

FOAM ROLLING

Benefits of foam rolling for self-myofascial release

Self-myofascial release is a self-massage technique that you can apply to release muscle tightness or trigger points. It can be performed with various tools, the foam roller being one of the most popular. Using a foam roller can help to increase the blood flow and thus decrease recovery time and increase range of motion, especially in muscles that are typically tight.

When and how to use a foam roller

As foam rolling reduces tightness, increases range of motion and blood flow to the working muscles, it can be used as part of the warm up, ideally before stretching or cardio. It can be also used during the cool down part of the workout to help speed up recovery time. Ideally foam rolling is used during both parts of the workout, but if time is limited it should be at least included in the warm up to reduce the risk of injury or altered movement patterns due to tight (i.e. inhibited) muscles. As for technique it is important to execute all movements slowly spending between 30 -90 seconds on each muscle to allow it to respond. If a tight spot is found, try to stay on it until it relaxes. The intensity can be altered by using your body weight pressing harder or softer into the foam roller.

Try these 3 foam rolling exercises as part of your next workout and contact your provider for more foam rolling exercises.



1 SELF-MYOFASCIAL RELEASE CALF

Position foam roller under your calf muscle and lift hips off the floor. Slowly move roller throughout calf muscle as tolerated, for a duration of 1 – 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.



2 SELF-MYOFASCIAL RELEASE QUADRICEP

Position foam roller under thighs as you pull your body forward with arms, slowly moving roller throughout thigh area as tolerated, for a duration of 1 – 2 minutes. If a painful spot is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.



3 SELF-MYOFASCIAL RELEASE MID BACK

Begin with the foam roller positioned under the middle of your back. Cross the arms to open the shoulder blade region and lift hips off the floor. Slowly massage the upper back, rolling up and down as tolerated, for a duration of 1 – 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.