

FOAM ROLLING GUIDE



WHAT IS FOAM ROLLING?

TO BETTER UNDERSTAND FOAM ROLLING, FIRST WE NEED TO UNDERSTAND THE FASCIA. THE FASCIA IS A TYPE OF FIBROUS CONNECTIVE TISSUE, MADE PRIMARILY OF COLLAGEN, THAT IS FOUND THROUGHOUT THE ENTIRE BODY. FASCIA STABILIZES, ATTACHES AND SEPARATES MUSCLES, BONES, NERVES, ARTERIES AND VEINS, AS WELL AS, ALL OF OUR INTERNAL ORGANS. BASICALLY IT IS THE “GLUE” THAT BINDS EVERYTHING TOGETHER.

STRESS, EXERCISE, INJURY, MOVEMENT IMBALANCE, OVERUSE, AND UNDERUSE CAN ALL CAUSE TRIGGER POINTS ON THE MYOFASCIAL TISSUE. A TRIGGER POINT IS A “KNOT” THAT FORMS IN THE MUSCLE AND CAN CAUSE PAIN, SPECIALLY WHEN PRESSURE IS APPLIED.

MYOFASCIAL RELEASE (SMR) OR FOAM ROLLING IS A VERY EFFECTIVE SELF MASSAGE TECHNIQUE THAT HELPS TO RELEASE TIGHT MUSCLES AND TRIGGER POINTS.



BENEFITS

- HELPS RELEASE KNOTS AND TIGHT MUSCLES.
- IMPROVES RANGE OF MOTION.
- IMPROVES POSTURE AND COORDINATION.
- DECREASES MUSCLE SORENESS AND PAIN.
- HELPS MUSCLES TO RECOVER MORE QUICKLY AFTER EXERCISING.
- IMPROVES FLEXIBILITY.
- INCREASES BLOOD FLOW.
- CAN HELP REDUCE THE APPEARANCE OF CELLULITE.
- BREAKS UP SCAR TISSUE.
- HELPS TO PREVENT FUTURE INJURIES.



How To Use

- USE THE FOAM ROLLER ON A FLAT SURFACE WITH ENOUGH SPACE FOR YOU TO LAY DOWN AND MOVE.
- USING THE FOAM ROLLER MOVE BACK AND FORTH ON EACH AREA. MAKE SURE TO COVER ALL MUSCLE GROUPS.
- USE YOUR BODY WEIGHT TO PUT AS MUCH (OR AS LITTLE) PRESSURE AS YOU NEED.
- COVER AN AREA OF ABOUT 2-6 INCHES.
- FOAM ROLL EACH AREA FOR 30-60 SECONDS.
- USING THE PHOTOS ON THE NEXT THREE PAGES AS REFERENCE. I RECOMMEND YOU FOAM ROLL ALL MUSCLE GROUPS (ASIDE FROM YOUR ABDOMEN OR CHEST).
- FOCUS SPECIALLY ON THE SORE AREAS AND TRIGGER POINTS.

THERE ARE MANY TYPES OF FOAM ROLLERS, BUT I RECOMMEND YOU USE ONE OF THE TWO BELOW:

1) BASIC FOAM ROLLER- THIS FOAM ROLLER IS RECOMMENDED FOR PEOPLE WHO ARE JUST STARTING TO FOAM ROLL, IT IS SOFTER AND SMOOTH.



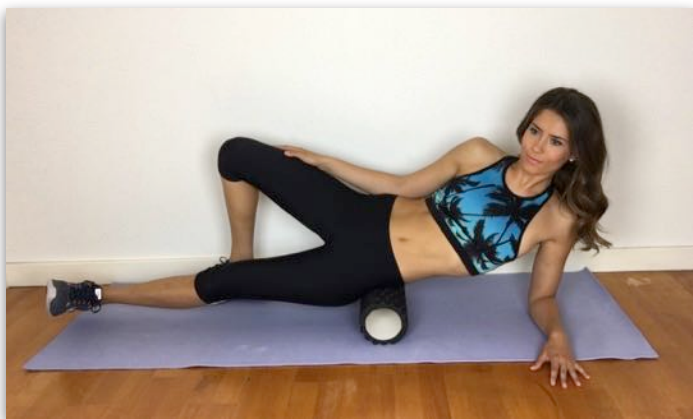
2) GRID FOAM ROLLER- THIS ROLLER IS RECOMMENDED FOR PEOPLE WHO ARE ALREADY USED TO THE BASIC FOAM ROLLER. IT IS STRONGER, AND IT HAS A TEXTURED SURFACE THAT MASSAGES DEEPLY.



EXERCISES: BACK AND ARMS



EXERCISES: LEGS AND GLUTEUS



EXERCISES: LEGS AND GLUTEUS



SIMBOLIZA MOVIMENTO “VAI-E-DEM” NO LOCAL ONDE
ESTA O ROLO DE ESPUMA (FOAM ROLLER).