

# suva



## A small roller with a big effect

The mini roller for massaging, strengthening and warming up

**Suva**

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**Title**

A small roller with a big effect  
The mini roller for massaging,  
strengthening and warming up

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**BLACKROLL**

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# 1 A small roller with a big effect

The mini roller is a clever device for relaxing and regenerating your muscles through self-massage. It can also be used for strengthening and for warming up before exercise.

The mini roller is suitable for people of any age, from beginners to professionals. Used regularly, it helps to improve flexibility, strength and well-being.

## **The mini roller releases myofascial tension**

Our muscles are surrounded and held together by fascia which are a type of connective tissue.

Fascia are sensitive to pain and can harden or thicken up.

This may happen as a result of a lack of movement, or due to injuries, excessive strain or emotional tension. Self-massage with the mini roller is highly effective in preventing these build-ups and releasing adhesions in the connective tissue structure.

**The self-massage technique with the mini roller could not be easier**

- Place the selected area of muscle onto the mini roller and roll over the entire length of the muscle. It's important to keep the muscle relaxed.
- Muscles that have been strained are often hardened and stuck together. These exercises may therefore initially cause pain. Rest a few seconds on tense or painful areas and then continue rolling.

- You can increase the pressure using the weight of your body. Important: Use pressure, not force, when rolling.
- Always work both sides of the body.

Try it out!

**Please note**

- We do not recommend using the mini roller in the following cases:  
people with acute injuries to muscles, tendons or bones,  
people with venous diseases  
and pregnant women.
- You can of course do these exercises with rollers other than the Suva mini roller. Similar foam rollers are available from specialist shops in various sizes, densities and shapes.

## 2 Exercises for at work and at home

Treat yourself to  
«movement breaks» regularly.  
Release tension in your muscles  
with the mini roller.

## Upper back



### **Position**

Stand with your back to the wall, place your feet half a metre from the wall, bend your knees slightly and place the mini roller at the height of your shoulder blades.

**Move the mini roller over your upper back muscles by raising and lowering your body.**



## Lower back



### **Position**

Stand with your back to the wall, place your feet half a metre from the wall, bend your knees slightly and place the mini roller in your lower back area.

**Move the mini roller over your lower back muscles by raising and lowering your body.**

## Shoulders



### **Position**

Stand with the wall next to you, place the roller at the height of your shoulder blades, between your arm and the wall.

**Massage the muscles with the mini roller by slightly bending and straightening your knees. This will massage the shoulders, shoulder blades or upper arm muscles depending on the position of the mini roller.**

## Neck



### **Position**

Place the mini roller between your neck and the wall, and lower your chin to your chest, so that the mini roller lies neatly in your neck muscles.

**Turn your head slowly from one side to the other or roll the mini roller across the muscles by slightly bending and straightening your knees.**

## Lower arm



### **Position**

Sit down and place your lower arm on the mini roller.

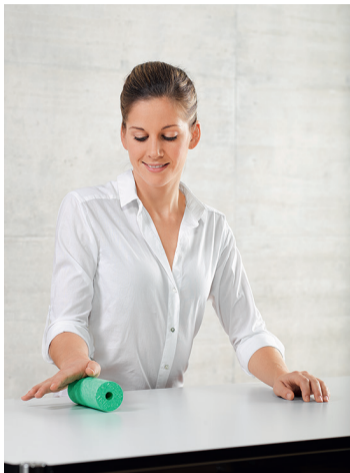
**Massage your lower arm (on both sides) by moving it back and forth.**



### **Variation**

Increase the pressure by standing up and pressing on the lower arm with the free hand.

## Palms



### **Position**

Sit or stand, place the palm of your hand on the side of the mini roller which is perpendicular to your body.

**Move the palm of your hand back and forth on the mini roller.**

### **Variation**

Increase the pressure by standing up and pressing on the back of your hand with the free hand.

## 3 Exercises for sport

### **Warm-up before sport**

Swiftly roller over the various muscles to increase circulation and elasticity and to prepare the body for exercise.

### **Regeneration after sport**

Do the exercises more slowly and for a longer time for optimum muscle regeneration. Rest for a few seconds on any painful areas and then try to roll them out. Reduce the pressure if the pain is uncomfortable.

