



FOAM ROLLING

A GUIDE FOR MANUAL TISSUE MANIPULATION

IRONEDGE

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INTRODUCTION

Foam Rolling has almost become synonymous with training and performance these days, where more often than not, athletes and gym goers are seen either spending time on the floor rolling around, or carrying coloured logs around with them where ever they go. The real questions become of course, what are these coloured foam logs? What are the benefits of utilising these pieces of equipment? And what is the best way to use these tools?



INTRODUCTION

FOAM ROLLING: A Guide for Manual Tissue Manipulation aims to answer these questions, hoping to clarify all of the key points and benefits to Foam Rolling, as well as some integral exercises and techniques for getting the absolute most from your Foam Rolling sessions. By integrating some or all of the information in this book, you can gain some key strategies for not only helping mobility, range of motion and wellbeing but some great methods for preparing for exercise and training, and recovering optimally from those tough and challenging sessions. Rolling and Self Myofascial Release (SMR) strategies are handy tools that anyone can utilise and can be both therapeutic and performance enhancing in nature.

TRAINING

To quote the world renowned author and strength and conditioning coach, Mark Rippetoe, "Training is physical activity performed for purposes of satisfying a long term performance goal, and is therefore about the process instead of the constituent workouts of the process"¹. In a nut shell, Mark Rippetoe highlights the importance of training being more than the crazy workout you lay down in the gym or sporting field, but involves a specific process that leads towards a specific goal. After all it is this process that leads us towards why we are in the gym in the first place, which is why we follow particular programs designed to meet our individual needs.

THE MISSING LINKS TO TRAINING

Optimal growth and development in fitness and training requires a few different and key elements. Naturally you need a program to progressively push the body and to make it stronger, whilst matching it with an adequate hydration and diet to fuel the energy and development.

We all know how this works. However recovery and general readiness are components often forgotten in any fitness regime, easily lost in the hustle and bustle and excitement of goal seeking and performance development. But the real kicker in this scenario is, if the body isn't allowed or is restricted from recovering from the training stresses that we place on it, then all of our hard work in the gym, sporting field or other functional activities will be limited or just end up stunted. Optimal growth and development is not just dependant on how hard or how frequent the training is, it all balances on the knife edge of recovery and readiness.

Recovery being: How well the muscles and energy systems develop and adapt to the stresses of the session. How well rested, fuelled and hydrated the body is, and how much our lifestyle or working life has impacted or hindered this process.

Readiness being: Has the body been adequately prepared for the training stress to come? Are muscles and joints free to move? Is there limiting factors or weaknesses in the body that may prevent certain activities being performed?

The simple point to this is, if the body hasn't recovered sufficiently enough before the next training load, then the body cannot perform to its fullest capacity. Operating in a fatigued or sub-maximal state means the body can only train with an intensity that is below what it's capable, potentially limiting overall development. Or worse, if there is underlying damage that hasn't yet fully recovered, then the potential for injury may increase greatly.

Secondly, if quality of movement is not present or if the body is restricted from reaching a desired range of motion needed for performing certain movements, then those movements will only offer partial benefits. For example, if we want to strengthen the body with full range squats, and only a fraction of the range can be achieved, then only a fraction of the squat benefit will be achieved. Much like driving a car with a rev limiter set to prevent any real speed from being achieved.

Also, if muscles are tight, stiff or contain trigger points, then they will be limited in their ability to contract and generate movement. If this is the case, movement quality and potential for developing strength will also be limited.

Safety at this point is always a major consideration too. If the body is restricted from moving into a complete range, the body may force other areas to move in compensation, potentially overloading sensitive areas and leading to an increase chance of injury.



FASCIA, MYOFASCIAL RELEASE AND SMR (SELF MYOFASCIAL RELEASE)

A step in the right training direction always starts with an appropriate training program, a healthy balanced diet, coupled with a good recovery and readiness strategy. And a great way assist in recovery and readiness is to incorporate myofascial release methods into the overall plan.

Fascia "is the soft tissue component of the connective tissue system that interpenetrates and surrounds muscles, bones, organs, nerves, blood vessels and other structures. Fascia is an uninterrupted three dimensional web of tissue that extends from head to toe, from front to back and from interior to exterior"². Essentially, fascia is the interconnected matrix that makes and binds our every aspect of our being, creating the scaffolding that gives us form, shape and function.

So it stands to reason, if there are problems or tightness in the web that holds us together, issues can present up and down the body, potentially effecting how we move and operate.

Because muscles are a part of this interconnected puzzle, then problems not only localise to a specific area, but refer issues to other parts of the body as well.

Myofascial Trigger Points or MTPs, are an example of painful problems that can occur in the fascial network, and can be defined as "exquisitely tender spots in discrete, taut bands of hardened muscle that produce local and referred pain, among other symptoms"³. To put this in relative terms, a trigger point that develops in a muscle, not only inhibits that muscles overall ability to contract, but because that muscle is part of the greater network, problems can work their way up and down the connective chain throughout this network. This can be likened to pulling on a tent rope. Because the tent rope is connected to the top of the tent, not only does the tent move, but tension is transmitted along the other ropes that also support the tent. Pull on that rope hard enough, and another rope may work loose or pull out of the ground, adding to the overall destabilisation of the tent. The body works in a very similar way. Left untreated, MTP's can cause lingering problems and lead to chronic pain and restriction.

Myofascial Release is considered a technique for manually manipulating the fascia of the body, to improve soft tissue quality and function, which has been shown to do so, without a subsequent decrease in muscle activation or force output⁴. Of course by improving the quality and function of fascia, you can release tension, deactivate myofascial trigger points, improve range of motion and mobility, as well as increase blood flow, all of which can relate to improved recovery and performance.

SMR simply refers to the same techniques of manual tissue manipulation, except you don't have to pay someone or see a practitioner, this is something you can achieve very effectively, by yourself. You can in fact consider this as a form of routine self-maintenance, to keep the human machine running in tip top condition.

The key take away from these simple definitions, highlights how SMR can be a great tool that you can use to maintain your body, help it to recover and ready it for activity, simply, safely and effectively.

KEY BENEFITS TO SMR:

- Improved blood flow and circulation to fascia and muscles.
- Actively stretches muscles and improves range of motion around joints.
- Helps to break up scar tissue and adhesions.
- Helps to deactivate myofascial trigger points.
- Improves overall tissue quality.
- Helps relieve stiffness and soreness.
- Helps to flush out metabolic waste products in muscles.
- Improves an overall sense of wellbeing.

FOAM ROLLING



FOAM ROLLING

The Foam Roller is one of the most common and popular forms of SMR, namely because of its light, portable and easy to use design. Rollers come in a variety of different sizes too, allowing for the treatment and manipulation of larger areas and muscles of the body.

This of course is due to the large surface area that the Roller presents, that effectively flatten out larger sections of soft tissue, covering more ground and more muscle groups in less time.

