



The Benefits of Foam Rolling

What is it?

Foam Rolling is the most cost effective way to get relief from muscle aches and pains. If you aren't doing it already in your routine, then you should start, right now. You will see and feel the benefits immediately. It is very crucial for athletes to place focus on the recovery portion of their training programs which can be just as important as the actual training.

Benefits of using a foam roller for massage:

- A cheap form of massage
- Find and release adhesions in the muscle
- Increase range of motion
- Injury prevention
- Increase training efficiency and athleticism
- Help recover faster from workouts

How It Works

Foam Rolling is so effective because it gives you a deep tissue massage. Most importantly it works out adhesions and scar tissue in the muscle allowing it to expand and contract more efficiently. It works via the Golgi Tendon Organ (GTO) in the muscle tendon area. When you increase the pressure/ tension to the point where the muscle is at risk of injury, the GTO responds by relaxing the muscle. This is called autogenic inhibition. So by stimulating the GTO, we are able to cause relaxation of the muscle and consequently the fascia surrounding it. Thereby getting the stretch and range of motion we are after.

When and How?

As much as you want, when you want, on anywhere that is sore. If you could get a massage everyday I bet you would! It is a very good idea to do your extra tight areas in order to find some range of motion pre-workout. You can also do it at home, or whenever you want, in fact, you really can't do too much. After you do it a few times you will find your problem areas that will be important to focus on as much as possible.

. Here are some tips for foam rolling:

- Concentrate on sore and tight areas or where you need better range of motion
- Roll on each muscle a few times; you will feel it loosening immediately.
- The slower you go the better it will work
- Stop on the sore points (trigger points) and hold until the pain fades
- Pre Workout focus on getting through the full length of the muscle, spend less time on each
- Post workout, focus on the trigger point aspect and spend a lot of time on each muscle
- Try not to roll over joints, especially the hip. You have structures in there that won't appreciate it so much
- The more often you do it the better you will feel



ILIOTIBIAL TRACT (IT Band)

Position yourself side lying on foam roll. Bottom leg is raised slightly off floor. Maintain head in “neutral” with ears aligned with shoulders. Roll just below hip joint down the lateral thigh to the knee.



PIRIFORMIS

Begin positioned as shown with foot crossed to opposite knee. Roll on the posterior hip area. Increase the stretch by pulling the knee toward the opposite shoulder



HAMSTRING

Place hamstrings on the roll with hips unsupported. Feet are crossed to increase leverage. Roll from knee toward posterior hip while keeping quadriceps tightened.



QUADRICEPS

Body is positioned prone with quadriceps on foam roll. It is very important to maintain proper Core control (abdominal Drawn-In position & tight gluteals) to prevent low back compensations. Roll from pelvic bone to knee, emphasizing the lateral thigh.



ADDUCTOR

Extend the thigh and place foam roll in the groin region with body prone on the floor. Be cautious when rolling near the adductor complex origins at the pelvis.



LATISSIMUS

Position yourself side lying with arm outstretched and foam roll placed in axillary area. Thumb is pointed up to pre-stretch the latissimus dorsi muscle. Movement during this technique is minimal.



RHOMBOIDS

Cross arms to the opposite shoulder to clear the shoulder blades across the thoracic wall. While maintaining abdominal Draw-In position, raise hips until unsupported. Also stabilize the head in "neutral." Roll mid-back area on the foam.