## Foot



### **Position**

Stand and place your foot (with no shoe) on the mini roller.

**Roll back and forth. Vary the intensity by changing the weight on the supporting leg.**

## Calf



### Position

Lean on your hands and place the mini roller under the Achilles tendon.

**Move the roller from the Achilles tendon to the back of your knee, and turn the foot slightly inwards and outwards to massage the entire muscle. Keep the foot and the leg relaxed.**



### Variation

Increase the pressure by adding the weight of the other leg to the one that is being massaged.



## Shins



### **Position**

Go on all fours and place the mini roller under your shin.

Turn the foot inwards and roll on the outer side of the shin from the ankle to the knee. Keep the foot and the leg relaxed.

## Hamstrings



### **Position**

Place the mini roller under your hamstrings.

**Keep the leg relaxed and roll over the mini roller with the help of the supporting leg and arms.**



### **Variation**

You can reach these muscles more easily by placing the mini roller on top of something (e.g. on a book).

## Outer thigh



### **Position**

Sit on your side, supporting yourself on your hands, and place the mini roller on the outside of the knee. Bend the upper leg and place it in front of the other leg.



**Roll towards your hip and back again.**

### **Variations**

Stretch both legs and roll with the help of the arms only. Place the mini roller on top of something, e. g. a book.

## Front of thighs



### **Position**

Lie on your stomach, supporting yourself on your lower arms, and place the mini roller under your thigh. Bend or stretch the other leg.

**Move the roller along the quadriceps muscles.**



### **Variation**

Vary the pressure by changing the weight on the knee or foot of the supporting leg.

You can reach these muscles more easily by placing the mini roller on top of something (e. g. a book).

## Buttocks



### **Position**

Place one side of your buttocks on the mini roller.

**Massage your buttock by rolling back and forth and vary the intensity by changing the weight on your feet.**



## Variations

Bend one leg and place it on top of the other leg to massage the more deep-seated muscles.

You can reach these muscles more easily by placing the mini roller on top of something (e.g. a book).

## 4 Strength and stability exercises

The following exercises will strengthen your muscles and improve your coordination.

Perform each exercise for at least 30 seconds. Run through all the exercises one to three times. All these exercises can also be done without a roller.



## Balancing



### **Position**

Stand on the mini roller without shoes.

**Balance while standing with one foot on top of the mini roller. If necessary, hold onto something. Try to push your toes into the mini roller. This grasping movement will strengthen the muscles in your foot.**

## Thighs



### **Position**

Take a large step forward and place your rear foot onto the mini roller.

**Slowly bend your knees into a lunge and rise up again.**

## Lateral core muscles



### **Position**

Lie sideways, supported on your lower arm, with the lower foot on the mini roller.

**Lift your pelvis and hold this position.**



### **Dynamic variation**

Lower your pelvis to the floor and lift it again until your body is back in line.

## Front core muscles



### **Position**

Sit on the roller.

**Lift your hands and one foot off the floor. Lift the other foot off the floor. Draw your navel towards your spine. Try to hold this position for as long as possible. If necessary, hold onto something.**

## Front core muscles



### **Position**

Lie on your stomach supported by your lower arms, with one foot on the mini roller and the other leg crossed over it.

**Raise your body into plank position. Stay in this position and draw your navel up to your spine. Try to hold this position for as long as possible.**

## Rear core muscles



### **Position**

Go on all fours with one hand on the mini roller which is lying lengthways.

**Fully extend the arm that is not supported by the mini roller as well as the opposite leg.**

### **Dynamic variation**

Round your back and touch your elbow with your knee underneath your stomach, then stretch the arm and leg out again.

## Rear core and leg muscles



### **Position**

Lie on your back with one foot supported on the mini roller.

**Lift your buttocks off the ground and stretch the other leg diagonally to the front. Hold this position.**



### **Dynamic variation**

Lower your buttocks to the floor and raise them again slowly.

## The Suva model

### Four basic pillars

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Suva is more than just insurance; it combines prevention, insurance and rehabilitation.

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Suva returns its profits to its insureds in the form of lower premiums.

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Suva is managed by social partners. The balanced composition in the Suva Council of employer, employee and federal representatives lends itself well to broad-based, sustainable solutions.



Suva supports itself; it does not receive any public funding.