

Foam Roller Fitness

Part 1 - Flexibility & Self-Massage




Tips for Using a Foam Roller

- Warm up prior to using the foam roller for flexibility
- Start with the roller under soft tissue areas that have tightness – work from the centre of the body out toward your extremities
- Keep your abdominals tight to provide stability to your core area
- Spend 1-2 minutes working on each side of the body or muscle group
- When you find a trigger point (sensitive area) hold for 30-45 seconds
- Breathe slowly and deeply to reduce any tense reflexes

Cautions:

- Move slowly
- Avoid rolling over bony areas – stay on the soft tissue!
- Expect some discomfort – you may want to start by applying only a portion of your body weight
- Check with your doctor, chiropractor, physiotherapist or massage therapist to ensure you're doing exercises properly and that you're not doing contraindicated exercises (that work against any injuries or issues)

3 exercises to get you rolling...

 <p>Pose 1: IT Band Roll</p>	<p>Lie sideways with the foam roller under the side of your thigh. Roll between your knee and your hip bone. Spend extra time on the more tender areas you encounter. Use your top leg and foot against the ground to decrease the force if you cannot tolerate the pressure initially. After a few days of rolling, your IT Band will loosen up and you should be able to tolerate full pressure (feet together off the ground).</p>
 <p>Pose 2: Hamstring/Quad Roll</p>	<p>Start with both of your thighs on the roller at the same time. Roll back and forth from your knees to hips. To increase the pressure, lift one thigh off the roller. This doubles the force.</p>
 <p>Pose 3: Middle Back</p>	<p>Lie on your back on the foam roller. Cross your arms across the front of your chest and exhale deeply as you roll the middle of your</p>
<p><i>Pictures and exercises featured in JanFeb 2007 issue of Running Times Magazine By Clint Verran</i></p>	

Watch for parts 2 and 3 soon to progress with flexibility and conditioning. For more information on ergonomics and stretch breaks, visit www.inspiredenergy.ca