

WHITE LION ATHLETICS

Fitness equipment by fitness professionals

Foam Rolling & Self-Myofascial Release

What is Self-Myofascial Release?

Fascia: a network of connective tissue that surrounds muscles, bones, nerves, organs. It serves as a medium of communictation and provides structural support.

Myofascia: the fascial layers that surround our muscles. **Self-myofascial release:** the practice of relieving adhesions and tension within the muscle and myofascia in one's own body.

What Causes Adhesions & Tightness?

Causes: multiple forms of stress on the body Examples of Stress: Postures, repeated tasks, exercise, stress, improper nutrition, dehydration.

Consequences: compromised function, imbalances, pain.

Our body's response (or attempted response) to stress can lead to tight and weak muscles/fascia, which becomes "stuck" to the surrounding tissues.

Why Foam Rolling?

- It is a form of myofascial release similar to massage.
- We apply compression to the muscle and fascia in an attempt to:
 - Decrease adhesions and trigger points in the myofascial network;
 - Increase blood flow to the tissue, which may improve recovery and decrease DOMS;
 - Improve flexibility and mobility
 - Manage Pain and improve function.

Take Caution

- Seek advice from a physial therapist prior to any self-myofascial release program,
- Rolling over an injured area can cause further injury. Stop rolling if you experience any pain.
- Introduce foam rolling slowly. Start with 30-60 secs/muscle before progressing to longer sessions.
- You may be sore the next day.

How to Foam Roll

1) Choose your location

- Select an area that is consistently restricted/tight, or engage in self discovery.
- Roll over muscles only, not across joints.

2) Choose your tool

- Several tools can be used, each with their own function and advantage:
 - Foam rollers: great for larger/broader surfaces.
 - **Balls**: good for small areas. More focused pressure due to their small surface area.
 - **Sticks**: Easy to apply different pressures. Use them seated or standing.

3) Start rolling

- Comfortably position your body so you can control the application of pressure.
- Apply moderate pressue to the area. Discomfort may be experiened, rolling should not be painful.
- Roll slowly: about 1 inch/second.
- You can pause over areas that feel affected by adhesions or trigger points, moving on when the area "releases".

4) Recover

- Mechanical manipulation of tissue requires proper recovery.
- Wait 24-48 hours before rolling the same area again.
- Keep your tissues hydrated. Drink sufficient water to promote better recovery and tissue quality.
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