

Guide to Foam Rolling



Ryan Lew
5-1-2020

Foam rolling is a self-myofascial release (SMR) stretching technique that has been embraced throughout the fitness industry. This effective and simple to do technique delivers positive, feel good results. Foam rollers have become easily accessible, either shared at the gym or found in almost any sporting goods aisle to bring home for a minimal investment. Using the foam roller can deliver improvements in flexibility, muscle recovery, movement efficiency, inhibiting overactive muscles, and pain reduction with just minutes of application Why SMR? SMR can be done with a variety of tools beyond foam rollers, such as medicine balls, handheld rollers or other assistive devices. Foam rollers vary in density, surface structure, and even temperature modifications. Whatever the tool or variation selected, SMR focuses on the neural and fascial systems in the body that can be negatively influenced by poor posture, repetitive motions, or dysfunctional movements

CALVES (GASTROCNEMIUS/SOLEUS)

Place foam roller under the mid-calf. Cross the opposite leg over the top of the other to increase pressure. Slowly roll calf area to find the most tender spot. Hold that spot for 30-90 seconds until the discomfort is reduced. Especially beneficial for runners or those who regularly wear shoes with elevated heels (8). Switch legs and repeat.



ADDUCTORS

Lie face down and place one thigh, flexed and abducted, over the foam roller. Slowly roll the upper, inner thigh area to find the most tender spot. Hold for 30-90 seconds until the discomfort is reduced. Switch legs and repeat.



TENSOR FASCIA LATAE (TFL)

Lie on one side with the foam roller just in front of the hip. Cross the top leg over the lower leg, placing that foot on the floor. Slowly roll from the hip joint down toward the knee to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Switch sides and repeat.



PIRIFORMIS

Sit on top of the foam roller, positioned on the back of the hip, crossing one foot over the opposite knee. Lean into the hip of the crossed leg. Slowly roll on the posterior hip area to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.



LATISSIMUS DORSI

Lie on one side with the arm closest to the ground outstretched with thumb facing upwards. Place the foam roller under the arm in the axillary region. Slowly roll back and forth to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.



THORACIC SPINE

Lie on the floor with the foam roller behind the upper back. Cross arms to opposite shoulders. Raise hips off the floor and slowly roll back and forth to find the tender spot. Hold for 30-90 seconds.