Rollers come in a wide variety of compounds and shapes as well, that can offer more of a cushioned and comfortable approach to painful areas, or be quite brutal and unrelenting due to hard configurations and additional nodules, bumps and ribbing. But whether you have a soft and pliable or rock hard spiked roller, it all comes down to the individual, and the ability to have full control over the SMR process.

Essentially it is the application one's own body weight that effectively provides the treatment, which can be adjusted and changed as the user feels sees fit. This is what makes the roller so handy and easy to use, you simply place it on the floor, or wall, position yourself in a way to target a specific area, and use as much body weight as you need to hit those troublesome areas. Full control is completely in the users own hands, meaning anyone and everyone can use and gain benefit from Rolling, after all it is you that controls the treatment.

FOAM ROLLING TECHNIQUE

Foam Rolling can be performed on just about any part of the body, so long as a few major points are taken care of. Just like any exercise or drill, these certain techniques will yield greater results. However, one particular rule stands out that will make a difference in improving overall tissue quality. Relaxation is an absolute must, and will ultimately seal the deal when it comes to effective SMR work.

Pain and stress can do some very interesting things to the body, and can negate all of the hard work and attention that we are trying to pay via the SMR strategies, making relaxation almost impossible. Essentially, these kinds of triggers, especially when rolling becomes uncomfortable and painful, can stimulate the sympathetic nervous system, or the body's auto regulatory "fight or flight" response. This can cause the heart rate to increase, breathing to become shallow and muscles to tighten up. Left unchecked or not letting the body relax, will only result in rolling on muscles that are locked up and trying to protect themselves, preventing any kind tissue improvement.

What we need to focus on is a way to relax and favour the parasympathetic nervous system, the system responsible for the "rest and digest" functions, so muscles can release and tissues can become malleable. This really highlights the need for Relaxation methods to be used throughout the rolling process, and constant attention paid to how the body feels and how it is reacting.

The type of Roller that you ultimately chose can also dictate the level of relaxation that you can achieve. Although the temptation is to try and grab the hardest and craziest roller out there, remember being able to relax a muscle or muscle group is the ultimate key. Even for the elite strength trainer or athlete, harder Rollers don't always mean improved results. Aim to find something that allows the freedom to roll whilst being able to maintain loose and supple muscles and posture.



5 STEPS TO EFFECTIVE ROLLING

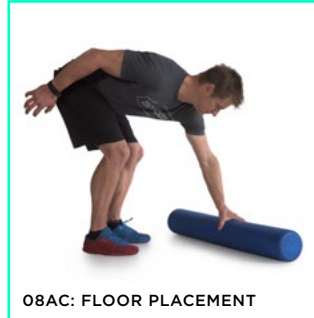


To simplify the whole process, and to create a system for effective foam rolling, a simple 5 step process can be used. This system covers all of the key points for Self Myofascial Release, and creates a technique structure or template that can always be returned to or practised for maximum result or benefit.

This system is as follows:

- Placement
- Positioning
- Breathing
- Rolling (Hunting)
- Relaxation

This system can be applied to just about any muscle or muscle group in the body, allowing the user to customise their very own Foam Rolling session. Included in this book are some detailed exercises for Foam Rolling different areas of the body, but understand, once you identify the problem areas, attention can be made to these specific spots, and Rolling can be tailored to one's own needs.



STEP 1 - PLACEMENT (08AC AND 08AD)

This may sound fundamental, but the actual placement of the roller can really make all of the difference in how much you can actually relax. Get this right from the start, and being able to relax will become very easy.

Ideally, rollers can be placed on the ground, or on a wall, all depending on how comfortable you can become and how much pressure you actually need. Remember Foam Rolling isn't just about how hard you can press or how much pressure you can achieve, but how much pressure you can use to allow muscles to release. If you are unsure, start out on the wall. If you find that the wall doesn't give you enough pressure, move the roller down to the floor.

Aim for a large flat surface, free from obstacles and equipment, so the Roller can be free to move. This goes for both the ground and the wall, you want freedom for movement, without having to interrupt the process. Don't be afraid to give yourself plenty of space.



STEP 2 - POSITIONING (09AE)

Once you have found a good spot that is free and open, you need to position yourself in a way to apply pressure to the body. By choosing either the floor or the wall, you can really control the overall amount of pressure that you can apply. The wall means light to medium amounts of pressure, and the floor mean medium to hard amounts of pressure.

You can also align the Roller according to the area you want to target, so don't be afraid to move around to find the best spot or position to be in. Start out light, and slowly lean into the roller if it is on the wall, or prop yourself up on the ground, and slowly lower your bodyweight onto the targeted area. Aim to start easy and stay relaxed.

Always adopt a position that doesn't require sustained effort to hold. Effort will result in fatigue, which will ultimately lead to tension and stress. Once you find a position, aim to find a way to limit effort and minimise tension as much as possible. For example, you may be seated on the ground, with the roller under your calves having to push your body off the ground with your arms to get pressure. Although this may work initially, because you are almost performing a dip, there will be a lot of energy used to maintain position.

Try sitting and crossing one leg over the other, aiming to hit one calf at a time instead. This will reduce tension and allow for more relaxation.

5 STEPS TO EFFECTIVE ROLLING

STEP 3 - BREATHING (09AF)

Now that you are applying pressure, either leaning or lying on the Foam Roller, you need to regulate your breathing, because breathing will be your link to maintaining a certain level of relaxation as you roll. This can be achieved by using diaphragmatic breathing technique.

Diaphragmatic breathing, also referred to as belly breathing, is a basic stress management technique⁵ where one attempts to engage in deep, rhythmic breathing in a relaxed and natural manner⁶, aiming to draw air in and expand the lungs by utilising the diaphragm correctly. Physiologically, this form of breathing has a major influence on heart rate and muscle tension due to feedback mechanisms that link the respiratory and cardiac control centre in the brain stem⁷.

The key to making this work on the roller, is to simply draw your attention away from breathing through the chest, and open up and relax the abdominals. Feel your belly expand, filling up like a balloon with each breath in, and collapsing and deflating with each breath out, aiming for 3 to 6 seconds in and 3 to 6 seconds out on each breath. As tense as you may feel, especially being on the roller, engage this style of breathing, and allow your muscles to release and loose tension with each and every breath.

To help this technique, place a hand on your abdomen, and feel it rising and falling with each breath. Couple diaphragmatic breathing with a position that doesn't require too much tension to hold yourself in on the roller, and you will have the greatest effect over your soft tissue manipulation.

