WELCOME TO THE RAD LIFE
YOUR INTRODUCTORY GUIDE TO SELF MYOFASCIAL RELEASE

WHAT IS SMR?
Self Myofascial Release (SMR), commonly referred to as foam rolling, is a soft tissue therapy for releasing tension in fascia that restricts movement in our bodies.

FASCIA
Fascia is a general term for the continuous stream of fibrous tissue throughout the body that gives muscles their shape, connects muscles to other muscles and bone, and generally holds everything in place on your skeleton.

HOW SMR WORKS
Through techniques like compression and shearing we are able to stimulate small receptors in our body that help muscle and tissue relax and lengthen. Longer muscles and less tension lead to all kinds of good things like less compression of joints, wider range of motion and increased mobility.

TECHNIQUES
MIX AND MATCH FOR A MINIMUM OF 10 MINUTES PER DAY.

STRETCH IT OUT
Stimulate and open muscles to make your stretching more effective.

KEEP JOINTS ALIGNED
An upright and aligned body is best suited to handle the stresses of gravity and is a great home to live in!

DETOX YOUR BODY
2/3 of your body is water and muscles act as pumps, moving fluid through the body. Tight muscles aren’t effective pumps; keeping fascia loose increases flushing and ‘cleaning’ in the body.

REDUCE SORENESS
Rolling clears the after-effects of exercise by pumping nutrition into the muscle and moving waste products out.

REDUCE CHANCES OF INJURY
Your tires wear unevenly if your car’s alignment is off, same for your ankles, knees, hips, back and shoulders!

STAY LOOSE
Improve adaptability so your body is capable of responding to the demands of your lifestyle. Willow trees bend with the wind, but the stiffest trees are the most easily cracked.

WHY ROLL/BENEFITS
COMPRESSION/POINT RELEASE
WHAT Corrective
HOW Oscillate slowly on a spot
WHEN Morning, evening, post-workout, post-travel, during lunch break
TIME 10 breathe cycles (2 minutes)

FLUSHING
WHAT Repair and recovery
HOW Lengthwise along a muscle
WHEN Pre and post workout or physical activity, when feeling stiff
TIME 20 movements

SHEARING
WHAT Corrective
HOW Press and pull or twist tissue
WHEN Supplement physical therapy, pre workout or physical activity
TIME 10 breathe cycles (2 minutes)

TECHNIQUES
MIX AND MATCH FOR A MINIMUM OF 10 MINUTES PER DAY.

SKIN
FAT
MUSCLE
TISSUE SHEAR FORCE

Fascia is woven between skin, fat and muscle throughout our body.
RAD Rounds serve up two times the relief with firm density that busts up tension in sensitive spots like the neck, feet and hands. These balls are specifically designed for the body, not sports, which is a lot more than a tennis ball or “whatever’s around the house” can claim. So when you want something that’s built for the job, choose from our three pressure-seeking sizes that comfortably fit where other tools can’t. And for those who crave even more control and focused release, pair these babies with the RAD Block.