

Mobilizations for a Quadriceps Strain

Tissue and fascial restrictions in the lower legs and buttocks can cause abnormal tension throughout the lower extremity. It's important to keep muscle and fascial tissue in the legs free from adhesions and abnormal tension. As you progress through these mobilizations, pay close attention to any areas that feel more painful or restricted. Spend extra time on those areas. Compare each leg to the other one and notice any restrictions or differences in pain. *(Individuals taking blood thinning medications or with blood clotting disorders should consult his/her physician prior to using a foam roller for mobilization.)*

IT Band Mobilization

Position your affected side down onto the foam roller. Slowly roll your body back and forth along the entire length of the IT band and lateral thigh. Do not roll it over the greater trochanter of the hip (the boney part near your pelvis). Spend extra time on the most painful areas. Perform on both legs, but spend more time on the affected side.

Perform 1-2 minutes on each leg once per day.



Glutes and Buttock Mobilization

Position your affected side down onto the foam roller. Slowly roll your body back and forth along the buttock region. Continue on down the leg in the hamstring area as you feel it is needed. Spend extra time on the most painful areas. Perform on both legs, but spend more time on the affected side.

Perform 1-2 minutes on each leg once per day.



Quadriceps Mobilization with a Thera-Band Roller Massager

Utilize a Thera-Band Roller Massager if the foam roller is initially too painful. Slowly roll the massager back and forth along the entire length of the quadriceps. Be gentle over the site of injury. Perform on both legs, but spend more time on the affected side.

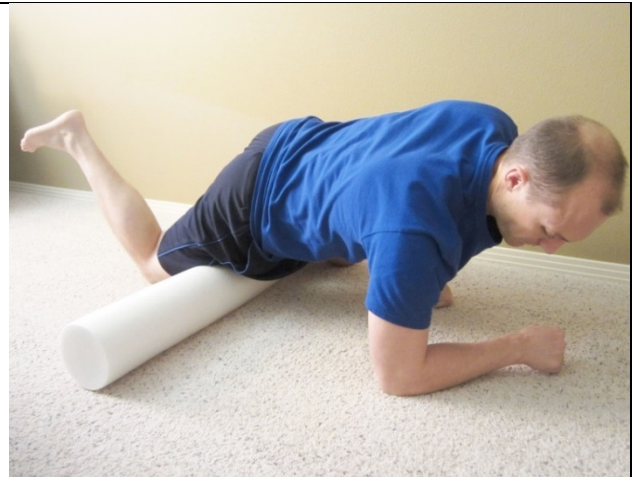
Perform 1-2 minutes on each leg once per day.



Quadriceps Mobilization with a Foam Roller

Position your upper thigh onto the foam roller. You may have one or two legs on the roller. Slowly roll your body back and forth in order to cover the entire surface of the quadriceps. You may perform with both legs at a time or just one. Start with a straight leg. For added intensity, bend your knee. Spend extra time on the most painful areas. Perform on both legs, but spend more time on the affected side. Be gentle over the site of injury.

Perform 1-2 minutes on each leg once per day.



Quadriceps “Tack and Floss” Mobilization

Position your upper thigh onto the foam roller. Roll around until you locate a particularly tight and/or restricted area, and then very slowly bend your knee back and forth. Use the weight of your leg to hold the spasming muscle down over the foam roller as you slowly move back and forth over the foam roller by bending your knee. Be gentle over the site of injury.

Perform 1-2 minutes on each leg once per day.



Quadriceps Mobilization – Lacrosse Ball

Using a lacrosse or golf ball, roll the ball around while applying pressure to the tissue just above the patella (knee cap). Do not roll the ball over the knee cap, but all along the edge and around the tissue (4-6 inches from the top of the patella). Spend extra time on the most painful areas. But be gentle over the injured area. Perform on both legs, but spend more time on the affected side.

Perform 1-2 minutes on each leg once per day.



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