thru with one hand and snug up the foam roll behind the knees and while holding it in that position sit back into the roll. Breathe and relax into it.

Do once a day. With calf cramping and tightness use magnesium oil/lotion (can be purchased at Sprouts or Natural Grocer)