

Blue Pearl Medical Massage, Llc
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Foam Roll • Calves

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

Calf release.

Kneel on floor, using a folded yoga mat for extra cushioning for knees and place a towel under ankles if this position bothers your 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)

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