

# Foam Roller: Calf



## Instructions

- Calves are difficult on the foam roller because you have to support your weight with your arms while rolling through the muscles.
- Target the tight muscles and the specific areas discussed with your health care provider.
- The goal is to be able to roll through the muscle without feeling any pain.

Note: flexor hallucis longus is on the medial or inside portion of your calf.

Duration/Sets:

Repetitions:

Frequency: