



# Ragged Mountain Running Shop

## Peanut Tip Sheet

### Arms

- Triceps: Roll on a higher surface such as a table. Arm Extended, apply weight down and roll from elbow to armpit. Try to get between muscles. :20-:30 seconds.
- Latissimus Dorsi (Lats): Roll laying on side on the floor arm extended in front and above head. 1:00 minute.
- Biceps: Roll on a higher surface (table). Elbow up, roll from elbow to shoulder. :20-:30 seconds.

### Back

- Roll with spine in the "saddle" of the peanut so that pressure is on muscles that line the spine. Find any tight spots and stay on them until pain starts to subside. 1:00-3:00 minutes.
- Between Shoulder Blades: Roll with arms extended, elbows bent at a 90 degree angle, back of hand against (or toward) the floor. Inflexibility and scar tissue build up will inhibit this motion. Find tight spots and extend arms above your head and come back to 90 degrees at the elbow. Repeat 10-20 times depending on need.

### Hips and Glutes

- Upper I.T. Band: Find the soft spot between Iliac Crest and Trochanter (the two hip bones) and roll from front to back of hip. Allow tight spots in hip to relax and stretch after (pigeon pose).
- Hip Flexor: Lay on stomach with peanut under the front of the hip. Roll left to right and up and down. Find trigger points and stay on them until they begin to subside. 1:00-3:00 minutes.
- Piriformis: Sit on peanut on left backside with left ankle crossed over the right knee, feeling a light stretch in left glute. Roll side to side and stay on any tight spots until they relax. 1:00-3:00 minutes
- Gluteus Maximus: Roll across muscle tissue (with the grain of the muscle) :20-:30 seconds.

### Upper Leg

- Hamstring: Sit on a hard chair (beds are not as effective) and start at upper hamstring attachment. Roll across muscle with peanut lined up with hamstring muscle (longways) and try to get in between hamstring muscles (there are three main muscles that make it up). Work your way down toward the knee using this method. Rolling up and down the knee with peanut sideways is fine, too. 1:00-3:00 minutes
- Quadriceps: Lay on floor on stomach and roll from hip to knee with a straight leg then alternate with a bent knee. Find any tight spots and stay on them until they begin to relax. 1:00-3:00 minutes.
- IT Band: Roll across with peanut longways and from hip to knee with peanut sideways. :20-:30 seconds.

### Lower Leg

- Calf: Kneel on one knee with one foot on flat on the ground in front of you. Put peanut behind knee on the floor and sit back so that the hamstring presses down on top of the peanut and onto the calf. Move pressure across calf from left to right for :20-:30 seconds and slowly make your way towards Achilles tendon.
- Shin: Kneeling with front of one shin on the peanut, roll from knee to ankle. :20-:30 seconds.