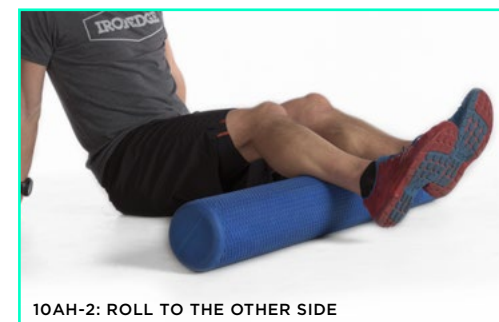
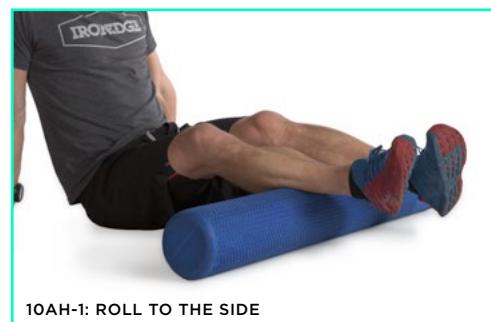
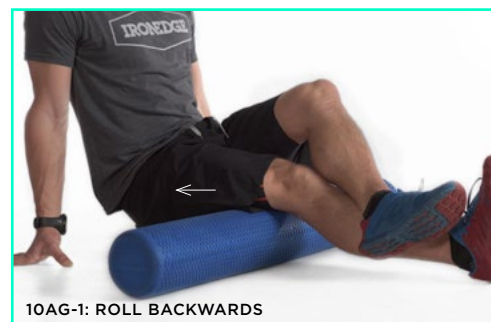
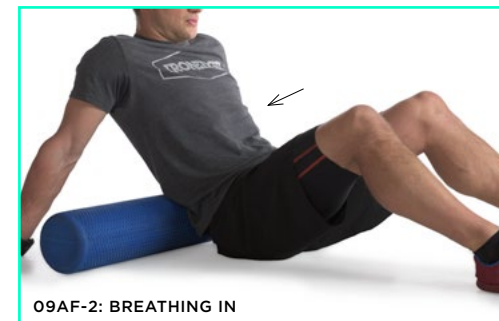
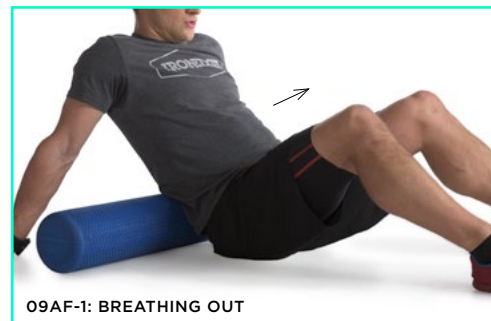
STEP 4 - ROLLING (HUNTING) (10AG AND 10AH)

Rolling is the method of seeking out or looking for the troubled areas or trigger points of the body, hence the word hunting in brackets in the title. Really this is a chance to move the body around on the Roller, Rolling it along the muscles and soft tissues and hunting for tightness and painful areas.

This hunting process can be used as a gentle forwards or backwards motion along the length of particular muscles. Take your time, and don't rush, really listen or feel what is going on beneath the surface of the skin. If you move over what feels like a tight, hard, or ropey area of muscle or if the area is painful or sore, pause and concentrate pressure into that area for 15 to 30 seconds.

As you hold the position, relax as much as possible, breath and try to unclench or relax that particular muscle. If after 30 seconds you can't feel any change, lessen the applied pressure and use another 15 to 30 seconds. Also, once you identify a particular area, move laterally or sideways across the muscle. This will hit the area from a different angle and increase the overall effect you will have over it. Remember muscles are 3 dimensional, so moving forwards and backwards, and from side to side will be increasingly effective.

Aim to spend about 2 minutes on different areas, spending more time if you so desire. Because rolling is an individually experience, don't be afraid to play with different time frames to see what elicits the best results. Just avoid rushing and rolling fast, take your time and listen to your body, only using as much pressure or bodyweight as you need.



5 STEPS TO EFFECTIVE ROLLING



10A1: RELAX

5 - RELAXATION (10A1)

Step 5 is really a reminder. No matter what position you are in, or area you are trying to target, always aim to relax as much as possible. Keep your face nice and relaxed, loose and almost slack jawed, because it can be amazing how much tension you can create in the body, by pulling a face or clenching your teeth together when you encounter pain or tension. Breathe in through your nose, and blow the air out throw loose cheeks, all the while using the belly breathing technique. Minimise the effort you need to maintain position for any given area, and think slow and steady as you roll. Stick to this and you will see some amazing changes in tissue quality.

BASIC GUIDELINES FOR FOAM ROLLING:

- Use the 5 step process to help establish structure and technique to your Foam Rolling sessions.
- Find open flat areas either on the ground or on a wall to work in, that allow for the freedom of movement and position.
- Aim to start on the wall, then progress to the floor if you require additional pressure.
- Position yourself on or lean into the roller only with as much pressure as you need.
- Always position yourself in a way to minimise muscle activation when supporting your weight on the roller. Less tension in the body equals more relaxation.
- Hunt out the stiff and sore spots in muscles, by rolling the length of muscles and muscle groups.
- Hover on affected areas for 15 to 30 seconds before moving laterally, forwards or backwards again.
- Aim to relax as much as possible whilst employing diaphragmatic breathing techniques.
- Diaphragmatic breathing or deep belly breathing helps to regulate and engage the parasympathetic nervous system, adding to the overall effectiveness of the SMR drill.
- Remember muscles are 3 dimensional, aim to roll forwards and backwards and from side to side laterals, try to hit the muscle from all angles.
- Aim for about 2 minutes of rolling for particular areas, aiming to hit problem and troublesome areas.
- Aim to Roll for about 5 to 10 minutes in total.
- Rolling can be performed daily or as required, and wont impact training sessions or hinder strength development.

FOAM ROLLING EXERCISES

The following section highlights particular Foam Roller exercises that you can use to target various areas of the body. Detailed set up and execution of each exercise is included, as well as the particular muscles that you will target in these areas. Remember to follow the guidelines for SMR and Foam Rolling, and only use as much pressure as you need to allow the muscle or targeted group to release and relax.

Take your time, and remember to breathe.

