

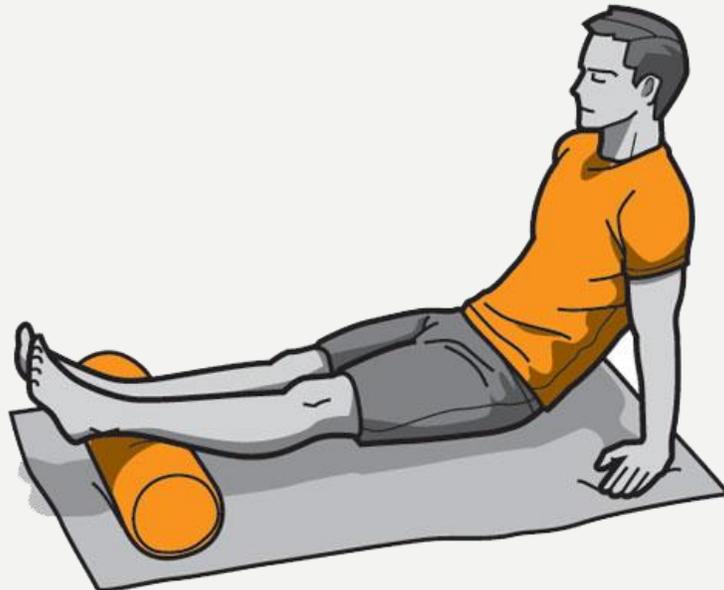
**FLEXIBILITY
&
FOAM ROLLING**

DEFINITIONS

- **Dynamic:** Movements through the full range of motion.
 - warms up the joint
 - maintains current flexibility
 - reduces muscle tension
 - movements begin slow
 - gradually increase in intensity
- **Static:** Taking a specific joint through a range of motion to a comfortable end point, hold, rest, repeat.
 - After an exercise
- **Fascia:** is a fibrous, soft connective tissue that permeates the human body. It acts as a web of tissue that surrounds all components and compartments of the body to maintain integrity, support, and protective structure.

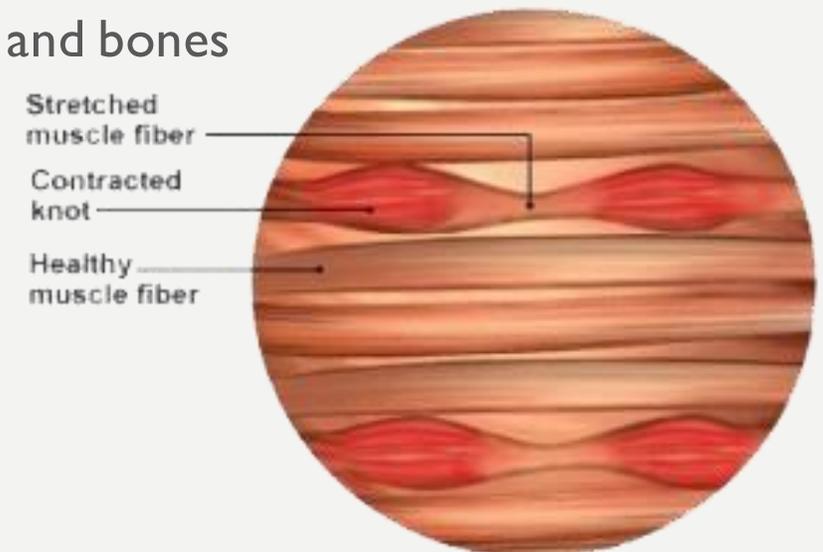
WHAT IS FOAM ROLLING?

Exercises used for massage and fitness. When used for self-massage, it can help soothe tight, sore areas (known as “trigger points”) and speed up muscle recovery. This process of rolling out tight muscles and relieving tension is also called myofascial release.



MYOFASCIAL RELEASE

- Why does an adhesion occur?
 - For various reasons, including inactivity, lack of stretching, or injuries, the fascia and the underlying muscle tissue can become stuck together. This is called an ADHESION
- Due to adhesions we have restricted muscle movement
- This the pain, stiffness and soreness that we feel
- Myofascial release strategies (Foam Rolling & Stretching) soften, lengthen and release the fascia
- Breaks down scar tissue/adhesions between skin, muscle and bones



WHEN TO FOAM ROLL & STRETCH

Foam Roll

- Include foam rolling in your warm up routine

Stretch

- Following exercise routine when muscles are warm
 - Increases flexibility
 - Decreases discomfort

WHY IS THIS IMPORTANT?

