



**ROLLING WITH IT™**  
**FOOT ROCKER**

Rolling With It offers premium quality fitness products and recovery devices at affordable pricing for users of all ages and levels. Whether you are a recreational or professional athlete, runner, swimmer, football, or soccer player, your chances of being injured during sports and exercise are high. Even in non-contact sports, injuries can range from nagging plantar fasciitis to Achilles tendinitis, ankle sprains, muscle cramps and hamstring pulls, among many others. The most effective way to treat an injury is prevention. Many athletic and sports related injuries can be prevented by improving lower extremity strength, balance, and flexibility. The Rolling With It Foot Rocker is a unique performance device specifically designed to allow you to improve all three of these areas while reducing your overall risk of injury.

Increased muscle flexibility reduces the risk of athletic injury. The more pliable a muscle becomes, the less likely you are to tear that muscle. With

a proper flexibility program, muscles and tendons begin to lengthen. Longer gastrocnemius and soleus calf muscles improve the ability to increase stride length, which often translates into increased performance. Improved muscle flexibility also reduces the risk of back pain, muscle pulls, cramping, and painful overuse injuries such as Achilles tendinitis and plantar fasciitis.


Physicians, physical therapists, chiropractors, and wellness professionals alike recommend the Rolling With It Foot Rocker for numerous lower leg complications. While stretching may be prescribed as a vital part of the rehabilitation process, many do not spend the appropriate amount of time stretching. The Rolling With It Foot Rocker assists in improving patient compliance with home therapy by making stretching a fun and enjoyable experience. The Rolling With It Foot Rocker is a unique way to assist in rehabilitation of most foot, ankle, lower leg, and back injuries.



If you are recovering from a foot, ankle, or calf injury, always consult your physician or physical therapist before using your Rolling With It Foot Rocker.

- Do not use on wet surface, ice, gravel, loose stone, or sand.
- To prevent injuries never stretch a cold muscle. Always warm up first with a short walk or jog.
- Never stretch to the point of pain or bounce while stretching, as this will actually tighten the muscle rather than increase its flexibility.
- A rubber soled shoe is recommended when using your Rolling With It Foot Rocker.
- When in doubt about your physical ability, always consult a physician or physical therapist.





At Rolling With It, we stand behind the quality of our products. We take great pride in delivering the highest quality fitness and recovery equipment available to our customers. If this product fails due to a defect in material or workmanship, Rolling With It will replace the product free of charge.

**THIS WARRANTY EXCLUDES:**

- (a) Damage caused by abuse, mishandling, or transport;
- (b) Unit subjected to unauthorized repair;
- (c) Unit not used in accordance with Rolling With It operation manual;
- (d) Damage exceeding the cost of the product;
- (e) Deterioration of the delivered product resulting from abnormal storage;
- (f) Failure to provide the dated proof of purchase.

## **Gastrocnemius**

The gastrocnemius is the upper, bulky part of the calf which attaches behind the knee and joins to the soleus calf muscle. The gastrocnemius is the most dense of the two calf muscles and allows for the most flexibility. Along with the soleus muscle, the gastrocnemius forms half of the calf muscle. Its function is plantar flexing the foot at the ankle joint and flexing the leg at the knee joint. Maintaining flexibility of the gastrocnemius reduces the risk of tight calves, Achilles tendinitis, plantar fasciitis, and other painful conditions.

To get the most effective stretch of your gastrocnemius:

1. Place your Rolling With It Foot Rocker 12 – 15 inches away from the wall or another supportive structure.
2. Place both hands on the wall, then place your right foot onto the Foot Rocker with your heel snugly into the heel rest and toes on the front platform.
3. Stand up straight with all your weight on the device and lean forward slightly. Your left foot, which is not on the device, should come

up off the floor and maybe pointed so that your toes touch the floor. This is important for balance and to keep your hips level. Be sure to keep your hips in a vertical position. Tilting the hips back (sticking buttocks backward) reduces the effectiveness of the stretch. See Figure 1A.



(Figure 1A)

While leaning slightly forward, keep shoulders, hips and ankle in line with each other.

4. Keep your right leg straight on the device and let your ankle pivot so your heel gently rocks back until you feel a slight stretch or tension in the upper gastrocnemius calf muscle.
5. Hold this pose for 15 - 30 seconds, then return back to neutral

position and relax for 5 seconds.  
Repeat as desired.

