

Foam Rolling

mtm
made to move
Physiotherapy
Warwick



Warwick
WORKOUT

How does it work?

Foam Rolling is essentially using your own body weight to mimic a deep tissue massage. The mechanism by which it works is not exactly known but there are some theories surrounding muscle relaxation, increased blood flow and tissue extensibility. Literature has shown great benefits from foam rolling, even finding that it is more effective than stretching! The recommended roll on each muscle is 60 seconds.

Benefits include:

- Reduces perceived soreness
- Improved muscle activation
- Improved vertical jump height
- Improved passive and dynamic range of motion (Macdonald et al. 2014)

Quadriceps

Useful for common knee conditions such as patellofemoral pain and patella tendinopathy

Gluteals / ITB

Useful for any knee, hip or lower back problem



Foam Rolling Quadriceps



Foam Rolling Gluteals / Iliotibial band



Hamstrings

Rolling the hamstrings is beneficial for those with lower back complaints as well as knee and hip issues

Calf

Foam rolling the calf is useful for ankle injuries, Achilles tendinopathy, sever's disease and planter fasciitis



Lower Back

Using the foam roller is a nice way to relax your lower back

Pec/Thoracic Stretch

This exercise is useful with shoulder pain, neck pain and for improving other problems associated with poor posture