- Help break up adhesions and scar tissue and speed up the healing and recovery process after your workout
- Benefits:
 - Increase in short-term flexibility <10
 - After 2 weeks of consistent rolling, increase in overall flexibility
 - Reduce perceived soreness and improve pressure pain threshold
 - Increases blood flow

WHEN NOT TO FOAM ROLL

- Intervertebral Disc problems because of positioning requirements
- If you difficulty supporting your own body weight with your arms or legs
- If you have osteoporosis or osteoarthritis

TYPES OF FOAM ROLLERS

- **Density:** Foam rollers come in different densities, which determines how they feel and who they are best suited for
- **Surface texture:** Some foam rollers have ridges and knobs for applying different amounts of pressure while other rollers are smooth
- **Shape and size:** The shape and size of the foam roller affect how you use it.



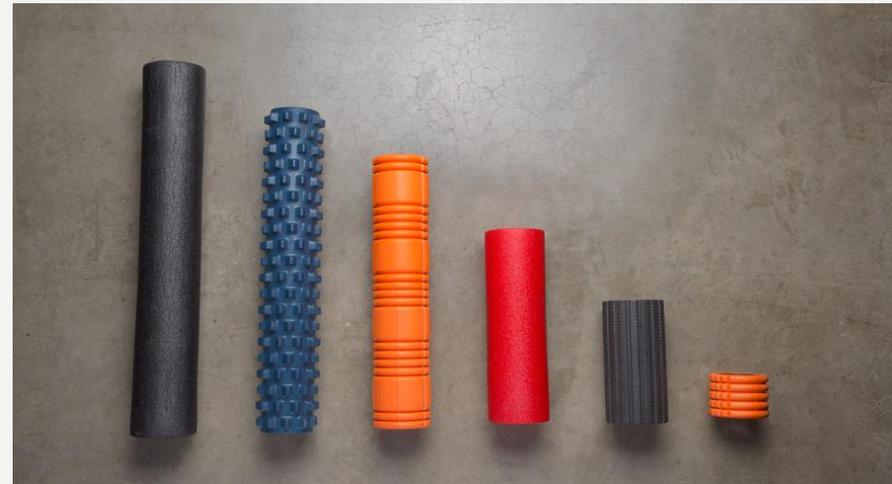
TEXTURE

- **Smooth rollers:** This basic design provides even pressure across the entire length of the roller. A smooth foam roller is a good choice for someone who is just getting into rolling because the pressure is not as intense as with a textured roller. Also, smooth foam rollers are typically less expensive than textured rollers.
- **Textured rollers:** Mimicking the hands of a masseuse, ridges and knobs on a foam roller can provide more precisely targeted massage to work out knots in your muscles. Many rollers include a variety of texture so you can find the right amount of pressure.



SHAPE & SIZE

- **Length:** Long rollers (around 36 inches) are versatile and a good choice for your first foam roller. They work well for your back because they are long enough to span your entire back when placed perpendicular to your spine. They're also more stable than shorter rollers when you're working on your quads, hamstrings and other body parts.
 - Shorter lengths (around 24 inches) work well to target smaller areas like arms and calves. The shortest lengths (around 4 - 12 inches) work well for portability and in workout areas with limited floor space.
- **Diameter:** Most rollers are 5 or 6 inches in diameter, which is a comfortable height for easing your body onto and then rolling under control. Some people choose 3- or 4-inch diameter rollers for deeper, more targeted massage.



CONTINUED...

- **Foam-covered roller massagers (sticks):** Similar in shape to a rolling pin, these rollers are used primarily on legs for more precise pressure regulation and muscle targeting. Flexible roller massagers are great for massaging your upper back.
- **Foam balls:** These allow precise targeting and pressure control, and work well in curved areas of the body, like the lumbar area.



STRETCHING

- Flexibility & Mobility
- ACSM Guidelines
 - Hold each stretch 10-30 seconds
 - Repeat 2-4 times (for a total of 60 seconds of stretching)
- Stretch to the point of discomfort/tightness NOT pain
- At least 3-4 days per week, but ideally after each workout.

WHY DO WE HAVE A LACROSSE BALL?

- Arch of the foot
 - Hamstring
 - Glute (lateral & upper – near low back)
 - Deltoids
 - Shoulder blades
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- More pressure than a foam roller

