



Follers™

Exercise Guide

Fundamental exercises
for balance, stability,
flexibility, and massage using
the Follers foam roller



The Exertools Foller™, has been used by physical therapists, chiropractors and athletic trainers for massage, balance and core stabilization exercises for the past twenty years. This booklet touches on just a few of the many exercises possible with this versatile tool. The exercises presented were picked specifically for runners.

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MASSAGE

1. *ILLIOTIBIA BAND*

- ▶ Position yourself perpendicular to the Foller, and a portion of your weight resting on your forearm.
- ▶ Place the Foller under your hip.
- ▶ Roll over the Foller between your knee and hip.



2. *PIRIFORMIS/GLUTEAL MEDIAS*

- ▶ Sit one side of Gluteal on the Foller, resting a portion of your weight on the same side hand and foot, while placing opposite side foot on your involved quadracep.
- ▶ Roll over the Foller between the top and bottom of your Gluteal.



3. *HAMSTRINGS*

- ▶ Sit both Gluteals on the Foller, resting a portion of your weight on hands which are on one side of the Foller and your heels on the other side.
- ▶ Roll over the Foller between the top and bottom of your hamstrings



4. THORASIC SPINE



- ▶ Position yourself perpendicular to the Foller along your upper back, resting a portion of your weight on your feet flat on the floor
- ▶ Roll over the Foller between the top and mid section of your back.

NOTE: Try massage on other body parts - Latissimus, Gastroc Soleus, Quadriceps, Hip Flexors, Adductors, Peroneals, Tibialis.

BALANCE

1. *STANDING/WIDTH OF FOLLER*

- ▶ Stand on Foller with your feet shoulder's width.
- ▶ Standing up straight, maintain a neutral spine posture while keeping your feet in a fixed position
- ▶ When comfortable, move arms from your side to shoulder height, to above your head and back to the starting position.
- ▶ When comfortable, shift all of your weight from one foot and then to the other.



2. TWO LEGGED SQUAT/WIDTH OF FOLLER

- ▶ Stand on Foller with your feet at shoulder's width.
- ▶ Standing up straight, maintain a neutral spine posture while keeping your feet in a fixed position
- ▶ When comfortable, bend at your knees and perform a half and/or full squat.

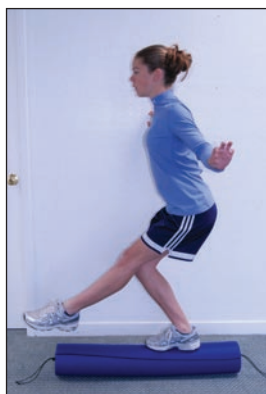
3. STANDING/LENGTH OF FOLLER

- ▶ Stand on Foller with feet one behind the other.
- ▶ Standing up straight, maintain a neutral spine posture while keeping your feet in a fixed position
- ▶ When comfortable, move arms from your side to shoulder height, to above your head and back to the starting position.
- ▶ When comfortable, shift all of your weight from one foot and then to the other.



4. ONE LEGGED SQUAT/LENGTH OF FOLLER

- ▶ Stand on Foller with feet one behind the other.
- ▶ Standing up straight, maintain a neutral spine posture while keeping your feet in a fixed position
- ▶ When comfortable, bend at your knees and perform a half and/or full squat.



CORE STABILIZATION

Lying your back lengthwise on the Foller so you are supported from buttocks to head. While maintaining a neutral spine, keep your body balanced on the Foller. Perform the following exercises:

1. *FEET SHOULDERS WIDTH APART*



2. *FEET TOGETHER*



3. *ONE FOOT OFF THE GROUND*



4. *ONE LEG EXTENDED OFF THE GROUND*



5. *MARCHING*

6. INCREASING DIFFICULTY

- ▶ To increase intensity for each of the above exercises, move your arms into the positions that creates: an “I”, a “T”, a “V”, a “W”, and an “O”.



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