

Self-Myofascial Release – what is it and how it benefits you

With running season in full swing and the Flying Pig just completed, there is no doubt some aches and pains have become more apparent. To help ease the pain of sore muscles and encourage faster recovery, doing Self-Myofascial Release using foam rollers is a good technique to add to your workout routine. Grab a foam roller and use your own body weight to roll on the roller. By rolling over certain body parts, you are massaging the tissue allowing the roller to work away tightness and soreness. Specific areas on the body to target are calves, quadriceps, hamstrings, hips/glutes, and the thoracic spine. When rolling over a specific body part and you notice extra pain in one spot, continue to roll back and forth over the tender area.



Iliotibial Band position using foam roller

picture source: 360conditioning.com

Here are a few more reasons why foam rolling should be a part of your workout routine:

- Increase blood flow throughout the body
- Increase range of motion and flexibility
- Decrease chance of injury
- Decrease recovery time
- Increase athletic performance

If you have any specific questions or you would like to add foam rolling to your workout routine, ask one of the fitness professionals in your P&G fitness center for further assistance.