LOWER BODY

UPPER BODY

ARMS

LOWER BODY

LOWER LEG - CALVES

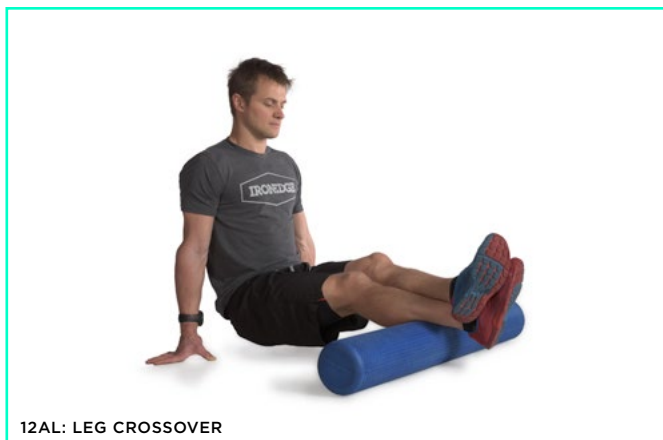
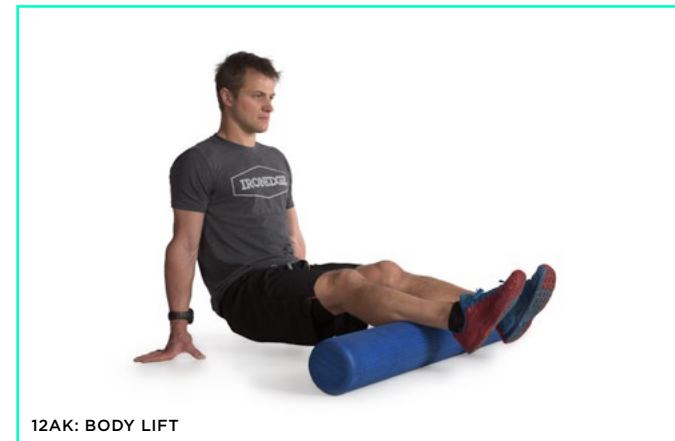
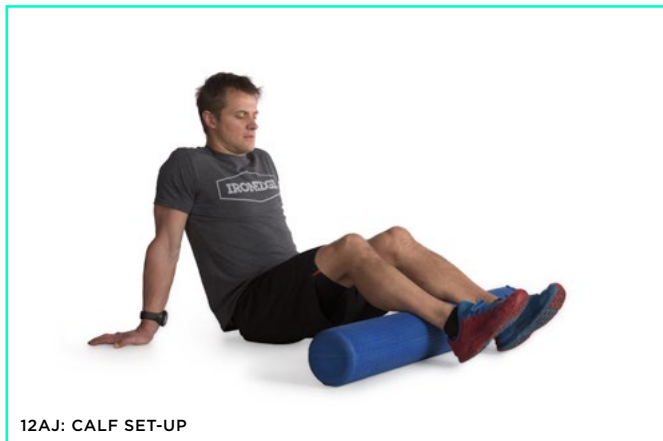
Muscles Targeted: *Soleus & Gastrocnemius*

Execution of the Exercise

- Find a flat, level area on the floor, free from obstructions
- Place the roller on the floor
- Take a seat on the ground, so you can extend your legs out, perpendicular toward the roller
- Line the roller up so it sits in the middle of your calves
- Maintain your seated position, while bending and extending your knees to roll the roller up and down the back of your calves.
- When you locate a particular tight or sore spot, roll or tilt the legs from side to side, to roll across the muscle as well.

Progression Tips

- To increase the pressure, lift your body off the ground as you roll up and down the calves. Be mindful of the tension that holding your body up can create.
- Cross one leg over the other, and roll one leg at a time, this will place more of your bodyweight more directly into the calf.



LOWER BODY

LOWER LEG - SHIN

Muscles Targeted: *Tibialis Anterior & Peroneals*

Execution of the Exercise

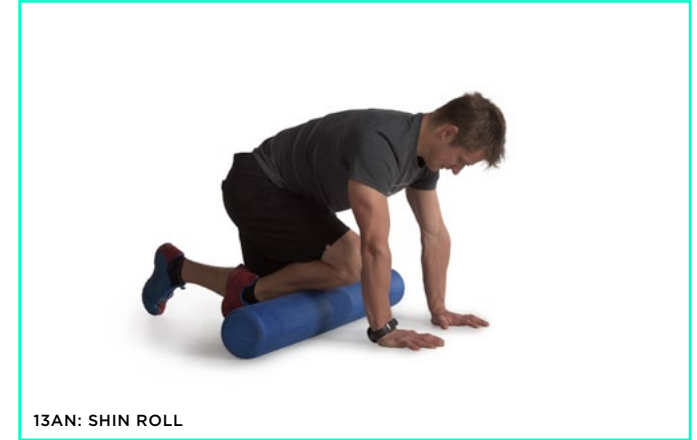
- Find a flat, level area on the floor, free from obstructions.
- Place yourself in a 6 point quadruped position. (13AM)
- Lift one leg and place the roller, perpendicular to the lateral anterior shin, away from the bone of the Tibia.
- Maintain position, push as much bodyweight onto the roller whilst moving your knee forwards and back.
- Readjust your initial start position to find the problem areas.

Progression Tips

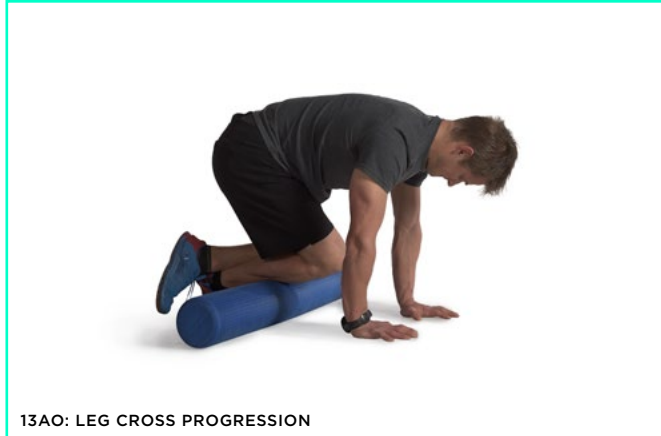
- Cross one leg over the other, and rolling with the legs crossed over will increase the overall pressure.



