

FOAM ROLLING FACT SHEET

Self-Myofascial Release is an excellent way to help the healing process across the whole-body post exercise and also increase activation before exercise.



Benefits:

- Prevent injury and decrease recovery time
- Improves mobility and flexibility
 - Saves money
- Removes lactic acid from muscles
 - Increase Blood flow



Mistakes to avoid:

- Don't roll too fast
- Don't go straight for the sore spot
- Don't foam roll our lower back
- Breathe



What is Self-Myofascial Release?

Self-myofascial release is another term for self-massage to release muscle tightness or trigger points. By applying pressure to specific points on your body you can aid in the recovery of muscles and assist in returning them to normal function.

Items that can be used:

- Foam Roller
- Trigger point ball
- Tennis Ball
- Hands

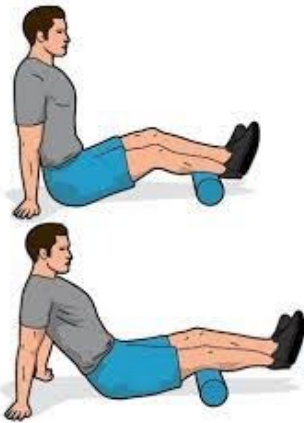


These can all be effective methods to relieve tension and tightness with muscles.

Key areas that need to be foam rolled regularly:

- Calves
- Hamstrings
- ITB
- Upper back/Lats
- Quads
- Glutes
- Chest/Shoulders
- Adductors

Calves:



Hamstrings:



ITB:



Upper Back/Lats:



Quads:



Glutes:



Shoulders/Chest:



Adductors:

