

FOAM

Rolling



Have you tried foam rolling as part of your fitness self-care routine?

Foam rollers are popular massage tools in the world of fitness and physical therapy. They are often used as a form of self-myofascial release (SMR), which is a type of therapy technique that applies pressure to tight, restricted areas of fascia and underlying muscle and can help reduce muscle soreness and increase flexibility when used on specific areas of the body.

Foam rolling is typically used as a warm-up for mobility or a cool-down for recovery as part of a fitness routine. Ready to get started?



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Foam rolling tips:

- Using your body weight, slowly roll over the muscle back and forth. Apply some pressure to target areas. Breathe deeply as you roll over a spot that might be tender.
- Focus on small areas. Move over small areas at a time rather than large repetitive movements that cover the entire muscle.
- Choose a foam roller that meets your needs. They come in different lengths and the density varies among foam rollers. A longer roller is great for ensuring you won't fall off the ends.
- If you are new to foam rolling and haven't tried it, you can expect to feel some discomfort during your first few sessions. You may feel very tender or bruised at first, so be sure to start with 5 to 10 seconds per area and rest a day in between sessions.
- Avoid rolling over the joints and bones. Use the foam roller on soft tissue only.
- Avoid direct foam rolling on the lower back. You want to avoid this area to protect the spine and kidneys.
- Avoid causing unbearable or sharp pain on tender areas.
- If you have any heart, or vascular illnesses, or chronic pain conditions, check with your doctor before you try foam rolling.
- If you don't have access to a foam roller, there are smaller myofascial therapy objects you can try instead. Some of these include a tennis or golf ball, frozen water bottle, rolling stick or rolling pin, massage ball, massage gun, massage cane, and massage wheel.