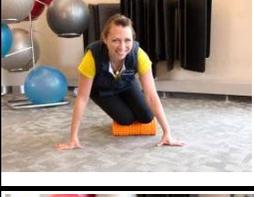


Roll Out to Recovery: Self-Myofascial Release (SMR): Foam Roller, Stick, Ball			
Muscle Group	Foam Roller	Stick/Ball	Instruction
Lower Leg-Back			Roller-Support body with hands and calves only. Roll from heel to top of muscle belly. Do not roll directly on joints. Increase pressure by crossing one leg over the other. Stick-use an underhand grip and roll from foot to knee.
Upper Leg-Back			Roll from above knee to sit bones. Do not roll directly on knee joint. Keep hamstring muscle relaxed and metled into the roller.
Lower Leg-Front			Lean hips to either side to avoid rolling directly on the bone when on roller. While using stick, lean back to appy more pressure with relaxed shoulders. Let gravity do the work.
Upper Leg-Front			Roll from bottom of pelvis to above the knee joint. DO NOT roll over the knee. Turn body to the right or left to focus more or inside or outside of leg. Stick- Relax shoulder and sit comfortably. Roll stick from knee to hip.
Inner Leg			Lie on stomach with one leg bent laterally at the hip and the knee at a 90 degree angle in each joint. Place roller parallel to your body on soft tissueright outside the knee. Roll on your inner leg by shifting hips.
Side Leg - Lateral			Use core stability and arms to support body on roller. Relax shoulders and engage abdominals. Roll from hip to top of knee. Stick- Turn stick towards the outside of your leg and use same form as upper leg-front.
Buttocks			Sit on roller. Shift balance to one side & straighten leg; cross over top (rest foot on ground). Roll from hips to sit bone

Muscle Group	Foam Roller	Stick/Ball	Instruction
Back			Lie on side with same side arm overhead. Roller positioned at attachment of lat on scapula in the starting position. Roll laterally toward the attachment on the humerus (roll toward armpit).
Chest			Hold ball in opposite hand from desired side. Place the ball just under the shoulder in between your shoulder and chest. Relax arm and slowly raise arm to roll ball. You may also roll the ball in a circular motion. Lie on the foam roller at an angle to mimic the above.
Shoulders			Begin with hips on ground and shoulders on roller. Support neck with hands. Lift hips up in a bridge and move slightly side to side on the roller to target muscles on either side of the spine. Bring elbows close together to open shoulder blades and obtain a deeper muscle area.
Mid Back			Start standing against a wall. Roll by bending knees, making sure to keep knees in line with feet. Use a tennis ball to target specific points of tenderness alongside the spine and shoulder blades. Stick- pull slightly harder on one end to reach the muscles along side the spine.
Low Back			Lie on ball OR stand against wall. Place ball alongside your spine but not directly on the vertebrae in your low back. Gently apply pressure and hold. Turn slightly to the side to roll ball slightly.
Foot			Either seated or standing, step onto the foot roller or ball at the pad of your foot (joint of toes). Roll slowly towards the arch in the foot all the way to the heel. Place heel on ground and keep foot stable on roller. Extend and flex toes.

Key Concepts for all Self Myofascial Release (Self Massage): Foam Rolling, Stick, and Ball

Purpose	Participants will achieve the desired effect of soft tissue mobilization, reestablish neuromuscular efficiency in the body, and diminish likelihood of injury after they have been properly instructed in and follow the correct application of self-myofascial release.
Introduction	<p>Self-myofascial release, or self-message, is a stretching technique used to release tension or decrease the activity of overactive muscle and fascial tissues (the fibrous tissue that surrounds and separates muscle tissue) in the body.</p> <p>Foam rolling is the most popular form of self-myofascial release, although there are a variety of other tools (e.g., handheld rollers, balls, instrument-assisted devices, and vibration devices) to choose from depending on the intended soft tissue structures to be mobilized. These tools will have varying effects depending on their size, shape, and construction (e.g., more rigid self-myofascial release tools can influence the level of pressure exerted on the soft tissue and allow the patient to access deeper layers of the fascia).</p>
Science	Poor posture and repetitive movements can create dysfunction within the connective tissue of the body. This dysfunction, in turn, activates the body's pain receptors and initiates a protective mechanism, increasing muscle tension or causing muscle spasm. As a result of the spasm, adhesions or knots begin to form in the soft tissues. These adhesions form a weak, inelastic matrix that decreases normal elasticity, resulting in altered length-tension relationships, altered force-couple relationships, and arthrokinetic dysfunction (altered joint motion). By applying a gently pressure to these soft tissue structures, we can break up the adhesions that develop within the traumatized tissue and help release unwanted muscular tension.
Application	As with all things exercise related, you should ease yourself in gradually. Start with a softer roller (if available) and prioritize how to control your body on the roller and the amount of pressure you apply. It is better to be too soft than too hard, especially in the beginning. Once you feel a comfortable level of control, administer pressure to the most sensitive areas for roughly 20 to 30 seconds. As you get to know your body and how it responds to foam rolling, you may go shorter or longer as needed.
Prioritizing	It is very possible to find several trigger points throughout your body. Spending time on each one may take a while and won't be much fun. Therefore, you can prioritize what to focus on in two ways: 1) address the muscles you are working that day; and/or 2) address the areas that are most sensitive.
When to Perform	<p>Self-myofascial release can be performed prior to and after your workouts. When applying prior to your workout, only focus on problematic areas. Remember, self-myofascial release is designed to reduce tension and relax a muscle. Doing this to a healthy muscle may relax it to the point of being less effective during your workout. But for muscles that carry excessive tension, spending time on the front end of training can help reduce poor and imbalanced movements during your workout. Post-workout self-myofascial release can focus on all of the major muscles worked, with an extra emphasis on the areas that appear problematic.</p> <p>Self-myofascial release is suggested before stretching because breaking up fascial adhesions may potentially improve the tissue's ability to lengthen.</p>
Instructions	Search the entire muscle to find one or two of the most sensitive spots. Once there, apply pressure on the spot until some tension is released. Either stay on the spot longer, or generate small movements back and forth.
Potential Contraindications	<p>Osteoporosis, anticoagulant therapies, embolism or thrombus, diabetes, high blood pressure, varicose veins, pregnancy, cancer</p> <p><i>Always consult with your physician if you are uncertain about a condition.</i></p>