



Performing
Arts
Physical
Therapy

ARCH ROLLING



Figure 1. Start Position

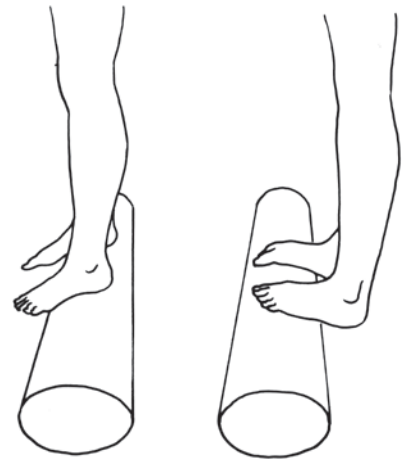


Figure 2 . Rolling forward and back

I. Start Position: While holding on to a door frame or bar or something sturdy stand on a 6 inch diameter foam Roller. make sure your weight is evenly placed. Roll forwards and backwards on the roller slowly and not to far forward or backwards, only as far as you can control your balance. Figure 2.

II. Rolling Technique: Then roll forwards and backwards with your arhes rolled out as in figure 3, Then roll on the inside of your arches as in Figure 4. repeat five to ten times.

III. Variat ion: Now combine the rolling in and out into a circular motion. in to go forward, out to go back. Then reverse the movement out to go forward and in to go back. repeat five to ten times.

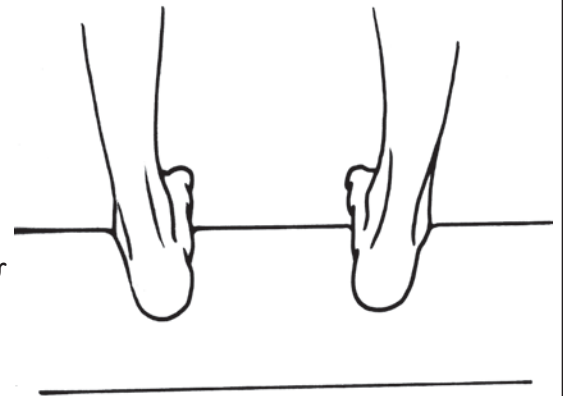


Figure 3 . Rolling outside arch

After you have finished pick up the roller and look to see if one foot impression is deeper than the other. This is a great way to see if your weight is equally balanced when working and standing. Figure 5.

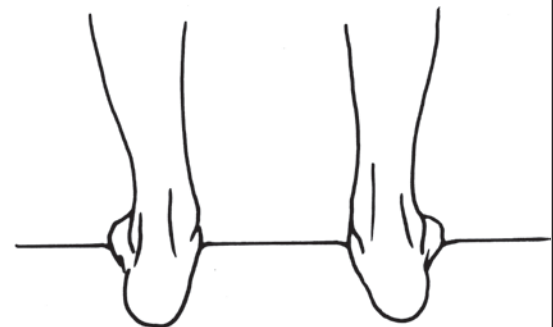


Figure 4 . Rolling inside arch



Figure 5 . Foot impression.