13AM: 6 POINT QUADRUPE



13AN: SHIN ROLL



13AO: LEG CROSS PROGRESSION

LOWER BODY

UPPER LEG - HAMSTRINGS

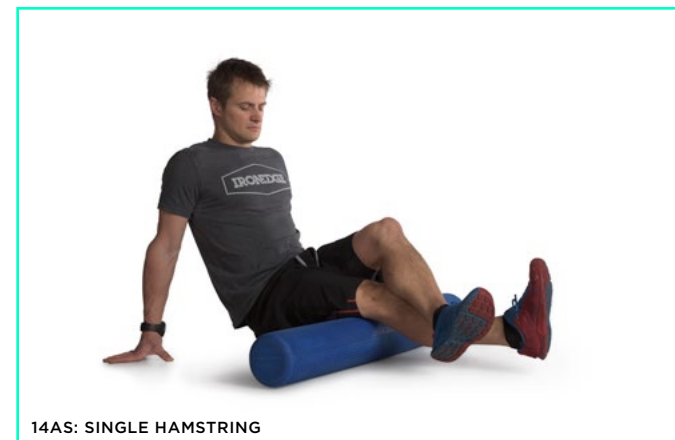
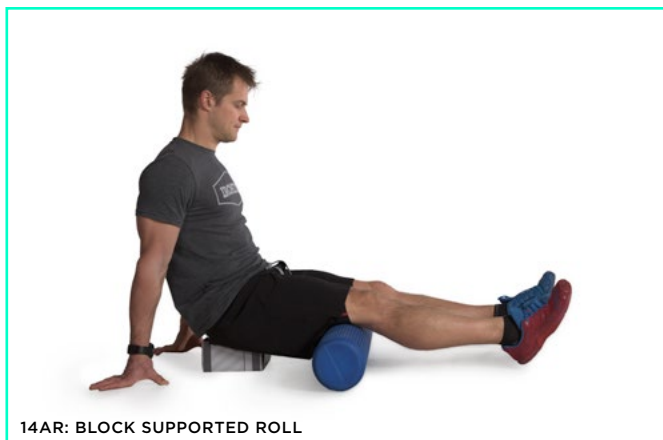
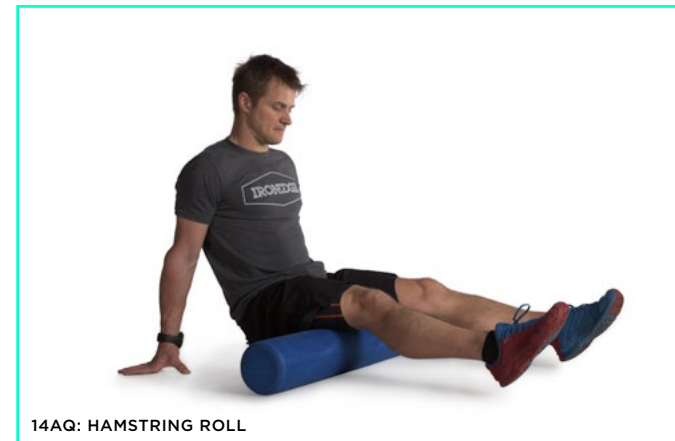
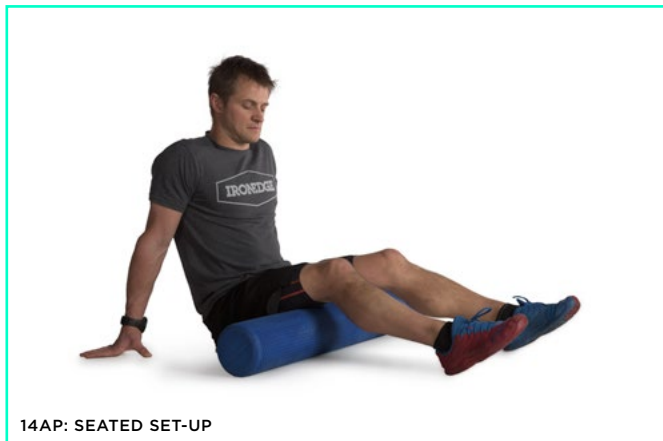
Muscles Targeted: *Bicep Femoris, Semitendinosus, Semimembranosus, Vastus Lateralis and Adductor Magnus.*

Execution of the Exercise

- Find a flat, level area on the floor, free from obstructions
- Place the roller on the floor.
- Take a seat on the floor so that your backside is on the floor, the roller is sitting in the middle of your hamstrings with bent knees with your feet flat on the floor. (14AP)
- Lean back and place both hands behind you.
- Lift yourself up by extending your elbows.
- Gently roll backwards and forwards over your hamstrings, moving laterally from side to side, looking for sore or stiff spots.
- Go as far as from behind your knee, all the way up to your backside.
- If you move far enough from left to right, you can hit the inside of your thigh, and the outside of your leg.

Progression Tips

- Take a seat on a block to minimise the stress and avoid having to lift your bodyweight up.
- In the seated position, place one leg over the other, and focus on rolling one leg at a time.



LOWER BODY

UPPER LEG - GLUTES AND ABDUCTORS

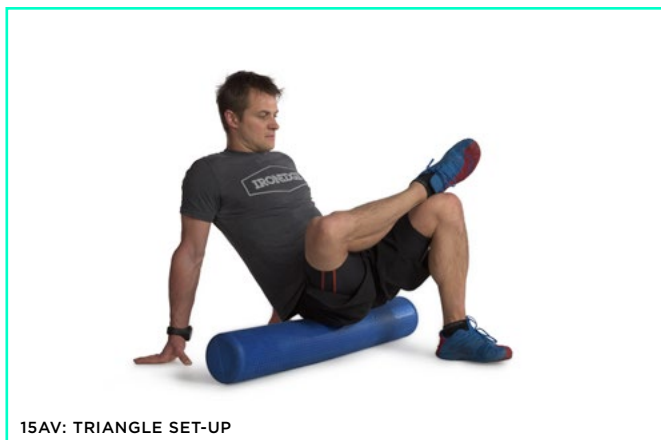
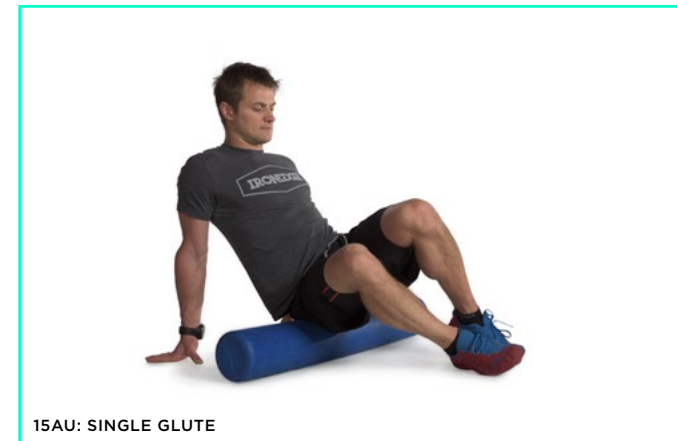
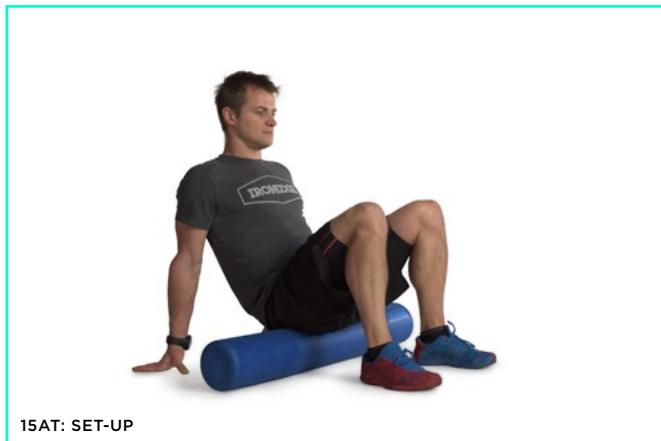
Muscles Targeted: *Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Piriformis and the top of the Hamstrings.*

Execution of the Exercise

- Find a flat, level area on the floor, or on a wall, free from obstructions
- For the wall set up, simply place the roller horizontally on the wall, position it in the middle of your backside and raise and lower yourself over the roller.
- Alternatively place the roller on the floor.
- Take a seat on the roller so that your legs run perpendicular to the roller.
- Bend your knees so your feet move toward the roller and are flat on the ground.
- Lean back and place both hands behind you.
- Gently roll backwards and forwards over your glutes, moving laterally on to one side and then the other, looking for sore or stiff spots.
- Go as far as the top of your hamstrings, and up top of your backside.