6. Switch to your left leg and start over.
7. To reach the inner and outer region of the gastrocnemius, slowly rock your heel back again until you feel slight tension and simply rotate your hips outward (turn toward your right).



(Figure 1B)

See Figure 1B. Hold for 15 - 30 seconds then return to neutral position and relax for 5 seconds. Repeat as desired. Rotating your hips inward will stretch the opposite side. Hold and repeat for 15 - 30 seconds then return to neutral position and relax. Repeat as desired.

## **Achilles Tendon & Soleus**

The soleus is the smaller of the two calf muscles which connects underneath the gastrocnemius and attaches to the Achilles tendon. The soleus runs from the just below the knee to the heel and is heavily involved in standing and walking. Strengthening and maintaining flexibility of the soleus and Achilles tendon reduces the risk of Achilles tendinitis, ankle sprains, and other painful conditions.

To isolate the soleus and Achilles tendon:

1. Place your Rolling With It Foot Rocker 12 – 15 inches away from the wall or another supportive structure.
2. Place both hands on the wall, then place your right foot onto the Foot Rocker with your heel snugly into the heel rest and toes on the front platform.
3. Stand up straight with all your weight on the device and lean forward slightly. Your left foot, which is not on the device, should come up off the floor and maybe pointed so that your toes touch the floor. This is important for balance and to keep your hips level. Be sure to keep



your hips in a vertical position. Tilting the hips back (sticking buttocks backward) reduces the effectiveness of the stretch. While leaning slightly forward, keep shoulders, hips and ankle in line with each other.

4. Keep your right leg straight on the device and let your ankle pivot so your heel gently rocks back until you feel a slight stretch or tension in the upper gastrocnemius calf muscle.
5. When a slight tension is felt in the gastrocnemius, bend your knee slightly forward approximately 5 to 10 degrees. To maximize the effectiveness of the stretch, maintain tension in your Achilles tendon by keeping your heel back while bending knee. See Figure 2A.



(Figure 2A)

6. Hold for 30 seconds, then roll the foot to a neutral position and relax. Repeat as desired for two or more sets of 30 seconds.
7. Switch to your left leg and start over.

## Hamstrings

The hamstrings are a group of large muscles and tendons that run along the rear of the upper leg. The hamstrings flex the knee joint, adduct the leg, and extend the thigh to the backside of the body. Maintaining flexible hamstrings reduces the risk of hamstring pulls, back injuries, and other painful conditions.

To get the most effective stretch of your hamstrings:

1. Place your Rolling With It Foot Rocker 12 – 15 inches away from the wall or another supportive structure.
2. Place your right foot on the Foot Rocker and extend your left foot one large step backward. See Figure 3A.
3. With your right foot securely on the Foot Rocker, bend your knee slightly and keep your left heel to the floor.
4. Keep your back straight and your head up, and slowly extend your chest forward and straighten your knee to stretch the hamstrings in the back of the leg. You may support yourself while holding on to the supportive structure.
5. Hold for 30 seconds, then roll your foot to a neutral position and relax. Repeat as desired for two or more sets of 30 seconds.
6. Switch feet and repeat steps 1 – 5.



(Figure 3A)



## Plantar Fascia

The plantar fascia is the thick connective tissue which supports the arch on the bottom of the foot. It runs from the heel bone forward to the heads of the metatarsal bones (the bone between each toe and the bones of the mid-foot).

When you are performing either the gastrocnemius and soleus or the Achilles tendon exercise, you are automatically stretching the plantar fascia by the suspension of the foot and the extension of the toes. See Figure 4A.



(Figure 4A)

## Anterior Tibialis

The tibialis anterior is the muscle that originates in the upper two-thirds of the lateral (outside) surface of the tibia and inserts into the medial cuneiform and first metatarsal bones of the foot. It acts to dorsiflex and invert the foot.

This muscle is mostly located near the shin.

To stretch the anterior tibialis muscle on the front of the lower leg:

1. Turn your Rolling With It Foot Rocker around so the heel cup is toward the wall.
2. Place your hands on the wall for balance.
3. Place your toes in the heel cup with your heel on the toe platform.
4. Stand up, keeping your leg straight and point your toes toward the floor (similar to a ballet dancer standing on their toes).
5. Slowly lean forward toward the wall until a slight stretch is felt on the lower leg. See Figure 5A.



(Figure 5A)