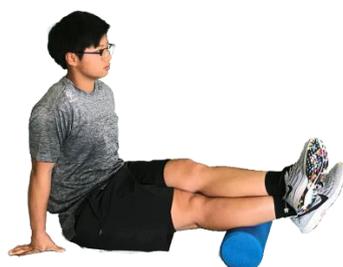


Foam Rolling

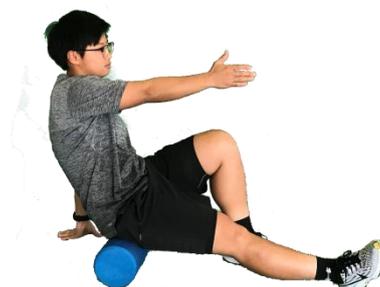
Foam rolling is a self-myofascial release (SMR) stretching technique which helps muscles relaxation; back pain relief; and enhances muscles recovery. Using the foam roller can deliver improvements in flexibility, muscle recovery, movement efficiency, inhibiting overactive muscles, and pain reduction with just minutes of application. This technique can be performed either before or after your workout. Slowly roll along the targeted muscle for 30 sec- 1 min and pause on tender areas (also known as trigger points). Repeat if needed, but do not overdo it.

Lower Body



Calves

Start by rolling both calves together slowly, pausing on tender areas. Add additional pressure on the trigger point if needed, by placing one leg on top of the other as shown. You can also play around with the angle of the ankle to discover other tight areas of the calf.



Hamstring

Hamstring can be hard to release. You can easily stretch it by placing the foam roller on the attachment of the hamstring. Turn your toes right and left; then hold at the angle you feel the tightest in.

Lower Body



Run the roller along both quadriceps. Hold on tender areas and flex the knee for a greater stretch.

IMPORTANT: Remember not to arch your back.

Quadriceps



The iliotibial band (IT band) is often tight in runners, causing pain in the knee joint. You can easily release the tension by rolling the TFL and your glutes. Place the roller on the side of your pelvis as shown in the picture. Since the muscle is very small, you do not need to roll all the way down to the knee. Stay in the area and change the angle of the body to find the tender point.

Tensor Fasciae Latae (TFL)



Cross the leg of the targeted side to stretch and open up the piriformis muscle. Remember to lean over to side of the crossed leg.

CAUTION: As there are nerves running through the area, it might be sensitive for some individuals.

Piriformis + Glutes

Upper Body



Slowly roll the upper back with elbows open. You can also close the elbows for a greater feeling.

IMPORTANT: Remember to keep your core tight and hips off the ground.

Upper Back



Lie on your side. Place the foam roller under the armpit, then open up your chest to target the Lats. Swing your arm up and down slowly in a wiping motion for a bigger stretch.

Latissimus Dorsi (Lats)



In a prone position, place the foam roller under the armpit area and roll sideways to target the chest muscle. You might want to place the roller in a slight angle or wipe your arm up and down for more release.

Chest