Progression Tips

- Move on to one side to increase the pressure into one glute. Keep on moving to the side so you can roll into the side of your hip.
- In the seated position, place one foot on you opposite knee to create a triangle. Aim to roll on the side opposite side of the foot on the floor.



LOWER BODY

UPPER LEG – HIP FLEXORS, QUADS AND ADDUCTORS

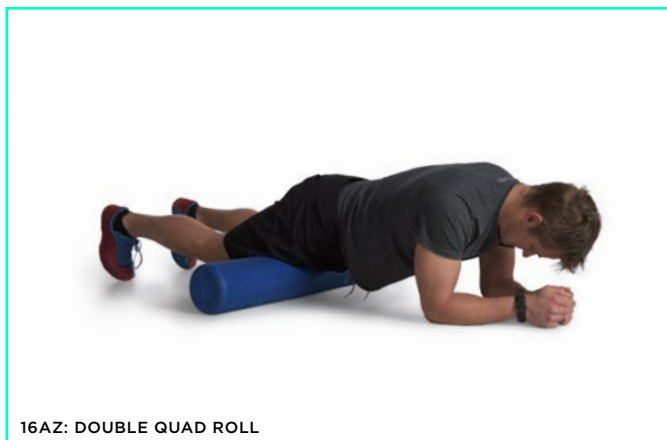
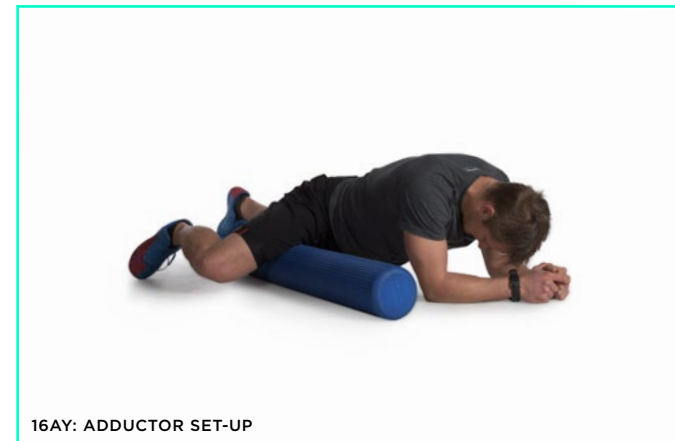
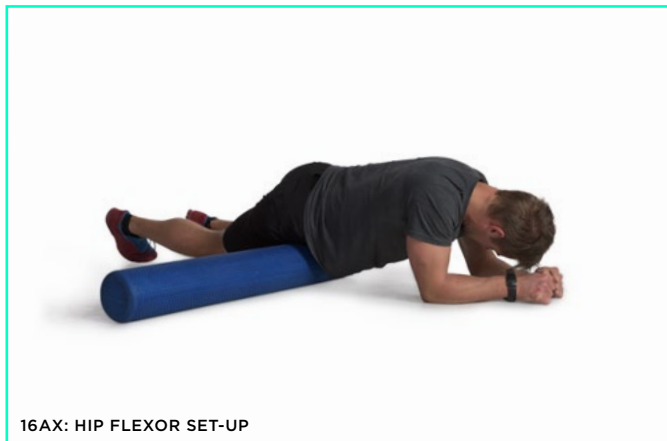
Muscles Targeted: *Tensor Fasciae Latae (TFL), Rectus Femoris, Sartorius, Iliopsoas, Vastus Medialis, Vastus Intermedius, Vastus Lateralis, Adductor Longus, Gracilis.*

Execution of the Exercise

- Find a flat, level area on the floor, free from obstructions.
- Place the roller on the floor.
- Move toward one end of the roller, and lie on top of it, so that the roller sits in your hip crease.
- Tilt your body and hips, aiming to focus on one hip at a time.
- Position your other leg in a way to minimise pressure and maximise support.
- Push yourself forwards and back, gently applying as much pressure as you need. You can roll from the very top of the hip, all the way down the leg to the knee.
- Tilt your body to one side, so you can reach the TFL or the outer side of your hip and leg, and medially or the other way to inside of the thigh.
- To hit the inside of your thigh more effectively, place the roller on an angle, bringing your target leg up so it sits inside the leg.
- Be mindful of the IT band, you can effectively roll through the TFL, but the IT is a very dense band of fascia. This can be very painful, and won't gain much benefit from actually rolling on and over it.
- Breathe and relax as much as possible.

Progression Tips

- To minimise pressure on the quads, you can roll both legs at once.
- You can also use a wall to minimise pressure, by placing the roller on the wall and leaning into it for the hip flexors and quads.



UPPER BODY

TRUNK - MIDDLE BACK

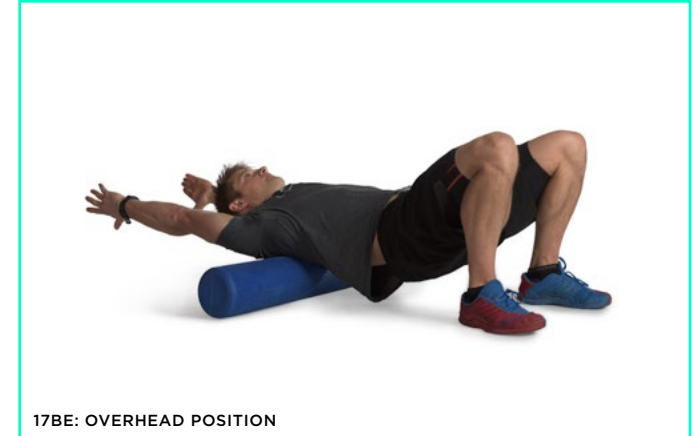
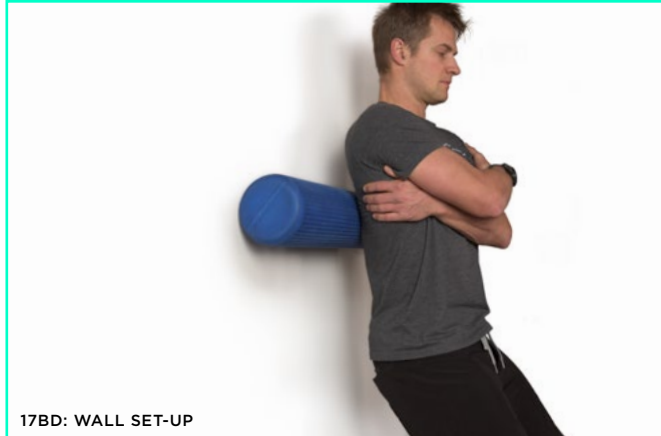
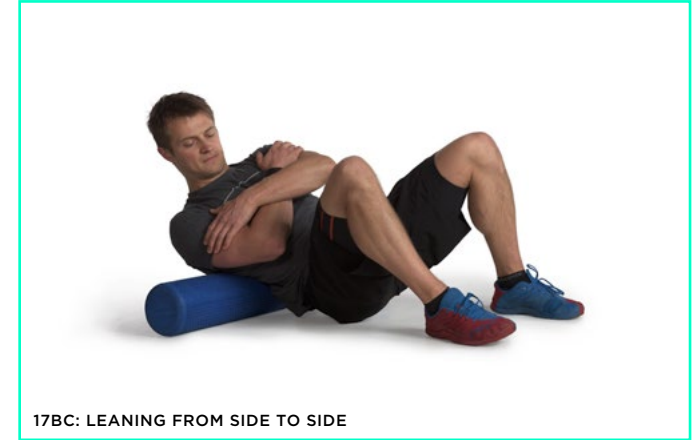
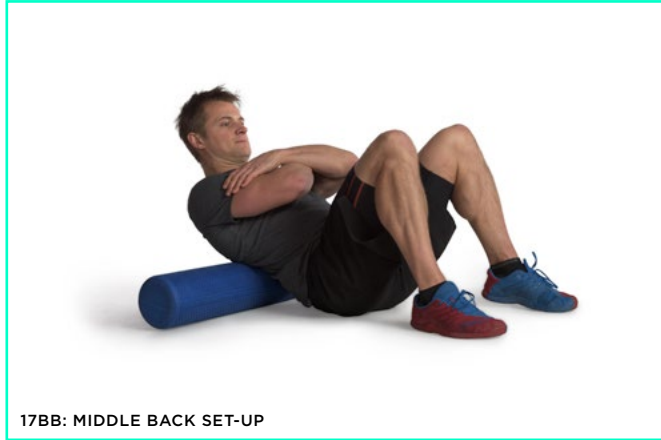
Muscles Targeted: *Erector Spinae, Middle and Lower Trapezius, Rhomboid Major, Latissimus Dorsi.*

