FooFoo Release Options

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| 1. | Scapular Release With Tennis Ball |  |
| 2. | Plantarfascia Release With Spiky Ball |  |
| 3. | Priformis Release With Tennis Ball |  |
| 4. | QL Waggle |  |
| 5. | Child’s Pose (Supported) |  |
| 6. | Child’s Pose (Unsupported with Cross-Over Reach) |  |
| 7. | Butterfly Release Breathing |  |
| 8. | Indian Squat + Release Breathing |  |
| 9. | Dynamic Adductor Release |  |
| 10. | Dynamic Calf Release |  |
| 11. | Dynamic Front-Line Release – Level 1 & 2 |  |
| 12. | Prone Claire’s Crab |  |
| 13. | SI Crossed Leg Release |  |
| 14. | QL Horizontal Shifts |  |
| 15. | PIR Lat Rotator Release |  |
| 16. | Happy Baby |  |
| 17. | Cobra |  |
| 18. | Down Dog |  |
| 19. | Lateral Pole Tilt/Release |  |
| 20. | Lateral Pole Overhead/Release |  |
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