

Foam Rolling Self Myofascial Release Techniques

Foam Rolling Technique Instructions

With each exercise, remember to have calm, deep breathing with each movement.

1. Place as much of your body mass as possible on the foam roller (within pain limits).
2. Begin at the proximal part of the muscle (the part closest to the body) and roll down the length of the muscle using short kneading like motions.
3. Once you've covered the length of the muscle, quickly return to the start position moving the roller in one fluid motion.
4. Roll the length of the muscle 3-4 times within each 1 minute session.
5. Stretch.

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