Execution of the Exercise

- Find a flat, level area on the floor, free from obstructions.
- Place the roller on the floor.
- Take a seat in front of the roller, so that the roller lines up perpendicular to the spine and lay back so it sits just above the lumbar spine.
- Position your feet, and bend your knees in a way so you can lift your hips off the ground, so you are supported by the roller and your feet.
- Cross your arms across the chest, and roll up and down the thoracic region.
- Lean onto one side and the other as you roll, focusing onto one side if you wish.
- Use as much pressure as you need.

Progression Tips

- You can use a wall for this exercise, by placing the Roller horizontally on a wall, and leaning your back into the Roller. Raise and lower your body to roll the roller along the upper back.
- Try positioning the roller in the middle of your upper back, raise your hips so your body is parallel to the floor and extend your arms straight over head. This will help mobilise all of those overhead exercises in the gym.



UPPER BODY

TRUNK - REAR SHOULDER

Muscles Targeted: Deltoid, Upper and Middle Trapezius, Teres Major and Minor, Latissimus Dorsi, Triceps Brachii, Rhomboids, Infraspinatus, Supraspinatus, Levator Scapulae.

Execution of the Exercise

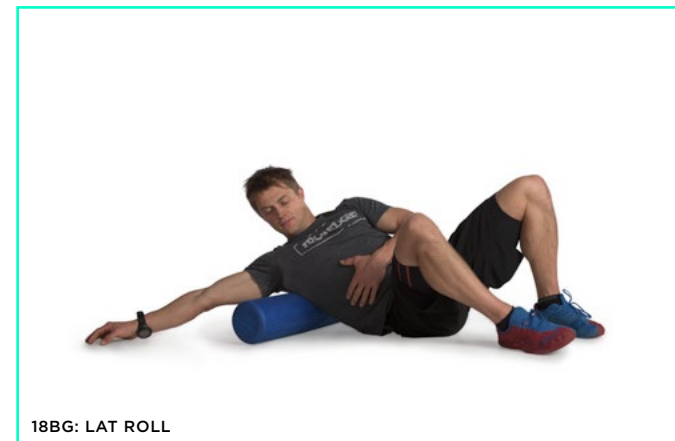
- Find a flat, level area on the floor, free from obstructions.
- Place the roller on the floor.
- Take a seat in front of the roller, so that the roller lines up perpendicular to the spine and lay back so it sits just above the lumbar spine.
- Position your feet, and bend your knees in a way so you can lift your hips off the ground, so you are supported by the roller and your feet.
- Cross your arms across the chest, and roll towards either the left or right shoulder.
- Reposition the roller as you need to best suit the contour of the rear shoulder region.
- With the roller close to the starting position, move your body across to the left or right, raising that side's arm, so as to roll out the Lats.
- Also, by lifting the hips high from the floor, and repositioning the roller, you can target the middle and upper trapezius as well.
- Pause and apply pressure to these identified areas, using as much pressure as you need.
- Avoid rolling over the bone of the shoulder blade, aim to minimise the weight and pressure when rolling across this area.
- Work on both sides of the body.

Progression Tips

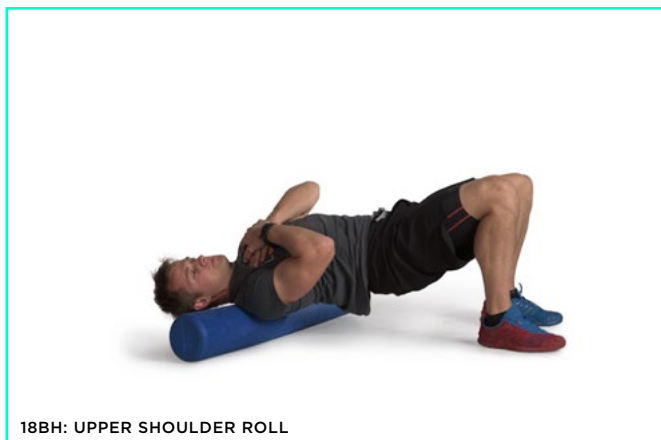
- This can also be performed on the wall as well.



