

Self-Myofascial Release Foam Roller Massage 610-641-2204

How it works.

Traditional stretching cause increases in muscle length and not all tight tissue needs to be lengthened and stretching it can actually increase your chances of injury. Self-myofascial release on the foam roller breakdowns soft tissue adhesions and scar tissue in fascia. Fascia is a connective tissue that connects all different parts of the body. Fascia surrounds muscles, but abnormal adhesions will restrict the muscle movement and can lead to muscles not working properly and pain.

A foam roller works partially due to the principle known autogenic inhibition. There are nerve receptors in the fascia and one of the things they detect are changes in tension in the muscle. Stimulating these by pressure causes the muscle to relax without lengthening the muscle. It also breaks down any abnormal adhesions to let the muscle work correctly

How to do it.

These techniques are actually very simple to learn. Roll at a slow pace and actually stop and bear down on the most tender spots ("hot spots"). Once the pain in these spots diminishes 50% to 75%, roll the other areas. Use the roller prior to physical activity and afterwards to reduce muscle soreness and enhance recovery. Start of using the foam roller for only a couple minutes. You should not need to go over 10 minutes for the full body. Be careful to avoid bony prominences, though. In order to change the pressure on the soft tissue, simply apply more or less of your body weight to the roller by moving your hands/feet contacts to the ground closer or further away from the foam roller. Discomfort is normal, but you do not want severe pain. That stimulates a different mechanism that you do not want. If you find your body is tensing up, use less pressure. Remember to breathe.

You should talk to your doctor before starting any exercise program. If you have pain/discomfort which does not resolve or worsens consult your physician immediately. If you have questions please ask Dr. Barrett or Dr. Zerdecki.



Paraspinals

With your arms behind your head (not pulling on the neck), lie supine with roller positioned in the middle of your back; your glutes should be off the ground. Roll upward, reversing direction when you reach the level of the armpits.



Latissimus

Lie on your side with the same side arm overhead. The roller should be positioned at the attachment of the lat on the scapula in the starting position. You'll want to roll toward the attachment on the humerus (roll toward the armpit).



Thoracolumbar

With your arms behind your head, lie supine with the roller positioned under your mid-back. Elevate the glutes and arch backwards without touching the ground. Do not go on the lower spine.



Quadratus Lumborum

With your same side leg extended place the roll in the space between your last rib and top of the pelvis bone. Lift off the ground with the opposite bent leg rocking back and forth leaning backwards.



Shoulder

Lie on your side with the same side arm overhead. (Palm up) The roller should be positioned at the posterior triangle of the shoulder (armpit). You'll want to roll back and forth towards the shoulder blade and lat.



Gluteus Muscles/Minimus

Lie on your side with the "meaty" part of your lateral glutes (just posterior to the head of the femur) resting on the roller. Balance on one hand with the same side leg on the ground and roll that lateral aspect of your glutes from top to bottom.

Self-Myofascial Release Foam Roller Massage 610-641-2204



Piriformis

Sit on the side of glute area and cross the same side ankle over the opposite quad. Pull your knee towards the opposite shoulder and using your planted foot and stabilizing hand roll back and forth.



Hip Flexors

Balance on your forearms with the top of one thigh on the roller. Roll from the upper thigh into the hip. Try this with the femur both internally and externally rotated by shifting position of the opposite pelvis.



Iliotibial Tract

In the starting position, you'll be lying on your side with the roller positioned just below your pelvis. From here, you'll want to roll all the way down the lateral aspect of your thigh until you reach the knee. Stack the opposite leg on top to increase loading.



Upper Hamstrings

Balance on your hands and feet rolling over the upper hamstring area. You should be applying pressure directly on and over the 'Sit bone' on both sides (Ischial tuberosity) with a rocking motion.



Adductors

Balance on your forearms with the top of one of your inner thighs resting on the roller. Roll from the hip complex to the medial knee. Shift weight towards roller for more emphasis.



Calves/Soleus

Balance on your hands and roll from knee to ankle. Try this with the toes up (dorsiflexion) and down (plantarflexion). Stack one leg on top of the other to increase loading. Lean towards the outer and inner calf to add emphasis.



Hamstrings

You'll want to try these with the feet turned in, out, and pointing straight ahead to completely work the entire hamstring complex. Balance on your hands with your hamstrings resting on the roller, then roll from the base of the glutes to the knee. To increase loading, you can stack one leg on top of the other.



Quadriceps

Balance on elbows face down with quads on roller. Work your way up or down the roller. Turn your feet out to isolate the inner muscle. Shift bodyweight to one side to add more emphasis. You may cross legs to increase pressure even more.



Peroneals #1

Kneeling on the roller, balance your body with hands on the floor. Roll from the knee to the ankle, leaning more to one side for emphasis and avoiding direct pressure to the shin bone.



Peroneals #2

Resting on your elbows, place your shins on the roller. Cross over one leg and rest the ankle on top of the calf for emphasis. Roll from the knee to ankle. This takes a lot of core strength so start slow.