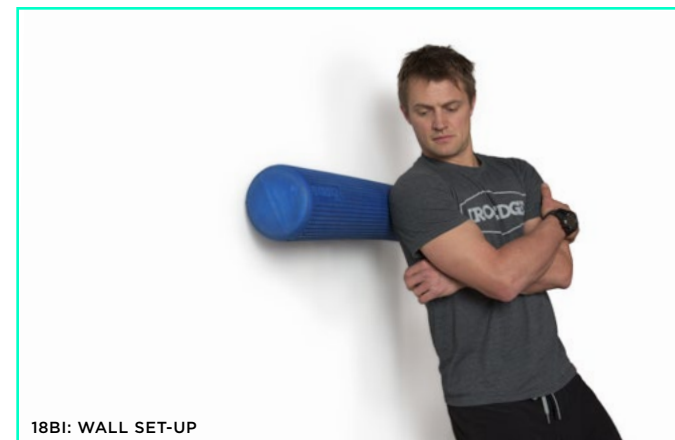
18BF: SHOULDER ROLL



18BG: LAT ROLL



18BH: UPPER SHOULDER ROLL



18BI: WALL SET-UP

UPPER BODY

TRUNK - FRONT OF THE SHOULDER

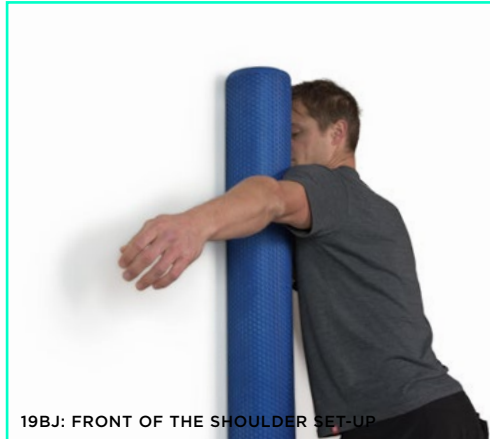
Muscles Targeted: *Deltoids, Pectoralis Major, Biceps Brachii, Pectoralis Minor.*

Execution of the Exercise

- Find a flat, level wall area.
- Place the roller vertically on the wall.
- Facing the roller, move forward and position the roller in between the chest and the shoulder.
- Tilt and move the body to roll the roller across the front of the shoulder.
- Lean into the roller to apply as much pressure as you need.
- Extend your arm, to roll and apply pressure into the upper arm.

Progression Tips

- Set up close to a corner on the wall, to allow for some extra degrees of movement for rolling.



TRUNK AND HEAD - TRAPS AND NECK

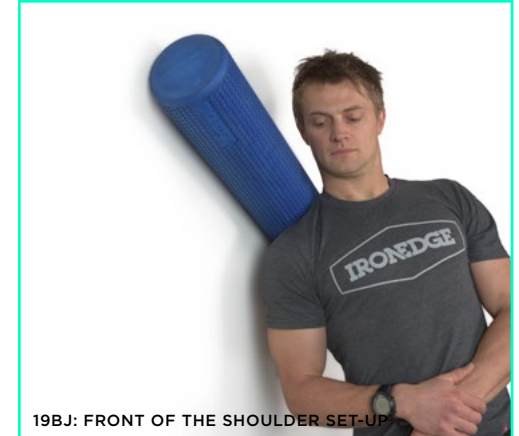
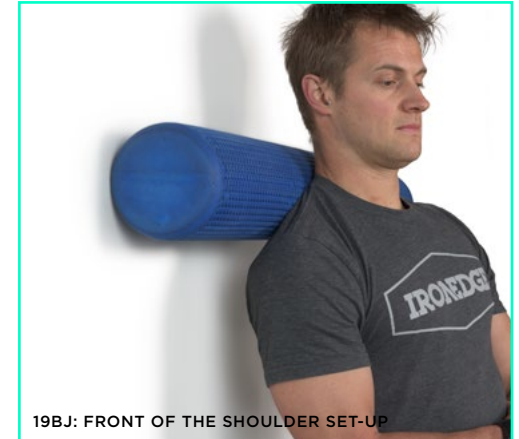
Muscles Targeted: *Upper Trapezius, Splenius Capitis, Levator Scapulae, Rhomboid Minor.*

Execution of the Exercise

- Find a flat, level wall area.
- Place the roller horizontally on the wall.
- Turn away from the wall, and place the roller behind the head.
- Turn the body slowly and raise and lower the body to roll up and down the neck.
- Stay away from the bones of the spine, and take it slow and easy.
- Turn the roller on an angle, and position it across the upper trapezius.
- Use as much pressure as you need.

Progression Tips

- Feel free to find and experiment with different angles of the roller, to best target the neck and upper shoulder region.



ARMS

ARMS - FRONT, BACK AND FOREARMS

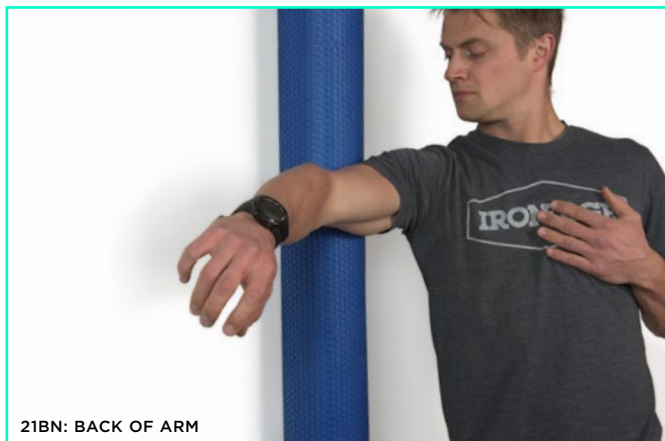
Muscles Targeted: *Deltoid, Triceps Brachii, Biceps Brachii, Brachialis, Brachioradialis, Forearm Flexors and Extensors.*

Execution of the Exercise

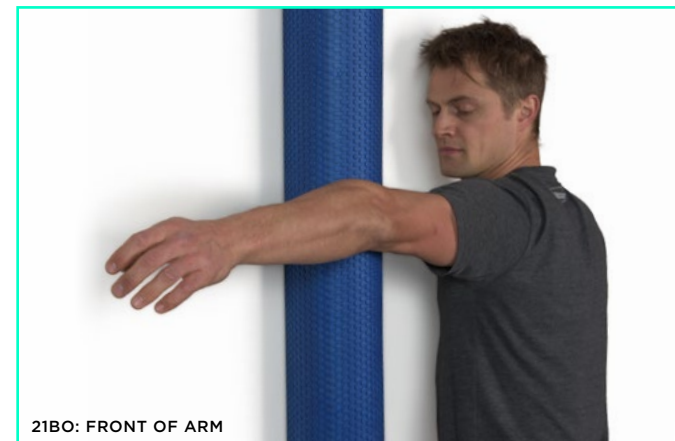
- Find a flat, level wall area.
- Place the roller vertically on the wall.
- Turn side on, and place the back of the arm on the roller.
- Twist and move the body to roll the roller along the arm.
- Move and position yourself to roll from the shoulder all the way to the wrist.
- Turn to face the roller, with the arm out to your side.
- Place the roller on the front of the arm and roll the length of your arm.
- Use as much pressure as you need.

Progression Tips

- You can use a bench or plyo box for rolling out the arms, simply place the roller on the box, kneel down and place your arm on the roller.



21BN: BACK OF ARM



21BO: FRONT OF ARM



21BP: BENCH/BOX SET-UP

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Foam Roller



Shock Foam Roller - Short



Shock Foam Roller - Long



Vibrating Foam Roller



Vibrating Peanut Roller



Vibrating Massage Ball



SMR Pack





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